



Empowering People to Change the World

Reenergize Your Mind, Part 2

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PP: Reenergize your Mind, Part 2
Romans 12:1-2

PP: Road Declaration

PP: Please silence your cell phone. Please take crying babies and restless children to our Nursing Mother's Room downstairs or the lobby.

World Health Organization findings:

- Twenty-one percent of Americans are experiencing some kind of mental illness. That's fifty million Americans.
- On the rise are clinical depression, anxiety, and bi-polar disorders.
- People who identify as LGBTIQ are two to three more likely to have mental disorders.
- Prominent in women between the ages of 16-24.
- According to findings, the main reason is the "increased use of social media."

In America we are becoming a mentally ill people and it is impacting our health, marriages, jobs, and relationships.

PP: Show Scatter Plot with arrows pointing toward the outlier.

- Each dot represents some variable: weight, height, IQ, etc.
- But the point of the scatter plot is to show what's average.
- But as you see there is this one red dot above the curve.
- In most studies we just ignore that dot and call it an *outlier* because it's probably either a measurement error or so different that if included, it messes up our research.
- This type of research is the *cult of the average* and it's what we build our educational and healthcare system on.

But the average isn't working!! The average person in America is battling depression, anxiety, and fear.

- What if instead of *ignoring* the outlier, we *studied* the outlier?

- The one who is thriving the most, the one who is the most joyful and happy, we looked at what made them so effective and happy.

PP: “...the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit” (Romans 14:17).

- Jesus wants all of us to live a robust, healthy, wholehearted life!
- I believe Jesus and the Kingdom of God is the healthiest, happiest, most joyful way to live. It's the Abundant Life. I believe that if you choose to live the Kingdom of God, you are lining yourself up for optimal impact—spiritually, mentally, emotionally and even physically!
- People who have learned to reenergize their minds and seek first the Kingdom of God are the outliers. At The Road, we don't want to build average Christians, we want to build outliers who bring a Kingdom of God Revolution to their own lives, their own families, and the community!
 - We don't want average natural depressed American Christians.
 - We are building outlier supernatural Biblical Kingdom of God Revolutionaries.

Romans 12:1-2

PP: My Thesis: People who reenergize their mind and life according to the order of the Kingdom of God are the most joyful, most happy, and most fulfilled people on the planet!

Last Week I talked about:

We are faced with two choices with our mind:

1. Conformed to this world's system or schemes, always leads to disorder.
2. Transformed by reenergizing our mind according to God's Kingdom of God order.

How are we transformed from the disordered chaos of this world's systems into the order of the Kingdom of God? We reenergize our minds!

PP: Reenergize your Mind: Step 1: Experience Jesus!

- Titus 3:5 “not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of **regeneration** and **renewing** of the Holy Spirit.”

- Regeneration means literally “being born again”, a new birth.
- Renewing, same word as in Romans 12:2, new again. Change of heart, new energy from God.

Life, God’s order, the Kingdom of God, everything you are yearning for, can only be found in Jesus Christ.

EXPERIENCE JESUS NOW! Not just believing with your mind but believing with your heart.

Seeking Jesus; seeking the Kingdom of God first is the healthiest way to live.

- When you line up with the Kingdom Laws of the universe, work within God’s creative order, your spirit, soul, and your body’s immune system will get healthier, and you will be more joyful, more fulfilled, and more excited about life!
- Jesus said, “...seek first the Kingdom of God and His Righteousness and all these things will be added to you” (Matthew 6:33).
- I’m talking about “all these things” being added unto you.

Dr. McLaughlin of Women’s Medical College in Philadelphia says that “65-85% of all sickness is rooted in the mental and spiritual; 99% of headaches, 75% of stomach disorders, 75% of asthma, and 75% of skin diseases.”

Write this down: The Kingdom of God is God’s total program for total health.

PP: Reenergize your Mind: Step 2: Expect Hardships!

Turn to Hebrews 12:1-2, the focus is on Jesus when you face the race.

- But there is a difficult race to run. All of us have an arduous race to run.
- The reenergized mind is focused on Jesus and expect life to be hard.
- Face conflict head-on. God wired you for the fight. The Bible says,

“You, dear children, are from God and have overcome [the world], because the one who is in you is greater than the one who is in the world” (1 John 4:4 [New International Version]).

- The power of the Holy Spirit within you is greater than any power in this world. The power of the universe is living within you. God has made you for the battle.
- You are hardwired for conflict. You have what it takes to overcome pain, hardship, and loss. Created in the image of God for the Kingdom of God, it's in your genes to be a fighter.

Angela Lee Duckworth, a leading speaker, as a math teacher in San Francisco discovered through her extensive research on what makes inner city students successful:

PP: *“One characteristic emerged as the best predictor of success. It wasn't social intelligence; it wasn't good looks, physical health, and it wasn't IQ. It was grit. Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future day in and day out, not just for the week and not just for the month, but for years. And working hard to make that future a reality. Grit is living your life like a marathon and not a sprint.”* (Angela Lee Duckworth)

- You are in a war with the Devil! Do you think he's going to just rollover and give you what you want? It's not ever going to happen.

PP: **“But even if our gospel is veiled, it is veiled to those who are perishing, whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them”** (2 Corinthians 4:3-4).

- Satan blinds our minds to truth. Satan obscures our thinking.
- This is why demons want to infiltrate our schools—to blind them to truth.
- God is building a better you through the fight. Quit complaining and EXPECT HARD!
- Put on the armor of God. (Ephesians 6:10-18)

PP: **People who Reenergize their Mind and Life according to the Order of the Kingdom of God are the most Joyful, most Happy, and most Fulfilled people on the Planet!**

PP: **Reenergize your Mind: Step 3: Excel in Truth!**

- How many of you believe God wants you to prosper and be joyful in all that you do?

The Bible has shown us the way to prosperity in our lives.

PP: “This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” (Joshua 1:8)

PP: “Blessed *is* the man
Who walks not in the counsel of the ungodly,
Nor stands in the path of sinners,
Nor sits in the seat of the scornful;
But his delight is in the law of the Lord,
And in His law he meditates day and night.
He shall be like a tree
Planted by the rivers of water,
That brings forth its fruit in its season,
Whose leaf also shall not wither;
And whatever he does shall prosper.” (Psalm 1:1-3)

- Can scripture be more clear? If you read, study, and meditate in God’s Word, you will prosper!
- “...If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.” (John 8:31-32)
- The word “know” has the meaning of intimate knowledge—Jesus is saying we must believe the truth, engage the truth and it will set us free.
- This is literally how we tear down strongholds in our minds.

PP: “For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ” (2 Corinthians 10:3-5).

PP: Three Features of Demonic Strongholds

1. They are Spiritual in Nature—demon empowered.
2. They always begin in the Mind and affect other areas.
3. They take the form of arguments (false beliefs).

Look what is being said here:

- It’s not a fleshly battle. It’s spiritual in nature. You attack spiritual enemies with spiritual power.

- You must go to war on these strongholds—specifically attacking them.
- We have the weapons that can pull these demons down!
- You must identify the deception—the false arguments, the false beliefs and cast them down.
- How? Believe truth! Believe truth! Practice truth!
- Declare truth to yourself. Preach to yourself.
- During the COVID scare Pamela Holloway created Radical Resilience + Health to set the foundation that allows people to maintain physical, emotional, mental, and spiritual resilience in their lives.¹ She built a Kingdom of God culture of health into our church that literally healed over three thousand people across our county during the COVID scare!
- Learning to be a truth seeker is one of the great lessons of courageous living. As we seek out truth, we'll be amazed at how much misinformation is out there. It can be uncomfortable. The German philosopher, Friedrich Nietzsche, is quoted to have said:

PP: *“The strength of a person's spirit would...be measured by how much 'truth' he could tolerate, or more precisely, to what extent he needs to have it diluted, disguised, sweetened, muted, falsified.”* (Friedrich Nietzsche)

Meditation in Truth.

- Meditate in and study God's Word. Read God's Word. Meditation in truth—examine yourself and your thinking.
- We have hijacked thoughts. How do you break the cycle? Be aware of your thinking. You can be ten percent happier.
- Need a relationship with the profound. What's more profound than truth. You must turn off the lies, confusion, and hyper-alarming of the news and this world's systems.
- It's not just *fake news* it's *unhealthy news*.
- PB&J

Step 1: Experience Jesus

Step 2: Expect Hardships

Step 3: Excel in Truth

PP: Reenergize your mind: Step 4: Engage in Prayer!

Turn to James 5:14-18

- Effectual, *energeo*—to be at work, to “energize.”
- Active operation of power.
- Elijah energetically engaged his mind in believing prayer with effectual results.
- This is HOW we move mountains in our life!

Elijah’s Energetic Believing Prayer

1. Elijah was a regular guy (a spirit just like ours).
2. Elijah was earnest (he was energetic in prayers).
3. Elijah was specific (three years and six months it did not rain, and then it rained).

Jesus: “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened” (Matthew 7:7-8).

How to Reenergize your Mind (Romans 12:1-2)

Step 1: Experience Jesus

Step 2: Expect Hardships

Step 3: Excel in Truth

Step 4: Engage in Prayer

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¹ Pamela Holloway, www.radicalresilience.health.