

4 Keys to Changing Your Mind

Did you know that how you think determines the memories you are making? And those memories create certain emotions which cause a physical response in your body. Are you one of those people who waits for some kind of crisis before you decide to make a change for the better? I was one of those people who lived in a state of dread instead of hopeful anticipation. I was trapped in unhealthy relationships and circumstances because of my fears. My breakthrough to overcome and change my mind came when I learned these four keys.

1. Take thoughts captive.

“For all though we live in the natural world, we don’t wage a military campaign employing human weapons, using manipulations to achieve our aims. Instead, our spiritual weapons are energized with divine power to effectively dismantle the defense behind which people hide. We can demolish every deceptive fantasy that opposes God, and breakthrough every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One” (2 Cor. 10:3, TPT).

2. Empty out and unpack your cares.

“Cast all your care upon Him, because He cares for you” (1 Pet. 5:7, MEV). Casting your care or anxiety requires humility and admitting that you can’t do anything without Him. (See 1 Pet. 5:6.)

3. Renew your mind.

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then, you will learn to know God’s will for you, which is good and pleasing and perfect” (Rom. 12:2, NLT).

4. Receive God's secret to having a changed mind and a powerful life.

To hear more revelation about these keys, listen to this episode of *It's Time for Change* on Charisma Podcast Network.
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