

Segment Five: Train Your Brain

Note to Facilitator: As the facilitator, you are to take the time to make sure each man understands the concepts in Segment Five. This is easy for some to grasp and very difficult for others. All of them can get it, but it takes patience and slowing down this process. The key to transformation is having the truth implanted in the brain. Once there, the truth can be accessed. It is also crucial to know how to destroy lies that are in conflict with the truth. When both a lie and the truth are in residence, a person is double-minded. The following three segments will help the men gain a single-minded purpose of doing the truth.

What is a thought?

Key Points (Stop video at **1:50**)

1. When you have lies in you, your job is to take them **captive** and **lead** them to truth—that is your part.
2. Thoughts come in the form of **pictures** and **words**.
3. Our spirit is designed by God to be the **objective observer** of your thoughts so that you can **guard**, so that you can **see**, so that you can **hear** your **innermost** thinking and have **judgment** over them with the truth of God's Word.
4. We all do thoughts slightly **different** but that doesn't make the way you do it wrong, it is just **unique** to how you do it.

Discussion Questions

Note to Facilitator: This one of the most important concepts to understand. Think about this. Every word and picture we have stored in our brain is a metaphor. Every word and picture has to have meaning in order for us to have any kind of emotional reaction. The word *dad* holds meaning. It is a metaphor for the person who gave us life; however, the meaning for *dad* can be monster to one man, mentor and friend to another. Thoughts set our limitations, expectations, and motivations in life. In order to communicate, we must have a mutual meaning to the words we choose. The scripture is the "think" of God, and it is alive and powerful (Hebrews 4:12). God desires us to have His Word in us. His Word is the ultimate reality or meaning for the various issues of life. We are to long for spiritual milk so that we can grow (1 Peter 2:2). God's Word is food for the mind and nourishment for our human spirit. The Word is our reference, which allows us to discern if our thoughts align with the meaning of God's thoughts (Hebrews 4:12). If not, we are to change our thoughts by taking them captive. Transformation occurs when we take thoughts captive and destroy strongholds. So it is crucial to be able to identify what a thought is and if God's thoughts and our thoughts are in agreement.

1. What is a thought?

Answer: A thought is a combination of words and pictures that allows us to communicate to self, to other people, and to our God.

2. How can you see your thoughts and how can you hear your thoughts?

Answer: If you are a believer in Christ as Savior and Lord, your spirit is designed by God to be the objective observer of your thoughts so that you can guard, see, and hear your innermost thinking and have judgment over them with the truth of God's Word. I am not my greatest credibility anymore. I don't trust myself, I trust God's Word.

Note to Facilitator: Take the time to help the men know how they do their thoughts. Your objective in the exercise is to have them know how they do their thoughts and not judge their way from someone else's way. One of the keys to MindArmor training is for the men to know that their way of doing their thoughts is simply their way. It is not right or wrong, good or bad; it just is the way they do it.

3. How do you see **your** thoughts? (Choose one below or is yours different than these?)
 - a. Crystal clear
 - b. Muted
 - c. Fast like lightening

After the discussion, restart the video and stop it again at **2:40**.

Exercise

1. Think of someone you love.
 - a. Ask: How many of you can see a person in their mind when they think of someone they love.
 - b. Have them notice that others can also see someone. You could ask them to raise their hands and look around.
2. Stop the video again at **2:49**.
3. Think or recite the Lord's Prayer internally. (It is crucial that you give the men enough time to recite internally a portion of the prayer. Usually 20-30 seconds is enough time for everyone to have done the exercise.)
 - a. Have the men notice how many can hear the words to the Lord's Prayer.
 - b. Ask how many can hear the words of the Lord's Prayer *internally*.
4. Start the tape again and stop it at **3:51**.

Note to Facilitator: The concept of the objective observer is one of the major shifts that must take place if the men are going to learn to identify their thoughts, discern if their thoughts align with the truth of God's Word, and be able to take their thoughts captive. Take the time until every man has been able to do this. You can have them raise their hands when they have completed the two ways of thinking in #5—pictures and words.

5. How can you see the picture of the person you love, and how can you hear the words of the Lord's Prayer? (Give the men time to answer this question. Repeat the question. Once they have had a chance to answer, restart the tape. No one that I have asked has ever answered this question correctly.)
6. Stop the video at **6:14**.
7. Go over this concept of the objective observer in detail. Read the following scripture verses:
 - a. *For who among men knows the thoughts of a man except the spirit of the man which is in him? Even so the thoughts of God no one knows except the Spirit of God. – 1 Corinthians 2:11 NASB*
 - b. *Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. – 1 Thessalonians 5:23 NASB*
8. You have an objective observer that can see and hear your thoughts. Your spirit is designed by God to be the objective observer of your thoughts so that you can guard, see, and hear your innermost thinking and be able to judge this thinking with the truth of God's Word.

Play video until it is finished.

Tune-Ups

Week Five

The following exercises accompany the Tune-Up for this day. Have the men discuss the exercises.

Tune-Up Day 9

Have you heard a sermon on “taking your thoughts captive” (2 Corinthians 10:5)? Well, think about it; what does it really mean? How do you take thoughts captive? What is a thought? Do you really have knowledge of what this verse means? We hear things and we think we know things. Start asking some questions. Dig deeper, become a detective of your mind and of the true knowledge of God’s Word.

Decide: Is God’s Word only information for you or is it intimate, associated, experiential knowledge?

Tune-Up Day 10

What would you give to have the knowledge of Christ? If you could pay money for the mind of Christ, how much would you pay? If you could labor for it, okay, part-time labor, would you?

- Challenge yourself today to be *aware* of how much time you spend doing nothing of value.
- Challenge yourself today to study and meditate upon the wisdom that comes from above!
- **Decide** that you will put the time and energy into meditating upon the Word. Decide that you will spend 10 minutes in the Word. Think about it.
- Long for the pure spiritual milk of the Word so that you may grow. (1 Peter 2:2)