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"Do not conform to the pattern of this world but *be transformed by the renewing of your mind.*" Ro 12:2

**How can you overcome anxious thoughts about your future and stop thinking about your past?**

It's easy for others to tell you, "Stop worrying about the future and stop regretting past mistakes!" **But how can you do it?** You can't undo the past! You can't solve tomorrow's problems with today's solutions. But here is something you can do! You really can change your life by changing your thinking by **renewing your mind.** **You can** break free of repeating old patterns of thinking **to become free in Christ to really enjoy living in the present.** **Change your thoughts to change how your brain functions!**



Dr Lee Warren



Dr Warren & Mitch

**How would you react to one of the most traumatic trials in your life?**

**Dr Lee Warren**, a practicing neurosurgeon who operates on the brains of his patients, is the author of *The Life Changing Act of Self Brain Surgery: Connecting Neuroscience and Faith to Radically Transform Your Life*. As a combat surgeon, Dr Lee Warren worked under constant bombardment of enemy fire on the front line of the Iraq war. Yet he continued doing hundreds of brain surgeries around the clock to save the lives of injured American and Iraqi soldiers, civilians and even terrorists. He returned from the War with PTSD, only to deal with **one of the most traumatic trials in life** when his 19-year-old son **was stabbed to death, murdered by his best friend in a murder-suicide**. Both young men had been stabbed; Dr Warren's son Mitch eight times, and the friend, once. The Prattville police called the deaths a murder-suicide and determined that Mitch had killed his best friend. *1992 Transforming Your Brain*

This extreme ordeal so traumatized Dr Warren that he was hardly **able to function**. But he had scheduled a meeting to watch a demonstration of an optical MRI scanner on a patient's brain as it showed *in real time* how thoughts produced active **structural changes to the patient's brain**. Dr Warren said, "When the patient was told to think certain thoughts, the scanner allowed us **to see what her brain was doing as a response to her thoughts.**" This active MRI scanner showed what her brain was **doing** unlike a simple MRI scanner that simply shows what a brain looks like. When she was told to think of the *best time in her life*, certain parts of her brain lit up. When she was told to think of a *bad time*, other areas lit up. *Dr Warren actually saw how a person's thoughts changed the structure of their brain.*

Dr Warren said, "This active scanner allowed us to see what was **actually occurring** as her thoughts produced **transmitters and chemicals** that went to *specific sites* as a response to certain thoughts."

In response to emotional stimuli, the amygdala rapidly releases specific neurotransmitters and stress hormones to trigger a fight-or-flight response. These chemicals are routed through precise neural circuits to target organs and brain structures, controlling survival reactions like heart rate, breathing, and adrenaline. These neurotransmitters travel to the heart, lungs, and blood vessels to increase heart rate, dilate airways, and redirect blood flow to muscles.

Dr Warren said, "It was **at that moment** that I had a **moment of insight**, an **epiphany**, a **revelation**, a sudden *flash of understanding* that thoughts produce neurotransmitters, hormones and structural changes through our thoughts. Physiological and structural changes occur with thoughts just like surgery. We can do **brain surgery on our own brains** without a scalpel or anesthesia **just by changing our thoughts.**

He said, "The life changing act of **self-brain surgery can make you less depressed, less anxious and healthier.**" By **eliminating destructive thought patterns** by substituting them with new beneficial

thoughts, we can **RE-WIRE OUR BRAINS!!** We can *change our brains by changing our thoughts.*

Neuroscience is proving right what scripture advocated all along, taking every thought captive.

"If anyone *is* in Christ, *he is* a **new creation**; old things have passed away; behold, all things have become new!" 2 Cor 5:17 Being **a new creation in Christ** means your **old thought patterns** are gone.

Through Christ, **you are transformed** by the renewing of **your mind to have** a completely **new identity** in Christ. In other words, through our thoughts we have been *born again, born spiritually!* This *profound spiritual truth* means you are no longer **defined** by your past, regrets or failures. Your identity is now in Christ. You are given a new identity, a new perspective, with new thoughts, and the spiritual strength to choose righteous thoughts over the old ways of thinking.

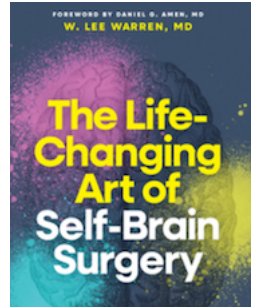
### **The Key to Changing your life is changing your thoughts**

We need to take **every single thought captive** to break its **hold** that keeps us in bondage! "We demolish **strongholds** and every pretension that sets itself up against the knowledge of God, to the obedient of Christ." 2 Cor 10:5

**"If the Son sets you free, you will be free indeed"** Jn 8:36

As Dr Warren says, "Our thoughts *literally direct structural* changes to our brains." We can break free from old thought patterns and embrace completely new ways of thinking by being **transformed by renewing our minds**. This '*mental renewal*' is an *active, continuous* process that requires us to make a **continuous conscious** change.

The Greek root word is the same word used for a caterpillar turning into a butterfly. **How can we do it? Become aware of your idle thoughts** and ask if they are helping you *to get better or pushing you back in the cycle of hopeless self-despair and anxiety.* 1992 *Transforming Your Brain*



Consistently read and meditate on scripture to replace old, negative mindsets. Actively **choose gratitude and peace over anxiety and worry**. Choose to **direct your thoughts, change your focus** and substitute the old with new thought patterns. Then, **apply** these principles to your daily decisions.

**"Do not be anxious about anything**, but in *every situation*, by prayer and petition, with thanksgiving, present your requests to God." Php 4:6 Here's how: **Release control:** Instead of letting worries consume you, choose to substitute worries with appreciation what Christ has done for you in the past.

**"Resist the devil** and he will flee from you." Ja 4:7 This is a promise from **Jesus**. Resist old thoughts that produce fear or regret with thoughts that are **excellent or praiseworthy**. **Train your mind** to reject temptation, doubt, and negative thoughts, and evil and temptation will lose their grip on you.

### **Fixing our eyes on Jesus**

"Fixing our eyes on Jesus" is foundational for focusing your attention, trust, and expectations on Christ rather than your **circumstances**. When life feels **overwhelming**, take a brief moment to redirect your thoughts to Jesus **Who will help lift your perspective**.

Don't be conformed to the **pattern of this world**, because it will keep you *fearful and stressed*. If you think that you *have only yourself* ("*God helps those who help themselves,*" is **not in the Bible**) then you just have yourself, that God won't help you, you create a brain that is stuck in the past and fearful of the future instead of being confident that Christ is helping, He is filling you with a joy that He has already prepared the future for you. Isn't that great? I love that because it produces a brain that's at peace.

Repeat this aloud, "*I don't need to feel guilty about the past or anxious about the future because we know Christ works for the good for my good.*" Say it again. As Romans 8:28 states, "And we know that in **all things** God works **for the good** of those who love him, who have been called according to his purpose." This promise is **the most powerful message of comfort** to assure us believers that God is **actively** involved in our lives **orchestrating even our small trials** for our ultimate good. *Isn't that great?*

### **Change the way you think about yourself.**

Change your life by *changing your identity* by changing *the way you think about yourself*. This is **not self-reliance** but **reliance on Jesus**. You are His **ambassador**. **So, act like it**. Substitute **idle** thoughts of immorality or thoughts that make you angry, or depressed with thoughts of *how Jesus is helping you to renew your mind*. As soon as an old thought comes into your mind immediately think of Jesus pulling you up and away from it. 1992 *Transforming Your Brain*

Science proves what scripture said all along that we can be transformed by the renewing of our minds. God has designed our brains and our faith to get stronger when we go through tough trials so long as you take those thought captive to Christ. **How else could the early apostles have gone through the horrific torture and crucifixion unless Christ be with them?** God created our brains to get structurally better when *we pray and go through tough times*. Neuro-science proves that *time spent in prayer* can make *structural changes to our brains* to produce physical benefits like having more *peace-of-mind* no matter what our circumstances.

"As a man thinks in his heart, **so is he.**" Pr 23:7 This means that a person's outward life, their choices, and character are ultimately shaped by their **internal thoughts** and core beliefs. Our thoughts and beliefs **define our character, determine our actions and ultimately set our eternal destination.** So, you must, "Set your minds on things above, not on earthly things." Col 3:2 That means prioritize heavenly, spiritual values rather than earthly, material affairs. Keep an eternal perspective rather than being consumed by temporary, worldly anxieties. This means to lift our perspective when faced with worldly challenges, reminding you that your identity is in Christ rather than worldly realities.

"We **glory in our sufferings**, because we know that **suffering** produces perseverance; perseverance, character; and character, hope." Ro 5:3 Our thoughts and beliefs about our suffering define our character.

Hardships are not **meaningless** but a vital catalyst for **spiritual growth**. God uses difficult circumstances to test and mature our faith. We learn endurance to stand firm and not give up. We can experience joy in the middle of pain because we know the suffering has a purpose. God is going to give us an **eternity of joy** compared with time on earth which is like a **nanosecond** by comparison.

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—**put it into practice.** And the God of peace will be with you." Php 4:8

### **Educating for Our Future** pt 1 #1994

The spiritual war for America's future **is in public schools using schoolchildren as pawns.** **Alex Newman**, who wrote magazine articles in *The New American: Rescuing Our Children*, says there is a deliberate **dumbing down** of children using a reading method that's a proven failure to produce a people ignorant of history and functionally illiterate. The founders of public education, Horace Mann and John Dewey, influenced the teacher's colleges so they would unwittingly follow a pattern used in communist countries, to transform the U.S. from capitalism to socialism, and ultimately communism. Socialism is transforming our nation.



### **Educating for Our Future** pt 2 #1995

What is the **PURPOSE** of education? Just to learn academics? Don't ask what kind of education is best, ask **what kind of person do you want your child to become?** **RC Sproul, Jr**, a home school expert, says home schooling *is a joy* that produces children who relate well with people of all ages. **Ed Gandy** built a \$4 million school and hired **CHRISTIAN public-school teachers from his church** to give his church kids a Christian education. Now that's true **SALT and LIGHT!**

Why do expensive mega-church buildings sit completely empty during the week and the kids are sent to an **anti-Christian school** down the street?

**What will it take for Christians to get their kids out of the government schools?**

*All it takes is a little **motivation!***

A man walking home from work took a short cut through the cemetery. He didn't see the open grave and fell right into it. He immediately started desperately trying to get out. But his best efforts failed. He sat in a corner of the grave until a drunk *stumbled into the grave*. The drunk *tried to climb out*, clawing frantically at the sides. The man reached out his hand, touched the drunk on the leg, and said, "Friend, you can't get out of here..." **But he did. He shot right up! That's motivation. That's the kind of motivation Christians need to get their kids out of pagan public schools! AMEN?**

### **God's Creative Genius – Design Proves a Designer** #1993

God's creative Genius is seen in His design of the ear, the eye, the heart, and the brain that all show *Intelligent Design* for a purpose. Yet evolutionists say there's no purpose but *random accidents* in nature. **Dr David Menton**, teacher at *Answers in Genesis*, professor of the year at Washington U School of Medicine, says sound waves are converted from airwaves to neuro-chemicals in the brain. Man's best efforts to replace the eye is a glass eye. The human eye is much better in function and design than any camera lens. Scoffers who say *light from distant stars* takes billions of years to reach earth can't conceive of how God created *age* in Adam, in trees and starlight at creation. **Pastor Chuck Smith** says God's design on little things, like the shape of seeds, has a purpose that propels them to spread away from the tree. That coconuts floating in the ocean carry water that enables them to plant on the land and not be killed by the saltwater.

### **How Islam Treats Women** #1991

In a debate, a university student challenged **Ayaan Hirsi Ali**, author of *Why Islam Needs a Reformation*, that any criticism of Islam is **Islamophobia**. Ayaan said, "Islam is an enemy of freedom just like Communism." Another student said she wants Islamic Sharia Law **imposed** on America. Why would anyone want this cruel, barbaric, 7<sup>th</sup> century, law imposed on our nation? Why not just go to a nation that already has Islamic Sharia Law? Why try to change us?

**Nonie Darwish**, the author of *Now They Call Me Infidel – Why I Renounced Jihad for America*, says radical Muslims are **using our freedoms** to **end our freedoms** with their Sharia Law, the **opposite** of our Constitution. Radical Muslims are coming here to change our culture and not even trying to accept and **integrate** into our culture as people of other cultures did in the past.

A 7<sup>th</sup> grade history book, *History Alive*, says **jihad** simply means *overcoming difficulties* and doing worthy deeds to please Allah. Sharia Law means beheadings, stoning, **cutting off hands of little boys who steal an apple...** it's barbaric! **Nonie Darwish**, says, "Islam isn't **just a religion** but a *political, social, legal, military, dietary/dress and economic way* of oppression without any individual freedom under our Constitution. Students wearing Muslim garb including headscarfs, **berkas** want to intentionally **stand out** and **not blend in but to try to change us.**"

Naïve students say *there's no difference* between **loudspeakers at a Mosque and Church bells ringing!** But there's a **huge difference** in what **they represent**. As the Muslim prayer towers (called *terror towers by persecuted Christians in Muslim lands*) go up, the **church bells are silenced**.

### **Freedom Isn't Free** #1990

Freedom is not free but purchased in blood, sweat and tears. **Osama bin Laden was the evil mastermind behind the 911 attacks** that killed nearly 3000 innocent people and inflicted unimaginable **pain and grief** on this nation. It was the deadliest attack on US soil as victims in the Twin Towers were **burned to death with jet fuel** from the hijacked passenger plane, and many others **jumped to their deaths from floors as high as the 93<sup>rd</sup> floor** of the tower to get away from the extreme heat of the fires. How could anyone be **so cruel to inflict such PAIN, such unbearable pain** on other people? For 10 years, the perpetrator, Osama bin Laden, eluded capture for his atrocious crime.



Then in 2011, twenty-three Navy Seals in two Black Hawk helicopters landed in bin Laden's compound in Pakistan in the middle of the night. **The courageous Navy Seal who shot bin Laden in the head and killed him was Robert O'Neill**. Rob O'Neill saved the world from more bloodshed from one of *the most violent terrorists who ever lived*, who killed thousands of

innocent men, women and **children** and laughed at the anguish and grief he caused! What a **sick diabolic monster from hell**. He is now in the flames in hell. **John Steer**, author of *Wounded Soldier*, says his faith in Christ saved his life. Former Army Ranger, **Gary Horton**, says young people need courageous Christian role models as heroes to emulate.

One of our *greatest dangers* **is a generation that has no idea the sacrifices made for their freedom.**

Ignorance of TRUE American history is our *greatest threat* to our freedom. Founder Thomas Jefferson said, "A nation that is IGNORANT and FREE is a nation that *never was* and *never will be.*" American history and patriotism have been replaced with globalism in America's public schools.

### **Why I Left Islam**, pt 1 #1988

Why do Muslim terrorists want to kill us? **Walid Shoebat** knows – *he was one – a Muslim terrorist.* Americans have no idea *the motivation of Muslims* or how to combat Islamic terror. What **if you believed** that **your only chance to go to heaven was to die in Jihad?** That killing you is his only hope of heaven.

**Walid Shoebat** believed that and wrote, "**To die killing Jews would ease Allah's anger** toward my sins, and I would be assured a place in heaven with beautiful virgins." His education centered on killing Jews. He began attacking Jews when he was just 8 years old. His lullabies and childhood poems were about flying body parts and games where children dipped their hands in red paint mimicking bloody hands after blowing up Jews.

Walid says. "Muslim terrorists are **no different from Nazis** throwing Jews into ovens." The idea that a person should be killed because of their religious beliefs is foreign to our thinking. But Walid's own family would be obliged to kill him for leaving Islam and becoming a Christian.

Walid came here from the Middle East as a college student, but his real motivation was to raise money and **recruit students for jihad.** For naïve Americans who think Islam is just another religion, he details the horrors of jihad and the *barbaric* Sharia Law. Walid, now a Christian and author of *Why I Left Jihad* and *Why We Want to Kill You*, warns of the dangers of Islam that's winning university students.

### **From Jihad to Jesus**, pt 2 #1989

Most Americans are unaware of how pervasive Islam has become in our schools. Schools only give one side to students without telling them how intolerant and **cruel** Sharia Law is, or that it was **Christianity that gave this country the freedoms we have.** Ex-Muslim **Jerry Rassamni**, author of *From Jihad to Jesus*, tells how *angry, fearless and barbaric* he was in killing Christians in Lebanon. Jerry Rassamni is a living miracle, a once hardened Muslim terrorist who has been transformed by the love of *Jesus shown through Christians.* His magnificent message is filled with compassion and understanding. **Allah is not just another word for God. Allah is Satan leading billions of Muslims to hell!**

### **Worldviews Determine Destinies** #1987

Beliefs determine destinies for individuals and nations. **George Barna**, of *Barna Research*, and author of *Transforming Children into Spiritual Champions*, says we're losing the spiritual/culture war, because children are not getting a Biblical education. **By age 13**, a child has *already formed most of his core beliefs.* With only **3% having a Biblical worldview**, **our nation is becoming apostate.** **Dan Smithwick**, Founder of the *Nehemiah Inst.*, says we are **rapidly becoming a socialist/pagan nation** that won't have the freedoms and prosperity of a Christian nation. The ramifications are shocking. *1987 Worldviews Determine Destinies*

**Christianity produced capitalism that produced free enterprise have produced the most free and prosperous nation in history.** Since liberals and socialists don't like the concept of American **exceptionalism**, they teach **what's wrong** with America instead of the truth. They teach **that atheism/evolution a liberal fantasy** masquerading as science and **history** the way *they wish it had happened*, instead of the way it happened. It's no secret that those who control public schools **are at war** with God, our *nation's history, culture and achievements* by **propagating myths** and lies about our Christian heritage.

Since God **only blesses** those nations *whose God is the Lord*, **what will happen to a nation that rejects the Lord?** Sadly, most parents don't realize that schools are turning children away from God! **Dan Smithwick** says, "We're seeing this one-time Christian culture becoming a socialist/atheist state. It took Europe centuries to become socialist, but we've **done it in just a few decades.**" Our nation is rapidly becoming a **pagan nation** through the **pagan school system.** *What will our nation become?*

### **From Darwin to Design** #1986

Does it take **faith** to believe in evolution? Is it **science or religion?** If evolution were true, why don't we see an **abundance of new species instead of extinction?** What proof is there for Creation? **Dr Chris Cagan**, a brilliant mathematician with **two PhDs** and author of *From Darwin to Design*, was a staunch

atheist, who had been taught that *it was Christianity that caused wars*, the Salem witch trials, the Crusades and human misery. But beginning with a lecture by I.C.R., he learned that design and natural laws are too precise to happen by accident. Isaac Newton, the most brilliant scientist of all time, invented calculus and believed in Creation.

It's illogical to believe that a *princess kissed a frog and it turned into a prince*. That's a **fairy tale** yet many people believe it's scientific *when you add billions of years*. **That a frog, or some lower species, turned into a man**. It's an adult **fairy tale** to TRY to **make atheism sound intellectually acceptable**.

### **Shipwrecked at Sea** #1984

In 1945, **Edgar Harrell**, was on the *USS Indianapolis* delivered the components for the **atomic bombs** that won WWII, but was sunk by a Japanese submarine on his return back home. Edgar Harrell's ship was **blown up underneath him at midnight**, and he **jumped for his life** into the black, freezing, **oil-soaked water**, *without any hope for survival*. **No food or water, no hope or help** except that God gave him the *will to survive*. Hundreds of men died, yet for 4 ½ days, Edgar stayed alive and wrote, "I came face to face with **horrors beyond imagination**, but an **ineffable peace** enveloped me and gave me hope, courage and strength to survive when others gave up and died." Although he *saw his buddies being eaten alive by sharks*, but he said, "**God's Presence gave me great strength to persevere**."

### **Rapture! Fact or Fiction?** #1985



Are we **close to the rapture** where believers will rise in the sky to meet the Lord in the air (1 Thes 4:16) and be transformed into a spirit body? How is Jesus's appearance in the rapture different from His second coming to earth? **Dr David Reagan**, author of *Living on Borrowed Time – The Imminent Return of Jesus*, said, "Before satellite TV, people couldn't understand how **God's witnesses in Rev. 11 could be seen worldwide**. Holograms & virtual reality prove prophecy has become a reality. **There's no mention of the Church after Rev 3, because the Church has been raptured!** **Tiff Shuttlesworth** says Biblical patterns show us God's patterns. 1<sup>st</sup> Thes 17-18 says, "After that, we who are still alive and are left **will be caught up together with them in the clouds to meet the Lord in the air**." Therefore **encourage each other with these words**," referring to **being raptured out before the Great Tribulation**. It's **not encouraging** if we have to go through the Great Tribulation!

- ❑ Christ took our punishment, so God won't **punish us again** with his wrath in the *Great Tribulation!*
- ❑ God rescued the righteous Lot and his family **before God brought judgment on Sodom**.
- ❑ God rescued Noah and his family **before bringing the Great Flood**.
- ❑ In Rev 3:10, the Lord said to the church in Philadelphia, "Since you have kept my command to endure patiently, I will **keep you from the hour of trial** that's going to come upon the whole world." The Lord did not take them **through** it, but kept them **from it**," i.e. from the *Great Tribulation*.

### **The RAPTURE could occur at any moment!**

What would *happen to America if Christ followers were instantly raptured!* What if they were pilots flying a huge airplane, or a neurosurgeon doing delicate surgery, or a crane operator building a hi-rise. **It would be chaos!** It would *be God's judgment!* **Yet that's what's going to happen.**

### **Prayer**

Thank you Lord, that we will be released from this old, weathered body to join you in heaven in a **glorious new body** which will make all our earthly troubles seem **light and momentary** by comparison. As we close our eyes on earth, we will open them in heaven to see the FACE of Love **personified** and realize the price you paid with your blood as we see Your nail pierced wrists. That you, Lord, our Creator/Redeemer/Friend and Savior left the glories as the **Eternal God of heaven** to become a Man to suffer deep scourging and an excruciating crucifixion to pay for all our sins and gift us an eternal body that will enjoy the wonders of being with You forever. Amen.

In Christ's Love, Bob & Geri Boyd

Hosts/producers *Issues in Education*, President NACE

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