

**Start Presentation**

# How To Get A Ripped Mind That Wants To Think On The Right Things All The Time

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## Ground Rules

- **Discipline Is NOT Legalism**
- **Get Stirred Up On The Power of God**

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## Building The Puzzle (Vision)

- Lay Out The Pieces
- See The Big Picture
- Work One Piece At A Time

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## Strength Training

- Rejoicing In Hope
- Praying In The Spirit

## Hebrews 12:1-4

**1 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,**

**2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.**

**3 For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.**

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**Endurance Training**

# Repetition

## **Matthew 6:5-7**

**5 "And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward.**

**6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.**

**7 And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.**



## **Psalm 1:1-3**

**1 Blessed is the man**

**Who walks not in the counsel of the ungodly,  
Nor stands in the path of sinners,  
Nor sits in the seat of the scornful;**

**2 But his delight is in the law of the Lord,  
And in His law he meditates day and night.**

**3 He shall be like a tree**

**Planted by the rivers of water,  
That brings forth its fruit in its season,  
Whose leaf also shall not wither;  
And whatever he does shall prosper.**

**1 Thessalonians 5:16-18**

**16 Rejoice always,**

**17 pray without ceasing,**

**18 in everything give thanks; for this is the will of  
God in Christ Jesus for you.**

## **Romans 12:1-2**

**1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.**

**2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.**

## **Galatians 6:7-9**

**7 Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.**

**8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.**

**9 And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.**

# Resistance

## 2 Timothy 2:3-7

**3 You therefore must endure hardship as a good soldier of Jesus Christ.**

**4 No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier.**

**5 And also if anyone competes in athletics, he is not crowned unless he competes according to the rules.**

**6 The hardworking farmer must be first to partake of the crops. 7 Consider what I say, and may the Lord give you understanding in all things.**

## 1 Peter 5:8-10

**8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.**

**9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.**

**10 But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.**

## 1 Peter 4:1-2

**1 Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind, for he who has suffered in the flesh has ceased from sin,**

**2 that he no longer should live the rest of his time in the flesh for the lusts of men, but for the will of God.**



# Stir Up The Power

2 Timothy 1:6-8

6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands.

7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

8 Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God

# Pray For The Power

Colossians 1:9-11

**9** For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding;

**10** that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God;

**11** strengthened with all might, according to His glorious power, for all patience and longsuffering with joy;

# Bear Powerful Fruit

Galatians 5:16-17, 22-24

16 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. 17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control. Against such there is no law.

24 And those who are Christ's have crucified the flesh with its passions and desires.

**Refreshing**

## **Acts 3:17-19**

**17 "Yet now, brethren, I know that you did it in ignorance, as did also your rulers.**

**18 But those things which God foretold by the mouth of all His prophets, that the Christ would suffer, He has thus fulfilled.**

**19 Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord**

## **Matthew 4:8-11**

**8 Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory.**

**9 And he said to Him, "All these things I will give You if You will fall down and worship me."**

**10 Then Jesus said to him, "Away with you, Satan! For it is written, 'You shall worship the Lord your God, and Him only you shall serve.'"**

**11 Then the devil left Him, and behold, angels came and ministered to Him.**

## Hebrews 2:17-18

**17 Therefore, in all things He had to be made like His brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make propitiation for the sins of the people.**

**18 For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.**

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**18 For because He Himself [in His humanity] has suffered in being tempted (tested and tried), He is able [immediately] to run to the cry of (assist, relieve) those who are being tempted and tested and tried [and who therefore are being exposed to suffering]. [AMP]**

## **Luke 22:41-44**

**41 And He was withdrawn from them about a stone's throw, and He knelt down and prayed,**

**42 saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done."**

**43 Then an angel appeared to Him from heaven, strengthening Him.**

**44 And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.**



## **Hebrews 4:15-16**

**15 For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.**

**16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.**

## **2 Corinthians 4:17-18**

**17 For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory,**

**18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.**

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## Endurance Training

- **Repetition**
- **Resistance**
- **Refreshing**

**The End**