

# MIND YOUR BUSINESS



CREATION BUSINESS // ROMANS 12:1-2, 2 CORINTHIANS 1:20

Miles McPherson / August 19, 2018

**THE GOAL:** To create a mind that is about our Father’s business.

**Mind Your Business Declaration:**

1. I am made in the image of God. *Gen 1:26-28*
2. God has given me a sound mind, the mind of Christ. *2 Tim 1:7, 1 Cor 2:9-16*
3. Commit to being mindful of the Father’s business in my life today. *Matt 16:23*
4. I denounce selfish and toxic thinking today. *Phil 2:1-8*
5. I will take my thoughts captive and think like Christ today. *2 Cor 10:4-6*
6. As my mind is renewed, my physical brain ‘will be’ transformed. *Romans 12:1-2*
7. I choose to dwell on positive thoughts and only speak life today because all of God’s promises in my life are ‘yes.’ *Deut 30:19, 2 Cor 1:20*

BODY/BRAIN	SOUL/MIND	SPIRIT
Physical body  1. Our brain is wired for_____. <i>Phil 4:6-9, Prov 23:7</i>	Mind, conscience, will, emotions, personality  3. A ‘yes mind’ can create a_____. <i>Romans 12: 1-2</i>  4. We must choose to create a_____. <i>Deut 30:19</i>	Spiritual self  2. We have been given the_____. of Christ. <i>2 Cor 1:20, 1 Cor 2:16</i>  A sound mind. <i>2 Tim 1:7</i>

**BRAIN FACTS:**

3.2 lbs

60,000 decisions per second/day

Neuroplasticity – The ability of the brain to change and adapt.

Epigenetics - Your thoughts impact your physical brain and body, physical and mental health. *Providing 23:7*

Neurogenesis - Baby neurons born daily. *Lamentations 3:22-23*

NEGATIVE THOUGHT	POSITIVE THOUGHT
SHORTENS DNA	HEALTHY DNA
RELEASES TOXIC CHEMICALS	ENDORPHINS THAT BRING JOY
INCREASE BLOOD PRESSURE	HEALTHY BLOOD PRESSURE
INCREASE SWEAT GLAND ACTIVITY	HEALTHY SWEAT GLAND ACTIVITY
COLDER HANDS	NORMAL TEMP
TENSE MUSCLES	RELAXED MUSCLES
HEART RATE BECOMES UNHEALTHY	NORMAL HEART RATE
BREATHING BECOMES ERRATIC	NORMAL BREATHING
BRAIN ACTIVITY DROPS	HEALTHY BRAIN ACTIVITY

## Asking Jesus into your life is as easy as A-B-C

**Gospel A-B-C's** // Father, I Admit that I am a sinner and that my sin has brought death and destruction into my life, my relationships with people, and my relationship with God. **Romans 3:23, 6:23**

I Believe that Jesus died for my sins and that His death paid the penalty for my sins. **Romans 5:8**

I Confess or agree that Jesus is Lord, that He died and rose from the dead, and is able to forgive me of my sins. **Romans 10:9-10**

Jesus, I trust that You love me and can hear my prayer. By faith, I ask You to please forgive me and fill me with the Holy Spirit. I surrender my life to You. I pray this in Jesus' name. Amen.

**If you understood that prayer and prayed to accept Jesus' invitation into a relationship, text "SAVED" to 52525.**