

"Choose your rut carefully"

_____ amazing brain facts:

- Your 100 billion brain cells connect to 250,000 others with a structure called a _____.
- Each neuron has as many as _____ synapses.
- The older you get, the _____ synapses.
- This is called _____: The brain forms and organizes pathways for _____.
- The _____ you get (the _____ in a pattern), the _____ it is to change.

"The more you do something, the more _____ it becomes. If you find yourself stuck in _____ ruts, there's some good news: God has given us a way out."

-Craig Groeschel

■ The _____ in the _____:

- A mind _____ by _____:
 - Dwells on things that _____.
 - Makes _____ decisions.
 - Those decisions lead to _____.
- The mind _____ by the _____:
 - _____ on things that _____ God.
 - Thinks _____...even _____.
 - This leads to _____ and _____.

■ A _____ and _____ example:

- Here is how the _____ progresses:
 - First you _____ like them.
 - Then you _____ like them.
 - Ultimately, you can't deny you _____ them!
- Those on the _____:
 - _____ their way of _____.
 - This will cause you to _____.
 - You won't be _____ in their _____.
 - This is the way of _____ and _____.

■ Our _____ is "a" problem but our _____ are "the" problem:

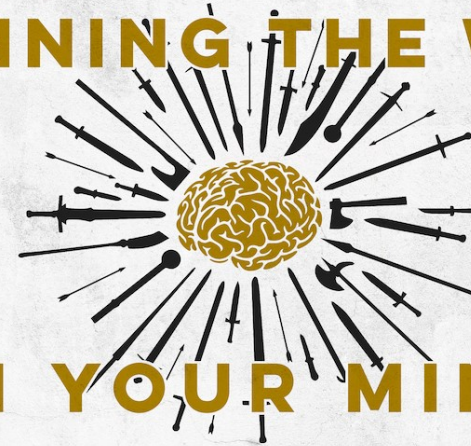
- Identify the "_____" (the _____ rut).
- Replace it with a "_____" of _____.
- As you _____ on truth, you _____ your brain.

Here's the plan: _____ the truth, _____ the truth, _____ the truth and _____ the truth, until you _____ and "breathe" the truth.



Uniting in Jesus. Growing in Him. Showing His love.

WINNING THE WAR



IN YOUR MIND

June 12, 2022

*The one thing I ask of the LORD—
the thing I seek most—
is to live in the house of the LORD all the days of my life,
delighting in the LORD's perfections
and meditating in his Temple.
Psalm 27:4 (New Living)*