



**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**

# **Building The Puzzle (Vision)**

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

# **Strength Training**

- **Rejoicing In Hope**
- **Praying In The Spirit**

# Endurance Training

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

## **1 Corinthians 6:12-13**

**12 All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.**

**13 Foods for the stomach and the stomach for foods, but God will destroy both it and them.**

## **1 Corinthians 6:12**

**12 You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything. [NLT]**

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**12 "Everything is permissible for me"-but not everything is beneficial. "Everything is permissible for me"-but I will not be mastered by anything. [NIV]**



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## A Healthy Diet

# How You Eat

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**Switch Flipping, Screen Touching,  
Button Pushing**

## Colossians 3:1-3

**1 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God.**

**2 Set your mind on things above, not on things on the earth.**

**3 For you died, and your life is hidden with Christ in God.**

## Romans 8:2, 5-6

**2 For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.**

**5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, [set their minds on] the things of the Spirit.**

**6 For to be carnally minded is death, but to be spiritually minded is life and peace.**

## Matthew 6:22-23

**22 "The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light.**

**23 But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!**

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**22 "Your eye is a lamp that provides light for your body. When your eye is good, your whole body is filled with light.**

**23 But when your eye is bad, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is! [NLT]**

## **Romans 10:16-17**

**16 But they have not all obeyed the gospel. For Isaiah says, "Lord, who has believed our report?"**

**17 So then faith comes by hearing, and hearing by the word of God.**

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**17 Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.**

**NIV**

## **2 Peter 2:8-9**

**8 (for that righteous man, dwelling among them, tormented his righteous soul from day to day by seeing and hearing their lawless deeds) —**

**9 then the Lord knows how to deliver the godly out of temptations and to reserve the unjust under punishment for the day of judgment.**

# What You Eat

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**Mind Ripping & Mind Corrupting Foods**



## **1 Corinthians 6:12-13**

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**13 Foods for the stomach and the stomach for foods, but God will destroy both it and them.**

## **1 Corinthians 15:33**

**33 Do not be deceived: "Evil company corrupts good habits."**

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**33 Do not be so deceived and misled! Evil companionships (communion, associations) corrupt and deprave good manners and morals and character. [AMP]**

## **1 Peter 2:11**

**11 Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul**

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**11 Dear friends, I warn you as "temporary residents and foreigners" to keep away from worldly desires that wage war against your very souls.**

## **James 1:21**

**21 Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.**

## **Discerning Ability**

### **Hebrews 4:12**

**12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.**

# **Divine Power**

## **2 Peter 1:2-4**

**2 Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord,**

**3 as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,**

**4 by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.**

## **Instruction**

### **2 Timothy 3:16-17**

**16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness,**

**17 that the man of God may be complete, thoroughly equipped for every good work.**

# God's Diet Plan For You

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Be True To Your Own Convictions



## **1 Corinthians 9:26-27**

**26 Therefore I run thus: not with uncertainty. Thus I fight:  
not as one who beats the air.**

**27 But I discipline my body and bring it into subjection,  
lest, when I have preached to others, I myself should  
become disqualified.**

## **Romans 13:14-14:3**

**13:14 But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.**

**14:1 Receive one who is weak in the faith, but not to disputes over doubtful things.**

**2 For one believes he may eat all things, but he who is weak eats only vegetables.**

**3 Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him.**

## **Romans 14:4-5**

**4 Do you have any business crossing people off the guest list or interfering with God's welcome? If there are corrections to be made or manners to be learned, God can handle that without your help.**

**5 Or, say, one person thinks that some days should be set aside as holy and another thinks that each day is pretty much like any other. There are good reasons either way. So, each person is free to follow the convictions of conscience.**

## **Romans 14:6-9**

**6 What's important in all this is that if you keep a holy day, keep it for God's sake; if you eat meat, eat it to the glory of God and thank God for prime rib; if you're a vegetarian, eat vegetables to the glory of God and thank God for broccoli.**

**7 None of us are permitted to insist on our own way in these matters. It's God we are answerable to — all the way from life to death and everything in between — not each other.**

**9 That's why Jesus lived and died and then lived again: so that he could be our Master across the entire range of life and death, and free us from the petty tyrannies of each other.**

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## A Healthy Diet

- **How We Eat**
  - **Switch Flipping, Screen Touching, Button Pushing**
- **What We Eat**
  - **Mind Ripping & Mind Corrupting Foods**
- **God's Diet Plan For You**
  - **Be True To Your Own Convictions**

**The End**