

# Coach House Church **BEACONS**

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## **THIS WILL BLOW YOUR MIND**

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**1ST JUNE 2021**

Our lives are always moving in the direction of our strongest thoughts. What we think shapes who we are. This is no exaggeration.

Our lives do follow the direction of our thoughts. The better we grasp that truth, the better equipped we'll be to change the trajectory of our lives. But don't take my word for it. Both the Bible and modern science provide evidence that this is true. Here's a brief example of both:

In Philippians 4:8–9, the apostle Paul writes, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you."

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## **Paul moves from thought to action to experience**

In these three sentences Paul moves from thought to action to experience. Paul is basically telling us that our thoughts shape our lives.

We've probably all heard of CBT (cognitive behavioural therapy). This amazing therapy reveals that many problems, from relationship challenges, addictions and eating disorders to some types of depression and anxiety, are established in faulty and negative thinking. And so dealing with those problems begins with changing our thinking.

I don't know about you, but when the Bible and modern day medicine and techniques say the same thing, it makes me delve a little further into the links.

What science is demonstrating today is what God told us through Solomon: "For as he thinks in his heart, so is he." Proverbs 23:7

So if both the Bible and modern science teach us that our lives are moving in the direction of our strongest thoughts, then we need to ask ourselves, "Do I like the direction my mind and thoughts are taking me?"

If your answer is no, then maybe it's time to change. Maybe it's time to decide to change your grey matter so God can change your life. If you're thinking "well that's a load of old nonsense", that's okay. Believe me, I get it. We've all tried unsuccessfully to change bad habits and force our runaway trains of thought back onto the right tracks. But this time you're not alone. You are about to discover that God will be with you to transform your thinking.

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**You are more than a conqueror through Christ. God is more than enough.**

With God's help, you can transform your mind. You can stop believing the lies that hold you back. You can end the cycle of thoughts that are destructive to you and others. You can allow God to renew your mind by flooding you with His unchanging truth.

Like you, every day I feel like I have more than I can handle, I rely on God to renew my mind. His truth is my battle plan. I continue to create new trenches of truth to replace my old ruts so they will give me thought pathways leading to life and peace.

We've been singing recently the song by Phil Wickham "The Battle Belongs", So lets just read some of those lyrics...

So when I fight, I'll fight on my knees  
With my hands lifted high  
God, the battle belongs to You  
And every fear I lay at Your feet  
I'll sing through the night  
God, the battle belongs to You  
Almighty fortress, You go before us  
Nothing can stand against the power of our God  
You shine in the shadow, You win every battle  
Nothing can stand against the power of our God

Where do you need Jesus today, right now?

Where are your thoughts falling short of His life-giving truth? Are you stuck in a negative, hurtful, and poisonous pit? What are you going to do?

Well we are going to look at four things that God has given us to get the battle won in our minds.

They go like this:

1. We should remove the lie and replace it with truth. We know we have an enemy who is seeking to destroy us. His weapons are lies. Our weakness is believing lies, and if we believe a lie, it will affect our lives as if it were true. The problem is that we don't realise that the lies we believe are lies.
2. We need to create new paths of truth. Our brains have these pathways— basically mental ruts we create through constantly thinking the same thoughts, back and forth, over and over again. You know the ones that always gets me.... "why would Bekah ever want to be your wife" or "you don't deserve friends" — these then trigger our response to things in life. So to stop a behaviour, we need to remove the lie behind it and replace that pathway. We do this by digging truth trenches. How? We renew our mind with God's truth.
3. We cannot control what happens to us, but we can control how we perceive it. We all have mental biases that cause us to see things in ways that do not reflect reality. But we have the power to change how we view the past and the future.
4. We will change our perspective through prayer and praise. It's easy to feel overwhelmed by everything that is happening, but when we've had enough, God is enough. Not only is God enough, God is near. We stay mindful of His presence. When we do, it leads us to pray. Praying changes our brain, as does praising God. We praise Him for the who of who He is, even if the what is not what we want. As we praise God, He shows up and gives us peace of mind.

Decide today that you will not think like the rest of the world. You will let God renew your mind.

Instead of becoming fixated on what you see, fix your thoughts on Jesus. He made you. He will sustain you. He can carry you, strengthen you, and empower you to do what He's called you to do.

You are more than a conqueror through Christ. God is more than enough. And nothing can separate you from God's love. Let God change your thinking. He will change your life.



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