

Sunday, November 27, 2011

## Get a New Groove Going!

Scientists have found that repeated thoughts actually create *physical grooves in the brain*. When we practice a skill, learn a sport or study facts, a little trench is carved into our brain tissue. ***A habit is truly physical.***

- Japanese researcher Dr. Masaru Emoto, is scientifically proving that water carries & transmits emotions.
- If simply labeling a bottle of water changes its character, what are your thoughts doing to you & others?

**To get your new groove going, you must \_\_\_\_\_ your heart with all diligence.**

“Keep your heart with all diligence, For out of it *spring* the issues of life. Put away from you a deceitful mouth, And put perverse lips far from you.” Proverbs 4:23, 24

- Jesus says that it’s out of the heart that evil thoughts proceed.
- To fulfill your destiny, get a firm grip on your thought life.
- “O Jerusalem, wash your heart from wickedness, That you may be saved. How long shall your evil thoughts lodge within you?” Jeremiah 4:14
- “The heart *is* deceitful above all *things*, And desperately wicked; Who can know it?” Jeremiah 17:9
- “Thorns *and* snares *are* in the way of the perverse; He who guards his soul will be far from them.” Proverbs 22:5

**To get your new groove going, you must reject the \_\_\_\_\_ of the brethren.**

“Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down.” Revelation 12:10

- Take ownership of the thoughts in your head!
- The thoughts of accusation & doubt that come into your head, usually start with the word YOU.
- Psychologists teach us that there are two mental laws that contribute to our mental state of being.

**To get your new groove going, you must first harness *The Law of* \_\_\_\_\_.**

“Do not eat the bread of a miser. Nor desire his delicacies; ***For as he thinks in his heart, so is he.*** “Eat and drink!” he says to you. But his heart is not with you.” Proverbs 23:6, 7

- ***The Law of Concentration states that whatever we dwell upon grows in our life experience.***
- What we continually think about becomes part of us. The more we dwell on it, the more we have.
- Mark Twain, “What a wee little part of a person’s life are his acts & his words! His real life is led in his head, and is known to none but himself. All day long, the mill of his brain is grinding, his thoughts, not other things, are his history.”
- You’re not what you think you are; but ... **WHAT YOU THINK**—you are!
- **So**, discipline yourself to concentrate single-mindedly on the person that you want to be.
- **Then**, develop absolute clarity about the things you want, write them down and then think and talk about them all day long. You will be amazed at what happens.

**To get your new groove going, you must also harness *The Law of* \_\_\_\_\_.**

“You will keep *him* in perfect peace, *Whose* mind *is* stayed *on* You, Because he trusts in You. Trust in the LORD forever, For in YAH, the LORD, *is* everlasting strength.” Isaiah 26:3, 4

- ***The Law of Substitution states that our conscious mind can only hold one thought at a time.***
- It makes no difference whether the thought is "negative" or "positive," it can only hold one at a time.
- ***Jesus validated the Law of Substitution when He became our substitute.*** 2 Co 5:21.
- You can hold the thoughts, feelings & purposes of God’s heart in your heart. (1 Co 2:16, Amp Bible)
- Allow the mind of Christ to flow through you! Romans 12:1, 2
- The words I think, believe and speak determine my destiny. Romans 10:9-13
- It has been said that ‘a change of diet will not help a man who will not change his thoughts’.
- ***You don’t have to be great to start BUT you have to start to be great.***
- Get Your New Groove Going Today! Think BLESSING! Bless ***everything*** and ***everyone!***