

THE TRANSFORMED MIND

DO allow your mind to be transformed. (Romans 12:2)

“And do not be conformed to this world but be transformed by the renewing of your mind.”

Transformed = “*metamorphoo*” = a change of condition; changed from the inside out

A transformed mind is a mind that is no longer stuck in old thinking habits.

God is telling us something that **science** is only now recognizing.

Neuroplasticity is the brain's lifelong capacity to adapt, reorganize, and rewire its neural connections in response to learning.

This continuous remodeling allows nerve cells to form new synapses, strengthen existing pathways, or prune away unused connections to help you learn and recover.

You have been conditioned to fear, to worry, and to have anxiety; now you can **deprogram** old behavior and be set free from chronic fear and worry!

What a person allows into their mind will affect their thinking.

A person can take control of harmful thoughts and **NOT** allow them to linger and control behavior!

BIBLICAL NEUROPLASTICITY, BIBLICAL TRANSFORMATION:

DO - be strong and of good courage; the Holy Spirit is in you to help you with this!

DO - marinate your mind in the Word of God (*discipline your mind*)

DO - meditate on the word of God (*discipline your mind*)

DO - protect what you let into your mind, YouTube, Facebook, Instagram, telegram, etc. (*discipline your mind*)

DO - focus on the Lord your God wherever you go (*Shema O Israel, Deuteronomy 6: 4*)

DO - have a God focus as you go through your day. (*Do not compartmentalize God*)

When you **DO** these disciplines, ***THEN*** you will be able to ***“take captive every thought to make it obedient to Christ.”***

Recall every action begins with a thought.

You have the Holy Spirit, you have “*dunamis*” power (*capable power*) to take captive random, destructive thoughts and make them obedient to Christ.

The Biblically transformed, rewired mind can be set free and no longer be a captive of fear or any other addictive, destructive behavior.

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