



Switch on Your Brain

Take Action

Sep 9-10, 2017

Definition of “Active Reach”

An action you do and/or say during the day in response to the toxic thought you are working on.

2 Parts to the “Active Reach”

- 1.
- 2.

“Since you have heard about Jesus and have learned the truth that comes from him, **THROW OFF** your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. **PUT ON** your new nature, created to be like God--truly righteous and holy”
(Ephesians 4:22-24 NLT).

1. IN ORDER TO RENEW YOUR MIND

_____.
“In the same way, faith by itself, if it is not accompanied by action, is dead” (James 2:17 NIV).

“I will praise you seven times a day because all your regulations are just” (Psalm 119:164 NLT).

2. BE _____ NOT JUST _____.

“But prove yourselves doers of the word [actively and continually obeying God’s precepts], and not merely listeners [who hear the word but fail to internalize its meaning], deluding yourselves [by unsound reasoning contrary to the truth]” (James 1:22 AMP).

“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock” (Matthew 7:24 NIV).

“Now that you know these things, you will be blessed if you do them” (John 13:17).

3. DO NOT IGNORE YOUR _____.

“What is faith? It is the confident assurance that something we want is going to happen. It is the certainty that what we hope for is waiting for us, even though we cannot see it up ahead” (Hebrews 11:1 TLB).

QUESTIONS FOR REFLECTION & DISCUSSION

1. What is an “Active Reach” and why should we practice it 7X/day?
2. What are the two parts of “Active Reach?”
3. What does the Bible say about the importance of taking action?
4. Why is listening to messages not enough?
5. Discuss the importance of feelings.
6. What does brain science say about actions and feelings?
7. How will you obey what God is teaching you today?

Notes and recordings of these messages can be found on:

NHCOMililani.org | NHCOWahiawa.org | NHCOHaleiwa.org



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