

CHARIS CHRISTIAN CENTRE

SERMON-NOTES

DATE : 8 MARCH, 2009
SPEAKER : REV. LAWRENCE YAP
TOPIC : **TO THINK BIG – CHANGE YOUR BRAIN**
TEXT : 2 COR 10: 3 – 5

Neurologists said that the brain is an important and powerful organ in our body. It gives us the power to think, to analyze, to speak, to plan as well as to create. The brain controls our body temperature, our blood pressure and our heart beat. Apart from this, it also coordinates our physical movements and also allows us to process our emotional stimuli. Summing all these in the nutshell: **how we perceive what we see, hear, smell, taste and touch will affect our destiny.**

- It is said, **“Watch your thoughts, they become words; Watch your words, they become actions; Watch your actions, they become habits; Watch your habits, they become character; Watch your character - it becomes your destiny.”**
- **“Individuals are the makers of themselves, by virtue of the thought which they choose and encourage; that mind is the master weaver, both of the inner garment of character and the other garment of circumstances.”**

3 areas of our mind that must be changed:-

1. HEAL YOUR THOUGHTS

- Psalm 51:6 = **‘Surely you desire truth in the inner paths; you teach me wisdom in the inmost place.’**
- The concept of **selective exposure, selective attention, selective perception and selective retention.** What is meant by this concept? We see and hear things not the way **they are** but the way **we are.** **We all see things through our mental filter which has been formed by years of past experiences of hurt, disappointments, disillusionment, misconceptions, bitterness, anger and unforgiveness. Because of these, you begin to view life cynically like the proverbial saying – “once bitten, twice shy.”**
- A good example is found in 1 Samuel 18: 8-9. **“And from that time, Saul kept a jealous eye on**

David.”(v.9) From these verses, we saw that where David was concerned, it was meant as a compliment but it was an offence to Saul as he read too much into the statement and it gored him into jealousy. Likewise, for us, if our prejudice against someone is not dealt with and when such thoughts are not healed of, we will have misperceptions towards that person.

- **If our mind is weary, our heart aches, we lose the vision for our present and our future is captured.**
- John 8:32 = **Then you will know the truth and the truth will set you free.**
- Heb. 4:12 = **“For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”**
- How do you know that your past thoughts need healing? It is when these thoughts come to your mind and you are still feeling hurt & riled up by them.

2. GUARD YOUR THOUGHTS

- Isaiah 26:3 = **“You Lord, will guard and keep him in perfect peace, whose mind is stayed on you.”** The prerequisite of this statement lies in **“whose mind is stayed on You.”** **As long as your mind is stayed on the Lord Jesus, He will help you to stay focus even in midst of trying circumstances.**
- Matt. 14: 28 –31 = Here, we read that Jesus bid Peter to come to Him, walking on waters. Peter was doing well in the beginning but **he faltered and fell when he was distracted by his surroundings.**
- Phil. 4:7-8 = **“And the peace of God which transcends all understanding, will guard your hearts and minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things.”**

3. ALIGN YOUR THOUGHTS

- Our thoughts go out of alignment because what we have heard from around us.
- Isaiah 55: 7-9 = **“For my thoughts are not your thoughts, neither are your ways, my ways, declares the Lord. As the heavens are higher than the earth,**

so are my ways higher than your ways and my thoughts than your thoughts

- A good example that we can emulate is from the life of Apostle Paul. (Rom. 8: 5 –7)
 - **The preaching of Christ was the business of Paul's life**
 - **The Presence of Christ was the good news of Paul's life**
 - **The image of Christ was the crown of His life**
 - **The will of Christ was the law of his life**
 - **The glory of Christ was the end of his life**
 - **The resurrection of Christ was the proof of his life**

Conclusion:

- **Are you willing to transform your mindset in alignment to God's Word? If you are, then there must be a paradigm shift of your mindset!**