



# Mind your Business

## “Ant Killing Business”

*Pastor Miles McPherson & Doctor Daniel Amen / August 12, 2018*

### **Opening Prayer:**

Heavenly Father, Holy God, we come into Your presence today through our worship. Receive our songs in the spirit of awe, wonder, and the majesty You alone deserve. Receive our prayers as we call out to You in praise, thanks, and intercession for ourselves and so many others in need of You, Lord.

### **Icebreaker:**

Every one of the 60,000 thoughts we have each day result in an electro-chemical reaction that physically changes the brain positively or negatively and affects directly or indirectly every cell in our bodies. Have everyone in the group fill in the blank: “I hate it when \_\_\_\_\_.” IE: “I hate it when I run out of gas on the Coronado Bay Bridge”

### **Encouragement:**

Dr. Amen identifies these thoughts as A.N.T.'s Automatic Negative Thoughts. Have everyone **write** down the reason/s why you hate the thing you hate in its fullest detail. IE: When I run out of gas on the bridge I'll be late for work, I'll lose my job and become homeless. Now **ask yourself** if that scenario is 100% guaranteed to happen. And how does the thought of this scenario make you feel? Anxious, sad, angry, etc.? How would you feel **IF** you could eliminate this one thought in your life?

### **Scriptures:**

Dr. Amen does more than help us to identify our A.N.T.'s he shows us (from scripture) how we can physically change our brains and get rid of them! Once we have identified these A.N.T.'s as lies we can apply the Word of God to remove them by renewing our minds. Circle all of the verses has the Father given us to use in this work?

***Philippians 4:4-9   Romans 12:1-2   2 Corinthians 10:5   Proverbs 23:7***

### **Prayer:**

Consider in prayer the following character traits that you hold. Ask the Holy Spirit to reveal them to you and to do the heavy lifting necessary to remove them. Renewing our minds is a work of the Spirit AND our actions in obedience to Him.

- Always Thinking or Over Thinking
- Fortune Telling
- Labeling
- Blaming
- Personalization
- Thinking By & Acting On Your Feelings
- Focusing On The Negative

**Next Steps:**

LIFE Class: <https://www.sdrock.com/life/class/>  
Ironmen: <https://www.sdrock.com/ministries/mens/disciplespath/>  
Rock School of Ministry: <https://www.sdrock.com/schoolofministry/>  
Invite \_\_\_ to a Race For Unity Sept 15th 9-11am text "Friend" to 52525

**Closing Prayer:**

We thank You, Father, for bringing us near to You today. You bring us into the throne room of God Almighty. Maker of the Heavens and the Earth. Thank You for hearing our prayers and receiving our worship. Make Your will known to me that I may live for You in obedience and purpose. Reveal Your Next Steps from me and for me that I may know and do Your will.

**Quote:**

**"Walking By Faith IS Not Comfortable." -Miles**

**Notes:**

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