

2 Cor 10:5 Take every thought captive to Christ.

Rom 12:2 Be no longer conformed to the pattern of this world, but be transformed by the renewing of your mind.

Eph 4:22-23 Put off the old self and put on the new... by renewing your mind.

Phil 4:8 Whatever is true...honorable...just... pure ...pleasing...commendable... let your mind dwell on these things.

--> Stimuli

--> Trigger

--> neuro-net (images/ words)

--> feelings

--> behavior

“the god of this age” (2 Cor 4:4)

“the principality and power of the air” (Eph 2:2)

“the whole world lies under the control of the evil one” (1 Jn 5:19)

1. Become a “Detective” of Your Brain

**2. Think Truth Continually and Concretely
(Phil 4:8)**

**3. Distance Yourself From Damaging
Triggers Insofar as Possible**

4. Surround Yourself With Godly “Advertisements”

Deut. 6:6-9 Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates.

*** Pictures, Sayings**

*** Music**

*** Bible Reading**

*** Friends**