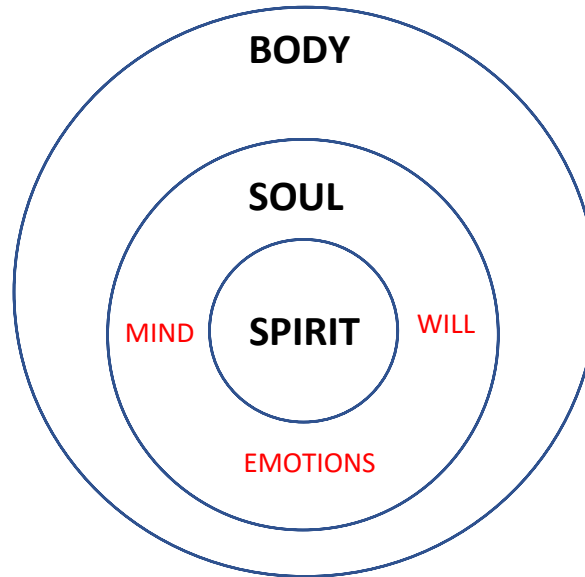


You are Tripartite in nature:

YOU ARE A SPIRIT

YOU HAVE A SOUL

YOU LIVE IN A BODY



- **God tells us:**
To search for, believe in, and think about the truth. (John 8:32, Philippians 4:8)
Life and death are in the power of the tongue. (Proverbs 18:21)
Have your mind renewed by truth. (Romans 12:2)
- **Neuroplasticity** is defined as “the ability of neural networks in the brain to change their connections and behavior through reorganization in response to experience, new information, sensory stimulation, development, damage, or dysfunction.” It is the structural remodeling of the brain - the brain wiring and rewiring itself constantly.
- **Psychology 101:**
 - The brain likes patterns and gets very comfortable operating in autopilot for least resistance.
 - You may have a problem or circumstance in your life that you feel has messed everything up. But it is never the circumstance causing the problems – it’s always the *thought* about the circumstance. And behind every thought is a belief – truth-based or lie-based. Your beliefs form your thoughts -> Your thoughts determine how you feel about things -> You act or don’t act out of those feelings -> Those actions create results that you like or don’t like.
- **How To Make Changes:**
 - Become a student of your brain and what you are thinking. We have about 60,000 thoughts running through our mind each day. We need to learn to pay attention to what we’re thinking and the messages we’re entertaining.
 - Understand that our brains process information, events, circumstances, experiences all the time, all day long. That processing is unique to our personal perception, assumptions, and past experiences. And this individual process creates *how* we experience our lives.
 - Take a look at your messaging and determine if they’re rooted in lie-based beliefs.

