



The Notes

BETTER BRAINS

Part 1: "Assessing the Damage"

January 2, 2022
Pastor Chris Jung

"Guard your heart above all else, for it determines the course of your life."

Proverbs 4:23 (NLT)

"Above all, be careful what you think because your thoughts control your life."

Proverbs 4:23 (ERV)

"Be careful what you think, because your thoughts run your life."

Proverbs 4:23 (NCV)

**BEFORE I CAN BEGIN TO BUILD, I HAVE
TO REALIZE THAT MY BRAIN HAS
BEEN...**

1. ..._____ WITH _____

"When Adam sinned, the entire world was affected. Sin entered human experience, and death was the result. And so death followed this sin, casting its shadow over all humanity, because all have sinned."

Romans 5:12 (TPT)

1.

2. ...BUILT _____

“Fathers, do not provoke or irritate or exasperate your children, so they will not lose heart and become discouraged or unmotivated [with their spirits broken].”

Colossians 3:21 (AMP)

3. ..._____ BY ME

“But I tell you that if a man looks at a woman and wants to sin sexually with her, he has already committed that sin with her in his mind.”

Matthew 5:28 (ERV)

“When you are tempted don’t ever say, ‘God is tempting me,’ for God is incapable of being tempted by evil and he is never the source of temptation. Instead it is each person’s own desires and thoughts that drag them into evil and lure them away into darkness. Evil desires give birth to evil actions. And when sin is fully mature it can murder you!”

James 1:13-15 (TPT)