



MICAH  
COMMUNITY CHURCH

# ADVANCING THE KINGDOM AGENDA



## NEUROSCIENCE

- **Neurons** are nerve cells that send messages all over your body to allow you to do everything from breathing to talking, eating, walking, and thinking
- Neural pathways
  - Strains of pathways
  - Pathways in the brain that assist learning
- Neural Plasticity
  - You're a master at what you have been practicing
- Nerve cells that fire together wire together
  - Repeat thoughts
  - Learning is forging new connections in our brain

## YOUR REALITY

- Personality
  - How you think
  - How you act
  - How you feel
- Your personality creates your personal reality
  - You begin to think equal to your environment
  - Our brains are a catalogues of our past and present thoughts
  - To change your reality, you would need to first change your thinking
  - Your thinking effects your emotion which you have memorized and become your habits

# Metanoia

means to change one's mind; to expand it in such a way as to have a new perspective on the world or one's self.

## HAVE YOU EVER FELT?

- Confused
- Helpless
- Weary
- Quitting
- Inadequate
- Frustrated
- Stressed
- Angry
- Sad
- Inferior
- Lost
- Ugly
- Unworthy
- Suicidal
- Everything is against you
- Disappointed
- Hurt
- Defeated
- Discouraged



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**DISCOURAGED!**

(What was said)

**FUOMA**

## PEOPLE DISCOURAGED IN THE BIBLE

### **Psalms 6:6 NLT**

I am worn out from sobbing. All night I flood my bed with weeping, drenching it with my tears.

### **Job 8:6**

...and if you are pure and live with integrity, he will surely rise up and restore your happy home.

### **Jeremiah 20:17-18**

17.because he did not kill me in the womb so that my mother might have been my grave, and her womb forever enlarged. 18.Why did I come out of the womb to see only trouble and sorrow, and to end my days in shame?

## NEGATIVE WORDS

- Jesus rebuked Peter
- Your words are dangerous

**James 3:6 NKJV** 6 And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell.

- **Proverbs 12:18** The words of the reckless pierce like swords, but the tongue of the wise brings healing.



## RESET YOUR MIND

- Your thoughts

**2 Corinthians 10:5** ...bringing every thought into captivity to the obedience of Christ,

- Your heart

**Proverbs 4:23** Guard your heart above all else, for it determines the course of your life.

## GOD'S VIEW

### **Zephaniah 3:17**

"The Lord your God is in your midst,  
A Warrior who saves.

He will rejoice over you with joy;  
He will be quiet in His love [making no mention of  
your past sins],  
He will rejoice over you with shouts of joy.

## PRAYER OF SALVATION

Father God, I repent of all my sins. I confess with my mouth that Jesus is Lord and I believe that you raised Him from the dead. Thank you for your forgiveness, thank you for saving me and making me a member of your family. I pray this in Jesus name, AMEN!