

What is the Greatest Battle We Face?

-the average human has a thought every 10 seconds---low end 6500, analytical types 10,000+

-the average adult makes 35,000 Decisions everyday (Difference of 25,000 means most of the Decision we make; we don't even really consider

-3 pounds of Matter w/ the Consistency of Butter

-- 100 Billion Neurons in the Brain, Passing 1000 Synapses/sec

to the **10,000 neurons,**

passing signals to each other via as many as 1,000 trillion **synapses**

-Uses 20% of the Bodies Daily Energy (ex: sitting at a computer, in class, studying)

**- Winning the War in Your Mind- Craig Groeschel-** Most of life's battles are won or lost in your mind

According to **Cognitive Behavior Psychology**-Science & Scripture Agree

-the Battle of DEPRESSION Anxiety LUST Addiction, Pornography, Overeating, Anorexia

Joyce Meyer

In her Book: **the Battle Field of the Brain-** Look at Someone's ATTITUDE & recognize how they THINK

**Proverbs 23:7** NKJV- For as a Man thinks in his Heart, so is he...

**What we think determines WHO we become.**

Think you can't—Probably won't. Think can—Probably will.

Dwell problems—Overwhelm you. Look solutions—See some.

Feel like victim—Become one. Believe overcome X—Can.

**THE GREATEST BATTLE WE FACE... ITS OUR OWN THOUGHT-LIFE**

**2 Corinthians 10:3-5** "3 For though we walk in the flesh, we are not waging war according to the flesh.

**NLT** We are Human, but we do not wage war as humans do

**4** For the weapons of our warfare are not of the flesh (not physical) but have divine power to destroy strongholds.

**What does the enemy (our flesh, our world, our accuser) do?**

**Shapes your thinking— One thought at time — Create a PATTERN of Lies in Your Brain**

U can't trust. Won't succeed. Always broke. Never good marriage. God doesn't hear prayers.

Doesn't care. Never make diff. Amount (Prov 15:15

5 We destroy **arguments** and every lofty **opinion** raised against the **knowledge** of God, and take every thought **captive** to obey Christ,"

(does not mean we live in DENIAL... it means we Let God DEAL w/ It!)  
Jesus in the Garden

**Neuro Scientist & God-Fearing Author- Dr. Caroline Leaf** ....reference again later...

(ladies may remember her from last years SHINE) (podcast)  
Called what Jesus did... "FREAKING Out in the LOVE ZONE"

Dr. Caroline Leaf, **Only TWO ways to THINK: 1. Toxic or 2. Healthy**

Up until the 1990's Neuroscientists believe the Brain was Fixed Once Formed... wasn't Changeable

**The Limbic System** (show pic)-emotional brain, learns to react (pleasure center if you will)

-excessive amounts of Dopamine- synthetic pleasure (Fantasy VS Reality)

**The Pre-Frontal Cortex**- our ability to make sound decisions, reason, have a sense of Morality

- Doesn't FULLY develop until age 25

Up until the 90's they thought this was FIXED:

- Once Developed its Done
- Once Damaged, it can't be Re-Done

HOWEVER... (God has a HOWEVER for everything)--- 90's Science Discovered the Brain was Pliable!

(BUTTER Illustration)

Romans 12:2 **New International Version**

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.

REPENT-Change your Mind      FAST-Disconnecting      PRAY-Reconnecting  
WORSHIP- Confirming New Patterns

Joshua 1:8 **New International Version**

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. (Refer Psalm 1:1-2)

John 8:31-32

Into Take 'every thought captive' – to capture w/ a weapon Armor of God... only one weapon

- Can't get all done—Can do all things thru X—Weak/Strong.
- Not attractive—Don't like look—Fearfully wonderfully made.
- Miserable—Joy of the Lord is my strength.
- Feel all alone—My God is with me. Never leave me.
- Victim—Overcomer—Not who enemy says