



Mastermind Part 2: Training Your Mind

What you think is _____ is determined by what you've thought, over and over, even if those thoughts are not _____.

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy - meditate on these things. - Philippians 4:8

Meditation is intentionally focusing your thoughts in a _____.

*I will meditate on Your precepts and contemplate Your ways. I will delight myself in Your statutes; I will not forget Your word.
- Psalm 119:15-16*

*I meditate on all Your works; I muse on the work of Your hands.
- Psalm 143:5*

ACTION STEPS:

- 1) Identify the number one stronghold that's holding you back.
- 2) Name the truth from God's Word that demolishes that stronghold.
- 3) Consider beginning your day with a declaration of God's truth over your life.