

RENEW YOUR MIND!



Romans 12:1-2 NIV

[1] Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God---this is your true and proper worship. [2] Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is---his good, pleasing and perfect will.

Romans 12:2 NLT

[2] Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.



Presents



Keys to FREEDOM

An interactive discipleship course to educate, equip
and empower you with biblical keys to live free and stay free.

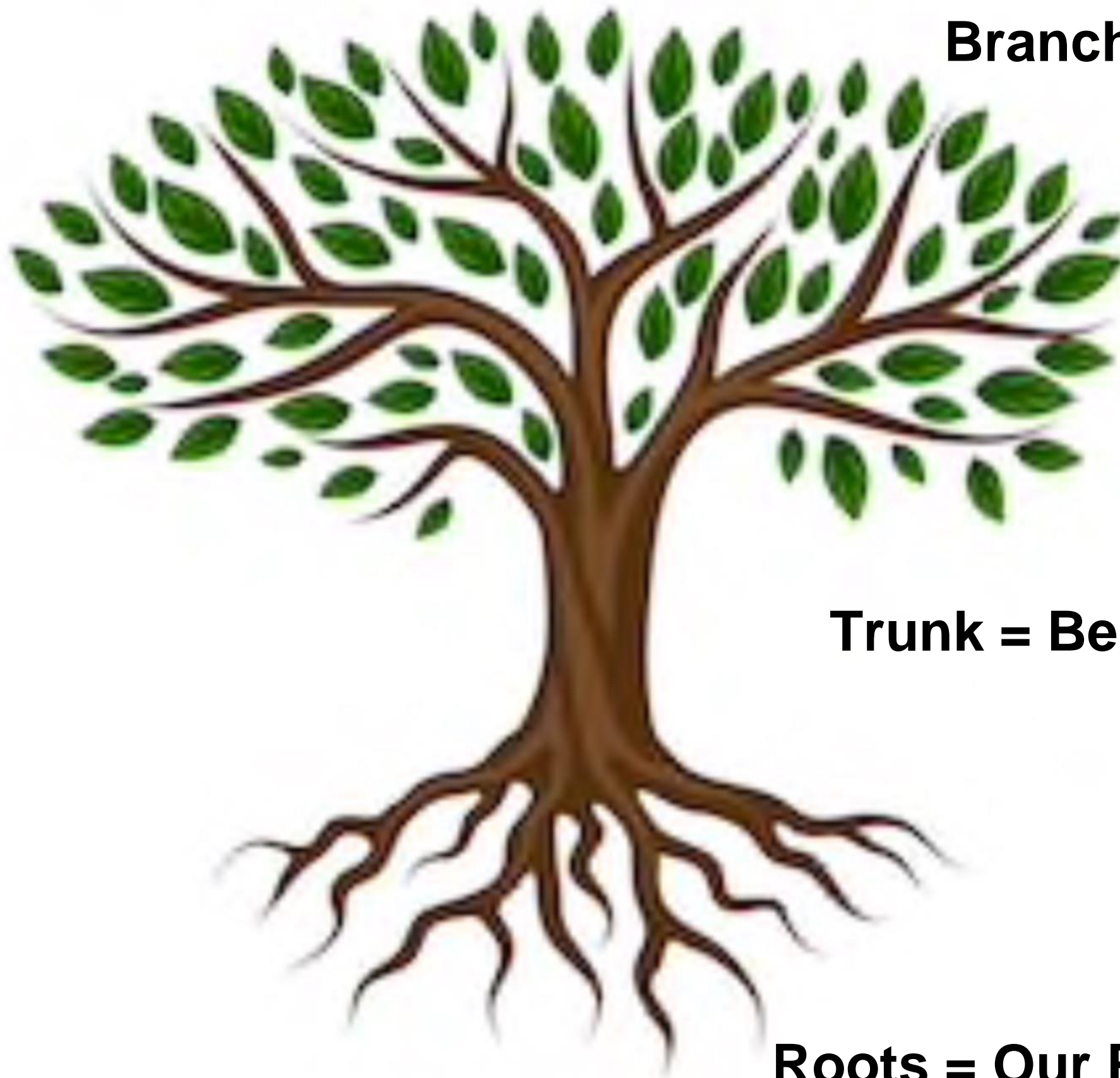
NEUROPLASTICITY





NEUROPLASTICITY





Branches = Behaviour

Trunk = Belief System

Roots = Our Past / Background

Philippians 4:8 NIV

[8] 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.



>> Welcome: Your brain software is out of date. A new update is available. Do you wish to proceed?



>> Welcome: Your brain software is out of date. A new update is available. Do you wish to proceed?

>>Warning: Continuing to run your brain on outdated software can cause you to malfunction or crash. Your current software contains bugs and security risks

>>Would you like to proceed? Yes/No



>> Welcome: Your brain software is out of date. A new update is available. Do you wish to proceed?

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>>Would you like to proceed? Yes/No

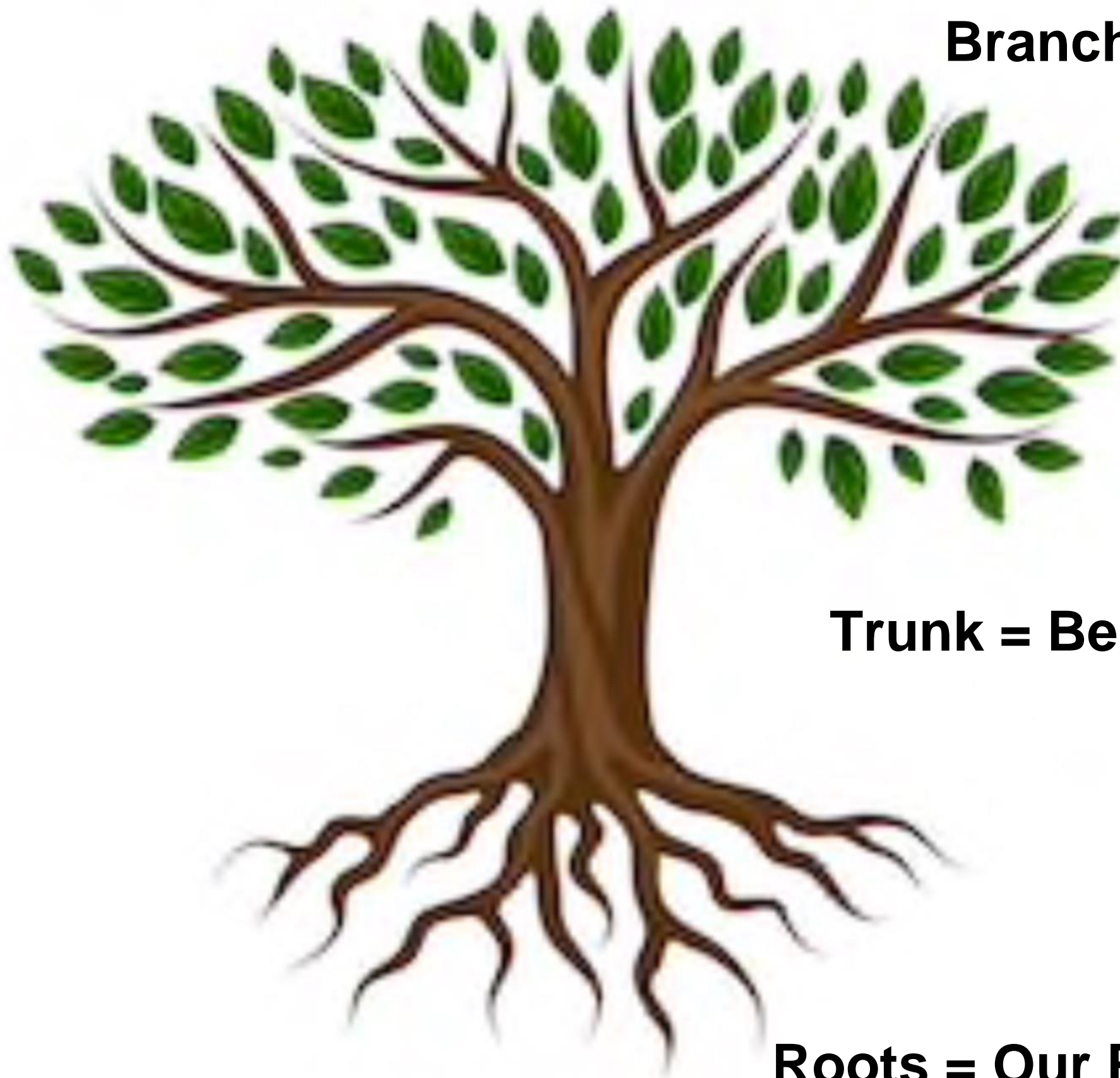


>>Yes

>> Ok. Buckle up. Engage divine energy for full access to update (Ask the Holy Spirit to come and lead you into all the truth). Now choose book, chapter and verse.

James 1:22-25 NIV

[22] Do not merely listen to the word, and so deceive yourselves. Do what it says. [23] Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror [24] and, after looking at himself, goes away and immediately forgets what he looks like. [25] But whoever looks intently into the perfect law that gives freedom, and continues in it---not forgetting what they have heard, but doing it---they will be blessed in what they do.



Branches = Behaviour

Trunk = Belief System

Roots = Our Past / Background

If people knew what I'm really like they would hate me
It's only natural that I should live in fear of others and
pretend I'm ok

The only way people will accept and like me is if I perform
well and consistently; they will maybe accept me because
of what I can do, never because of who I am.

I hate myself
I hate my life



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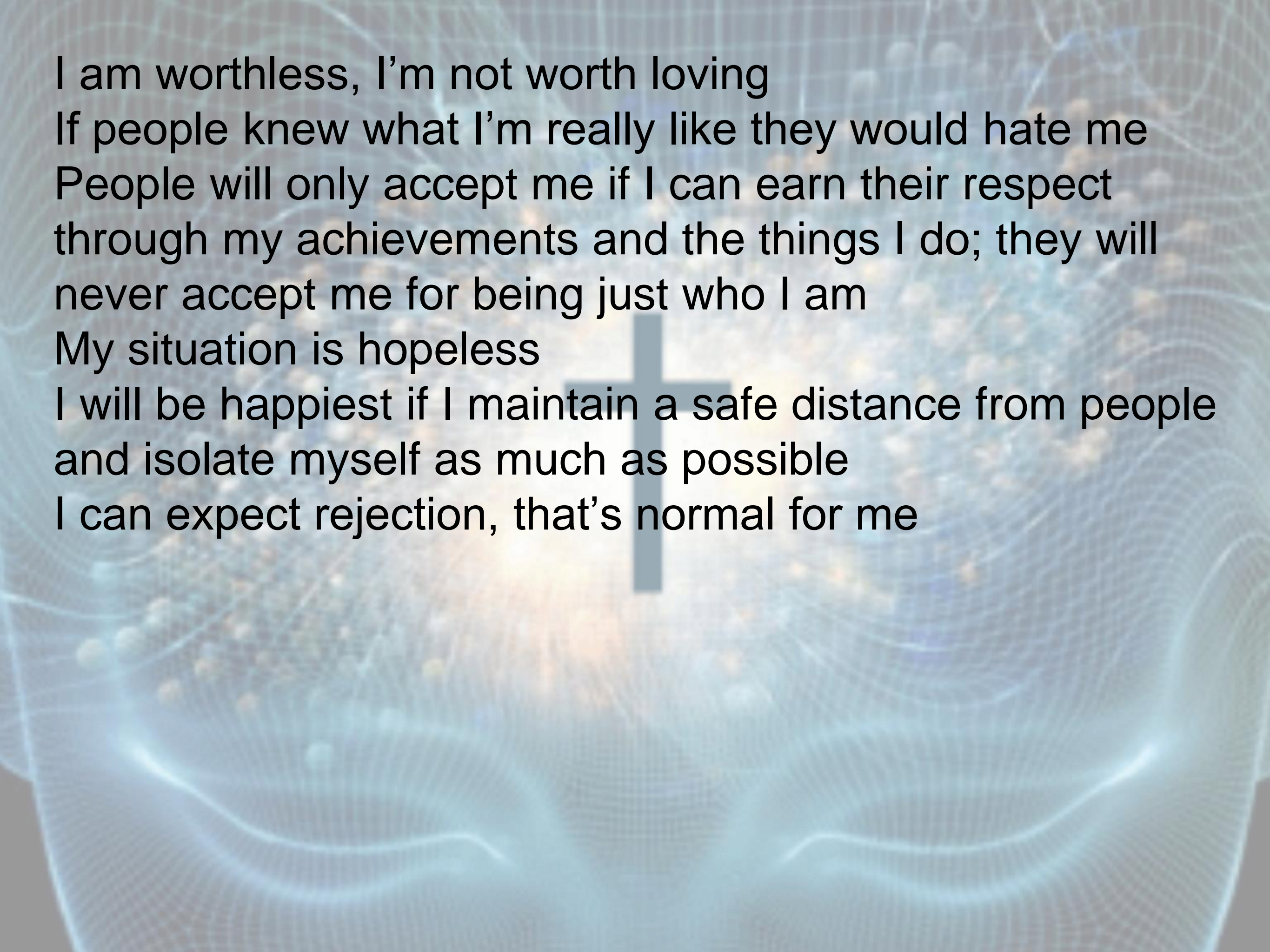
I hate myself
I hate my life

*I'm stupid. I always get things wrong. Always make mistakes.
I'll never amount to anything.*

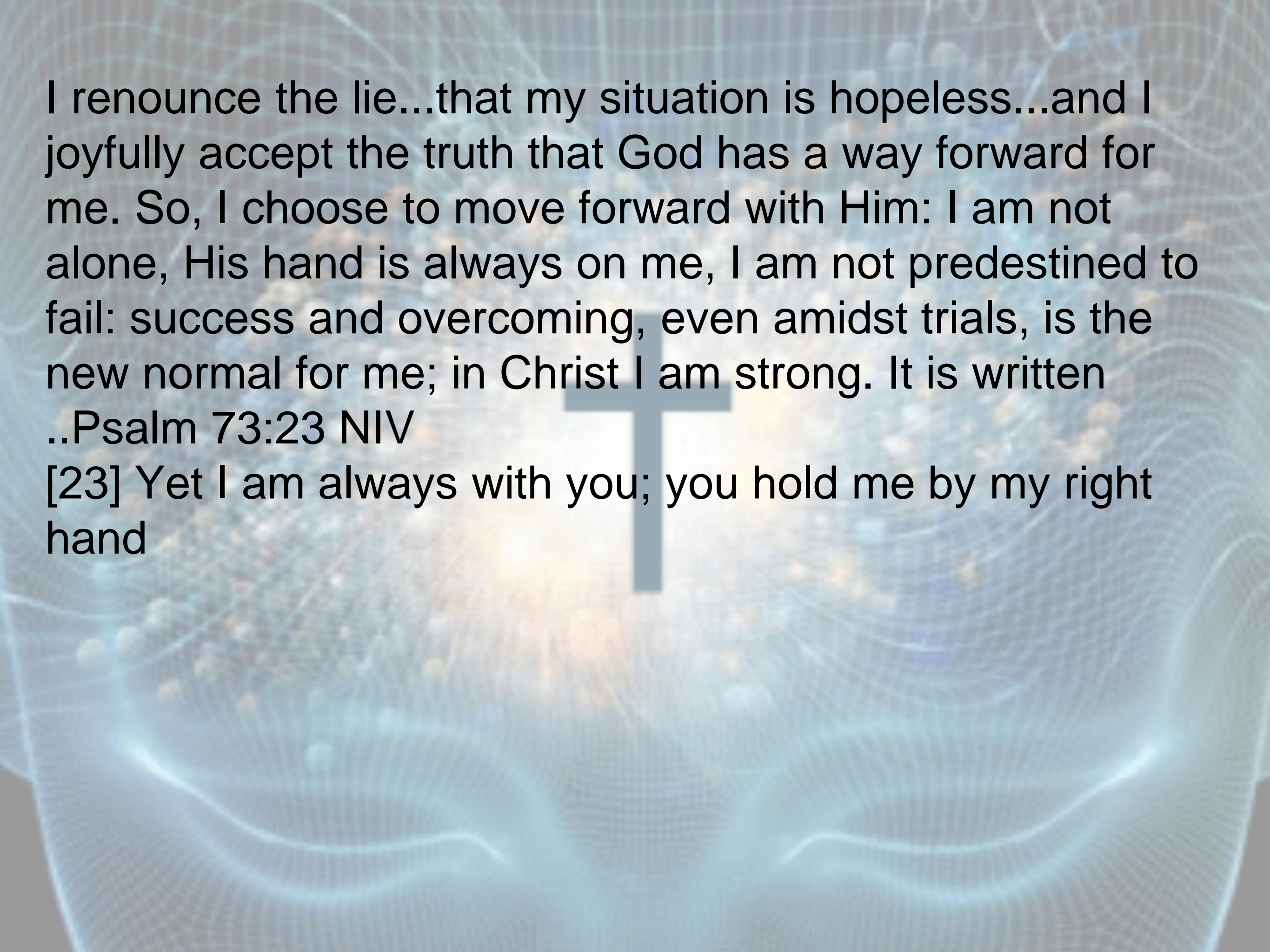
*I'm ugly. No one could ever love me with the way I look.
The only way to be happy and impress is to have plenty of
money.*

I renounce (or reject) the lie that.... And I announce (or declare) the truth that.. (write what the verse means and what the truth is in your own words) then speak out the verse.."it is written.....".





I am worthless, I'm not worth loving
If people knew what I'm really like they would hate me
People will only accept me if I can earn their respect
through my achievements and the things I do; they will
never accept me for being just who I am
My situation is hopeless
I will be happiest if I maintain a safe distance from people
and isolate myself as much as possible
I can expect rejection, that's normal for me



I renounce the lie...that my situation is hopeless...and I joyfully accept the truth that God has a way forward for me. So, I choose to move forward with Him: I am not alone, His hand is always on me, I am not predestined to fail: success and overcoming, even amidst trials, is the new normal for me; in Christ I am strong. It is written

..Psalm 73:23 NIV

[23] Yet I am always with you; you hold me by my right hand

I renounce the lie..that I am worthless and not worth loving.

Jesus says in John 10:11 NIV

[11] "I am the good shepherd. The good shepherd lays down his life for the sheep." And it is written in John 10:3 NIV

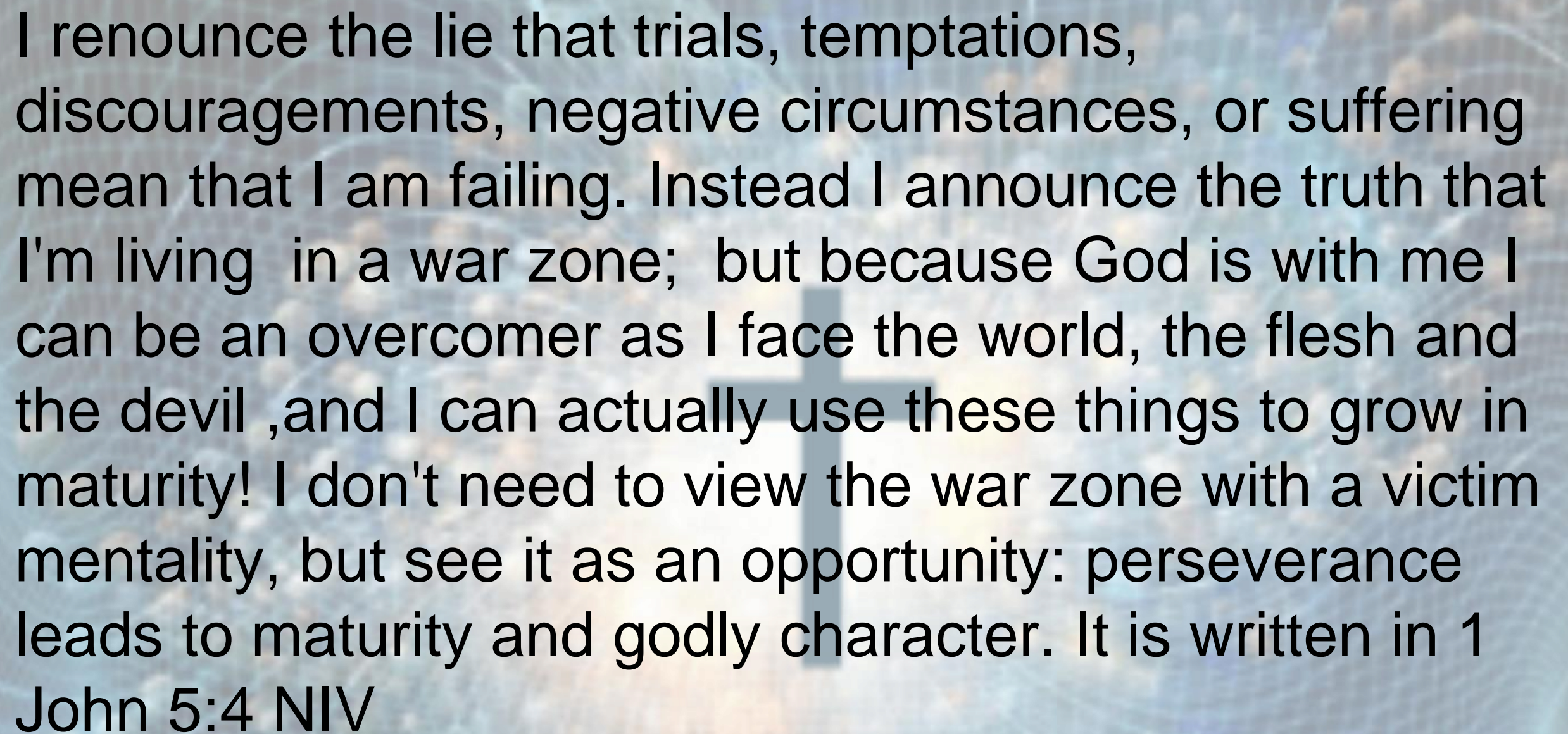
[3] ... He calls his own sheep by name and leads them out.

I declare the truth that God considers me valuable, my life matters to Him, my choices are important to Him, my faith pleases Him as I believe; I'm unique, irreplaceable and worth dying for. In Christ I am secure, accepted and significant. My life has meaning. I can and should love myself. I chose to love myself because He loves me.

I renounce the lie that it's only what I can do that makes me valuable... and I joyfully declare that it's actually what I am that makes me valuable. I am made in the image of God and I am a child of God. I do not serve in order to become secure accepted and significant: I serve because I already am secure, accepted and significant.

I renounce the lie that I can expect only rejection and that I will be happier if I walk away and withdraw from people. Instead, I declare the truth that my comfort zone would turn out to be a prison cell. I would only become bored, frustrated and fearful. I will only find peace and real fulfilment as I walk with God, and love and serve amongst God's people, knowing that my sense of affirmation is not derived from people, but from the One who calls and sends me. It is written in Hebrews 10:24-25 NIV

[24] And let us consider how we may spur one another on toward love and good deeds, [25] not giving up meeting together, as some are in the habit of doing, but encouraging one another---and all the more as you see the Day approaching.



I renounce the lie that trials, temptations, discouragements, negative circumstances, or suffering mean that I am failing. Instead I announce the truth that I'm living in a war zone; but because God is with me I can be an overcomer as I face the world, the flesh and the devil, and I can actually use these things to grow in maturity! I don't need to view the war zone with a victim mentality, but see it as an opportunity: perseverance leads to maturity and godly character. It is written in 1 John 5:4 NIV

[4] for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith.

I renounce the lie that I need to be in control of my own life. It is written..Proverbs 3:5-6 NIV

[5] Trust in the Lord with all your heart and lean not on your own understanding; [6] in all your ways submit to him, and he will make your paths straight.

I declare the truth that I can surrender like the clay to the Potter: I choose to trust that God has my best interests at heart. I don't need to control other people or try to control the future- I only need to control myself! As I trust Jesus with my life, then I will walk a good path, not a reckless path: I will end well.

I renounce the fear that Gwyn and I will die from cancer and I joyfully declare that our lives in this world will end when our Father in Heaven who loves us decides it's time to welcome us home. We are new creations in Christ. We are not just the children of our earthly parents: we are the children of our Heavenly Father. Jesus said in Matthew 10:29-31 NIV

[29] Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. [30] And even the very hairs of your head are all numbered. [31] So don't be afraid; you are worth more than many sparrows.

**"if you don't renew your
mind, your feelings will
always take you back to what
you've been released from"**





**KEEP
CALM
AND
RENEW
your MIND**