



FREEDOM FOR MEN • New Heart • New Mind • New Life
Trusted, experienced, faith-based men helping men find hope and freedom!

Chapter 9. Realizing the necessity of KNOWLEDGE.

Week 34: Let's discuss the BRAIN and what scientists are learning about neural plasticity.

Video: Laugh Your Way to a Better Marriage, Mark Gungor

[Click here to watch a video clip in our Vimeo account.](#)

Word of the Week: Thoughts

Theme verse: *All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.*

– Ephesians 2:3-5

Quotes: “Change your thoughts and you change your world.”

– Norman Vincent Peale

John Eldredge: “Most of us live in a fog. It's like life is a movie we arrived to 20 minutes late. You know something important seems to be going on. But we can't figure out the story. We don't know what part we're supposed to play or what the plot is.”

Questions: What thoughts do you have control of? How do you think you can change your thoughts? What do you think are God's thoughts of and about you?

Highlight Video: Me on Your Mind, Matthew West

[Click here to watch in our Vimeo account.](#)

Word of the Week: Thoughts

Dictionary:

noun

- the product of mental activity; that which one thinks: *a body of thought.*
- a single act or product of thinking; idea or notion: *to collect one's thoughts.*
- the act or process of thinking; mental activity: *Thought as well as action, wearies us.*
- the capacity of thinking, reasoning, imagining, etc.: *All her thoughts went into her work.*
- a consideration or reflection: *Thought of death terrified her.*
- meditation, contemplation, or recollection: *deep in thought.*

Quotes: “Once you replace negative thoughts with positive ones, you’ll start having positive results.” – Willie Nelson

“Change your thoughts and you change your world.”

– Norman Vincent Peale

“A man is but the product of his thoughts what he thinks, he becomes.”

– Mahatma Gandhi

“The bottom line is that you are the one who is creating your life the way it is. The life you currently live is the result of all your past thoughts and actions. You are in charge of your current thoughts and your present feelings.” – Jack Canfield

“Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny.” – Mahatma Gandhi

“Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habit.” – Laozi

“True freedom is where an individual’s thoughts and actions are in alignment with that which is true, correct, and of honor - no matter the personal price.” – Bryant H. McGill

“Once you replace negative thoughts with positive ones, you'll start having positive results.” – Willie Nelson

Bible: Genesis 6:5

The Lord saw how great the wickedness of the human race had become on the earth, and that every inclination of the **thoughts** of the human heart was only evil all the time.

Psalm 92:5

How great are your works, Lord, how profound your **thoughts!**

Psalm 139:23

Search me, God, and know my heart; test me and know my anxious **thoughts.**

Isaiah 55:6-9

Seek the Lord while he may be found; call on him while he is near. Let the wicked forsake their ways and the unrighteous their **thoughts.** Let them turn to the Lord, and he will have mercy on them, and to our God, for he will freely pardon. “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.**”

Matthew 15:18-19

But the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil **thoughts**—murder, adultery, sexual immorality, theft, false testimony, slander.

Ephesians 2:3-5

All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and **thoughts.** Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

Hebrews 3:1

Therefore, holy brothers and sisters, who share in the heavenly calling, fix your **thoughts** on Jesus, whom we acknowledge as our apostle and high priest.

Hebrews 4:12

For the word of God is alive 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.