



“Brain Food”

Wed Dec 11, 2024

- I. **Joshua 1:6-9**
 - A. Powerful, Simple, Life-changing
 1. Joshua had the amazing task of leading God’s people into the promise land – these were God’s words of power!
 2. **Meditate – Ponder, Imagine, Study; Speak, Talk, Utter, Roar**
 - How does faith come?
 - When you speak something, you also hear it. When you speak the Word of God, your mind and your heart hears and receives it! (this is the real circle of life – what you meditate on, either empowers or disables you.
 - B. Understanding your brain
 1. It is arguably the most vital organ in your body
 - It allows you to think, feel, and store memories.
 - It controls and coordinates every action in your body.
 - It is the most complex organ in the body containing over 100 billion nerve cells and neurons; it is a part of the central nervous system.
 2. Many physicians give the wrong diagnosis and medication concerning problems in the physical body.
 - What is going on in the mind and the heart should be the first place to look at.
 - Fear, worry, un-forgiveness – these are all spiritually rooted problems that must be fixed in the heart and the brain. The physical illness is just a side effect of what the brain is unable to eliminate from the body!
- II. The renewed mind
 - A. **Romans 8:1-2**
 1. The power of your thoughts / **Phil 4:8** “Think on these things...”
 2. How does Satan come at you? How do you stand against him?
 - B. Take no thought – you have the mind of Christ
 1. **Matthew 6:31-34** (What are your eyes seeking? Seek the Word)
 2. Saying – the key to receiving! Don’t say what everyone else sees, say what the Word sees (Rebuke the Second Word).