

# **BROTHERS IN ARMS**

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**Bible Study 02.28.2022**

When we hear the words “Mental Game” what typically comes to mind?

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**The Bible says “...for as a man  
thinketh in his heart, so is he...”  
Proverbs 23:7**

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*IF WE POUR OUT OUR HEART IT WILL BE FLOWING WITH  
THE THOUGHTS THAT FILLED IT.*

# Our mind is the control tower of our life

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1. EVERY BELIEF AND ACTION IN OUR LIFE STARTS IN OUR MIND (THOUGHT)
2. ALL OF OUR CHOICES AND DECISIONS ARE SORTED THROUGH IN OUR MIND (UNFILTERED)
3. WHAT ARE CIRCUMSTANCES ARE AND WHO WE ARE TODAY HAVE COME TO LIFE BECAUSE OF A SERIES OF THOUGHTS (PATTERNS AND HABITS)

In Romans 12:2, Paul tells us  
“not to be **conformed** to this  
**world**, but be **transformed** by  
the **renewing** of our **mind**...”

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1. WHICH ONE OF THESE PATHS REQUIRE CHANGE TO TAKE TO PLACE?
2. WHICH ONE IS PASSIVE? ACTIVE?
3. WHICH IS UNINTENTIONAL? INTENTIONAL?

**Conforming** - the world works on you (slow and easy so you don't notice) by using what society feeds you through people you hang with, tv, music, social media, etc... (we often become passive and comfortable the more we are changed)

**Transforming** is you working on you (actively) with the guidance of the word and what Jesus shows us so that our mind is being guarded by the truth.

- **Knowledge/information- (seeds/weeds)**
  - **Belief/feeling- (result of seed /weed planting roots)**
  - **Action/circumstances- (the fruit of the planted seed)**
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**WHAT TYPE OF PATTERN DO YOU SEE HERE? HOW DOES IT SHAPE OUR LIVES AND HABITS?**

**The Mind is for Knowing  
The Heart is for Being  
The Body is for Doing**

**(YOU ACT OUT OF WHO YOU ARE BECAUSE OF WHAT  
YOU KNOW)**



**15 “Watch out for false prophets. They come to you in sheep’s clothing, but inwardly they are ferocious wolves. 16 By their fruit you will recognize them. Do people pick grapes from thorn bushes, or figs from thistles? 17 Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. 18 A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. 19 Every tree that does not bear good fruit is cut down and thrown into the fire. 20 Thus, by their fruit you will recognize them.**

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**MATTHEW 7:15-20**

## **More on thoughts**

- **They flow in and out all day**
- **We can't resist thoughts coming in our head.**
- **We must identify the eroding thoughts, call them out, and replace them with healthy thoughts. “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:5 NIV**
- **For every true, healthy thought we have there is an opposite thought that will present itself in an effort to destroy us. It will dress itself up as “the best choice” because it usually appeals to our self-serving nature and often leads to immediate satisfaction. Our job is to seek the knowledge and understanding of the truth of the Bible to help us filter out these distractions.**

**Knowledge itself will not be enough to protect us. We can “know” what the Bible says but until we believe it and apply it we are merely living with a false sense of security....to be continued next week.**

- 1. How do we filter out bad thoughts and keep them from planting roots in our mind?**
- 2. What are some ways we see the “roots to fruit” cycle in our everyday life? On the field?**
- 3. What are some examples of “seeds” and “weeds”?**

**Our standards of living are found in the Word not the world.**

**You can't even spell world without a big “l.”**