

To The Core

By Stacy Collins

Slide Notes

To The Core

- Prov 4:23 Above all else, guard your heart, for it is the wellspring of life
- sayings like: “rotten to the core”; “from the very core of my being”; “shaken to the core”; “cut to the core”
- Psalm 33:4 MSG For God's Word is solid to the core; everything he makes is sound inside and out. He loves it when everything fits, when his world is in plumb-line true. Earth is drenched in God's affectionate satisfaction.

Do You Have The Will?

- To Change
- To Take An Inventory
- To “Put Off”...
- To “Put On”...
- To Be Transformed
- If so, how do I get there?
- How do I know what to change?

What Did Change?

- At Salvation – what changes?
- Spirit / Soul / Body
- Moreover, I will give you a new heart and put a new Spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put My Spirit within you Ez 36:26-27

What Needs Change?

- I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy and acceptable to God. And do not be conformed to this world, but be transformed by the renewing (*renovation*) of your mind, that you may prove to be what is good and acceptable and perfect in the will of God.
- Romans 12:1-2

New Connections

- Mindful Meditation creates new neural pathways
- ½ hr a day / 5 days / 11 hrs for 2 mos your brain actually changes as well as your immune system
- The more you focus on something the more it becomes reality
- More = faster, smoother processing power

New Connections

- Brain “grows” for a lifetime
- When you learn something new = new growth cuz stimulating mind in a new way
- Inactive connections dissipate

- i.e. tying shoes, riding bike, learning an instrument
- Practicing becomes automatic
- New pathways = permanent change

New Connections

- Neurochemicals & medicine
- Psalm 107:20 He sent his word, and healed them, and delivered them from their destructions
- The only permanent solution to change is renewing the mind
- You must learn new strategies, concepts & methods to extinguish the lies of the enemy

New Connections

- Practice, repetition, reinforcement
- Every three weeks of every day practice brings major change
- Change neural pathways by: realizing we can, wanting to change the brain's thought process, choosing to adopt different ways of perceiving reality
- Session w/ Cere & Mike

Change Happens...

- When you combine a new heart with a new mindset
- The Mind...
 - tells body what to do
 - tells mouth what to say
 - tells eyes what to look at
 - tells ears what things to pay attention to (or tune out)
 - tells your brain what to think about

Take Control

- When you want to do...what are you thinking? Why do you do what you do?
- Do you 1st ask Jesus His opinion?
- "Is this what you died for me to enjoy?"
- 2 Cor 10:4-5 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down imaginations and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ

Change Is For...

- Believers who truly wants to surrender their life completely & fully
- We know what is in our heart by the things that we think and the words that come out our mouth
- God speaking: Volumen, Msgs, Radio...
- "Sure" response; "Honey, you've changed"
- May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer Ps 19:14

Renewed

- Rm 12:2 be transformed by the renewing (*renovation*) of your mind

- Eph 4:23 be renewed in the spirit of your mind
- Col 3:10 the new man is being renewed to a true knowledge...
- Titus 3:5 renewing by the Holy Spirit

Diluted

- “The Solution to Pollution is Dilution” – not really
- Juice and Poison
- We don't want diluted minds
- Jm 1:6-8 double minded man
- Jm 1:19-25 doer of the Word...not a hearer only...diluting himself
- Breathe In...Hold...Hold...Hold...

Stay Mind Stay

- People with their minds set on you, you keep completely whole, Steady on their feet, because they keep at it & don't quit.
- You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You & hopes confidently in You.
- Is 26:3

Stay Mind Stay

- Stayed = whose thoughts are fixed on you
- Stayed = reflexively, to lean upon or take hold of
- Perfect Peace = safe, well, happy, friendly; welfare, health, prosperity
- Have you ever thought about something until it made you mad and at the 1st opportunity you reacted?

Word Connections

- Pv 23:7 For as he thinks in his heart, so is he
- Ps 27:8 My heart says of you, "Seek his face!" Your face, LORD, I will seek
- Dt 4:29 But if from there you seek the LORD your God, you will find him if you look for him with all your heart and with all your soul
- Ps 37:31 The law of his God is in his heart; his feet do not slip
- I Pt 1:13 gird your minds for action

Lies We Believe

- That's just the way I am
- I can't help it
- It's how I was raised
- You are what you are currently aware of – your perceived reality
- Does your perceived reality match His?
- I am not social; I am a failure; I'm fat

Hebrews 11:6

- Because I come to God in faith and solid trust in Him, He is pleased with me. I passionately believe in my heart that He exists, is real and that He is rewarding me because I crave Him diligently day and night.

The Choice

- Phil 2:5 Have this mind in you which was in Christ
- Col 3:2 set your minds on things above
- Phil 4:6-9 Think on these things...
- Is it:

true	beautiful	noble
admirable	right	excellent
pure	praiseworthy	

Mindful Meditation

- Keep your mind from wandering
- The parietal lobe goes dark – place of “sense of self”
- So...if I meditate on the Word of God I will stop thinking about myself
- Josh 1:7-9 ...This book of the law shall not depart from your mouth, but you shall meditate (think about; chew on; ponder) on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go.

New Thoughts

- Eph 5:3-5 But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks.
- 2 Tim 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind

Armor of God

- Eph 6:10-18 ...taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one
- Game of father with daughter
- Girl in Volumen – Nightmares & Fear – Ps 91
- Rm 14:5 let each man be fully convinced in his own mind

My Thoughts...

- Aren't that bad
- If there was a mental-video device that could record all the thoughts that go through your mind, would you want to play it back for everyone?
- God knows our every thought
- Jer 20:12 The Lord sees the mind and the heart
- Rev 2:23 I am He who searches the minds and hearts

Beliefs

Happy?

- Grandpa, “Is your mom making you unhappy or is she revealing some belief in your heart, which is the thing that is actually making you unhappy?”
- Irritations are reflections of the logs in our own eyes

- Sandpaper People
- Only one person you can change

Happy?

- The lie: someone else, something else, is the cause of my unhappiness
- Viktor Frankl WWII concentration camp prisoner “They could torture me, deny me food, but they could never control my thoughts.”
- His happiness came not from how he was treated, but from how he thought about his treatment

Happy?

- When new beliefs become the controlling principles in your life, then no person, no circumstance, no amount of mistreatment can touch you at the center of your being, which is where true quality of life resides
- What experiences formed your beliefs?

Happy?

- Hedonism/Materialism
 - Won't it be great when...
- Anger comes from a deep belief that bad things happening are actually *bad*
 - “Why me God?”

The Cycle

- If you don't like an area of your life – change your beliefs
- A = the event that happens to you – good or bad
- B = what you think about the event that happens to you
- C = the feelings that result from what you think of the event

The Cycle

- Your heart interprets the experience by the information it has stored within it
- The interpretation produces your feelings about the experience, and your feelings produce your resulting actions
- B = the invisible step that you are unaware of – but it is the most powerful because it determines our reaction – ***not the original event itself***
- Our reactions are not caused by what happens to us; they are caused by our beliefs

What Beliefs?

- Rom 5:3-5 And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

What Beliefs?

- Jn 8:32 You shall know the truth and the truth (*that you know*) will set you free
- What you hide within your heart will come to your mind and either calm you or upset you
- Ps 119:11 I have hidden your word in my heart that I might not sin against you

What Beliefs?

- Interview w actress on radio – actors fall in love all the time because the roles they play – they act like they are in love and then something happens, the heart follows
- Got mad at Mike...thought you turned that on just for me to hear...

Quality of Life

- What you believe about God will affect the quality of your life
- Gen 3 & 4 Eve & first lie
 - Seed of doubt – new thought
 - First lie
 - Choice to defend character of God
 - Lie: God lies to His children & there are no consequences to your actions
 - P1 = destroy w/ doubt / P2 terrorize w/ guilt & remorse

Quality of Life

- 2 Pt 1:3 His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness
- Gen 3:6-7 they realized...they sewed
- Ps 26:2-3 Test me, O Lord, and try me, examine my heart and my mind; for your love is ever before me, and I walk continually in your truth

Quality of Life

- 2 Tm 3:15-16 You have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of god may be thoroughly equipped for every good work

Quality of Life

- God asked, “What is this you have done?” the response wasn’t “I’ve sinned” or “I got caught up in myself and forgot about you, forgive me”
- Ps 25:4-5 Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long
- What lies have you believed?

Quality of Life

- Parable of Talents – believed that God was hard Mt 25:14-30
- Man and Son – help my unbelief – let experience be more powerful than Truth (real reality) Mk 9:14-29
- Woman with issue of blood – believed, acted & received abundant life Mark 5:25-34

Change Who?

- “When I was a young man, I wanted to change the world. I found it was difficult to change the world, so I tried to change my nation. When I found I couldn’t change the nation, I began to focus on my town. I couldn’t change the town, and as an older man, I tried to change my family.
Now as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could

have changed the nation, and I could indeed have changed the world”
Unknown monk from AD 1100