

Train Your Brain

Practical Ideas for Renewing Your Mind

- Ephesians 4:22-24 ESV ON SCREEN

22 to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, 23 and to be renewed in the spirit of your minds, 24 and to put on the new self, created after the likeness of God in true righteousness and holiness.

Ways to renew your mind:

-Prayer

- Talk and listen
- Journal
- Speak praise to God
- Speak blessings over yourself
- Review the faithfulness of God in your life. Psalm 143:5
 - make a list of memories... choose identity statements that represent the memories

-Scripture

- Scripture READING- Romans 10:17
 - read it out loud
 - read it with faith
- Scripture MEMORIZATION- Psalm 119:11
- Scripture MEDITATION- Psalm 1:1-2, Psalm 119:15, Psalm 119:48

- Methods of Meditating on Scripture:

1. Pray it.
2. Write it out.
3. Post it where you will see it.
4. Visualize the words as you recite them in your head.
5. Associate pictures.
6. List observations.
7. Change your posture.
8. Repeat the passage emphasizing a different word each time.
9. Personalize it.
10. Ask the Holy Spirit to speak through it.
11. Share it with someone else.

-Sleep

- Sufficient sleep is important- aim for 7-9 hours.
- Your brain processes and heals while you sleep
- The work you do while awake to train your brain is sealed in the brain while you sleep
- Be intentional before and after sleep. Deut. 6:7, Psalm 63:5-6, Proverbs 6:22
- Incorporate prayer and scripture into your night and morning routines.

-Exercise

- The body and the mind are inseparable.
- If your body is unhealthy, your mind will be more sluggish.
- Regular exercise has been shown to improve mood, confidence, motivation, learning, stress management AND could lessen the likelihood of dementia and alzheimer's with age!

-How not to renew your mind:

- Poor stress management
- Secret sin
- Excessive junk food
- Excessive, mindless digital activity
- Excessive isolation