

## INTERNAL PEACE IN A CHAOTIC WORLD - PART II

Pastor Jeff O'Connor Interviews Dr. Richelle Hoekstra-Anderson

***“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.***

***Then you will be able to test and approve what God’s will is— his good, pleasing and perfect will.” John 14:27***

Science is finally catching up with God’s Word. Science can help us explain things so we can put God’s Word into action - for example: how to trust, to have faith, how to renew our minds, etc.

### III. Think About What You are Thinking About

The path of transformation (life change) is the renewal of our mind - learning to think about the way that we are thinking can help us to allow our minds to take on the mind of Christ.

The results we are getting in life are directly linked to the thoughts that we are having. All of our thoughts will move us toward the results we want or away from them.

#### THE RESULTS FORMULA

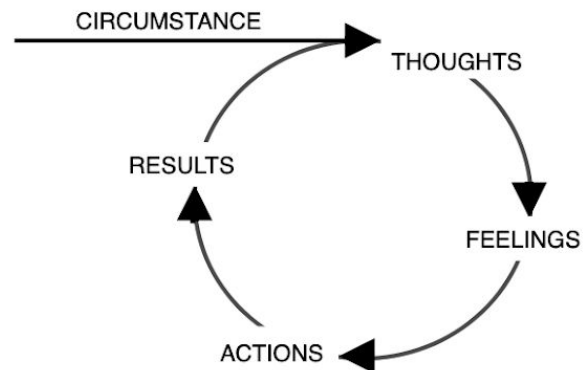
We have **Thoughts** about our life Circumstances.

Our Thoughts lead to **Feelings/Emotions**.

Emotions lead to our **Actions** (reactions, inaction)

Our Actions lead to our **Results**.

We can easily get caught in a negative cycle.



- **Our character is shaped by what we think.**

- **I have a choice about what I think about.**

- **I can choose new thoughts.**

- **Pay attention to what you are exposing yourself to - especially the news right now.**

- We actually create pathways like “ruts” in our brains when we think about things over and over.

- Faith is being lived out moment by moment and it starts with a thought.

### 5-STEP THOUGHT PROCESS TO CHANGE YOUR THINKING

God is \_\_\_\_\_

I am \_\_\_\_\_

The Truth is \_\_\_\_\_

I let go of \_\_\_\_\_

I am grateful \_\_\_\_\_

### MAKE SOME CHOICES

The whole world is reorienting right now. Victories for the day may be small and we should celebrate the little things. Sometimes it’s hard to see it in difficult seasons. But in every moment we find ourselves in there is an invitation from God - He invites us deeper into His presence.

### COVID 19 CAN BE A RESET FOR ME

- Will I use this situation to help me grow- to be a better version of myself?
- Who am I becoming during this season of COVID?
- Do I have an **attitude of gratitude**?
- What can I celebrate today?
- Can I still make this the **best day ever**?

On an airplane, they tell us to put our own oxygen mask on first before helping other people. That’s what this session is about—to care for ourselves so that we can care for others.

### MORE SIMPLE THINGS TO DO

#### JOURNAL

Write down your feelings and identify the thoughts you have been thinking. Notice what are the sources of input into your mind (i.e., news, books, conversations) Use journal like “taking your temperature” to tune into how you are doing.

## **VICTORY LIST**

Start a list of all your **small wins** throughout the day. Celebrate the victories.

## **GRATITUDE**

Recognize things you are grateful for and intentionally look for places of beauty and awe.