



The Notes

The Rest of Your Story Part 3: "Putting Your Mind at Rest"

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TO TAKE BACK THE MENTAL GROUND I HAVE LOST, I NEED TO START...

1. ...DESTROYING THE THINGS THAT WILL
_____ MY _____.

"We are demolishing arguments and ideas, every high-and-mighty philosophy that pits itself against the knowledge of the one true God. We are taking prisoners of every thought, every emotion, and subduing them into obedience to the Anointed One."

2 Corinthians 10:5 (TVB)

2. ..._____ MY EMOTIONAL
_____ & MENTAL RESPONSES.

"Brothers and sisters, in light of all I have shared with you about God's mercies, I urge you to offer your bodies as a living and holy sacrifice to God, a sacred offering that brings Him pleasure; this is your reasonable, essential worship. Do not allow this world to mold you in its own image. Instead, be transformed from the inside out by renewing your mind. As a

result, you will be able to discern what God wills and whatever God finds good, pleasing, and complete.”

Romans 12:1-2 (TVB)

“Set your mind and keep focused habitually on the things above the heavenly things, not on things that are on the earth which have only temporal value.”

Colossians 3:2 (AMP)

“Bring about Your kingdom. Manifest Your will here on earth, as it is manifest in heaven.”

Matthew 6:10 (TVB)

“He said, ‘Father, if you are willing, take this cup of suffering away from me. But do what you want, not what I want.’”

Luke 22:42 (NIRV)

3. ..._____ **THE SEEDS THAT WILL
KEEP MY HEART & MIND _____ &
_____.**

“If you live your life animated by the flesh—namely, your fallen, corrupt nature—then your mind is focused on the matters of the flesh. But if you live your life animated by the Spirit—namely, God’s indwelling presence—then your focus is on the work of the Spirit. A mind focused on the flesh is doomed to death, but a mind focused on the Spirit will find full life and complete peace.”

Romans 8:5-6 (TVB)

“I want to reflect on your guiding principles and study your ways.”

Psalm 119:15 (GWT)

“Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.”

Philippians 4:8-9 (MSG)