

6-Our Thoughts Become Our Actions!

Have you ever wondered why a full-grown elephant can be held by such a small rope? It begins when the baby elephant tries to break free and cannot. After many attempts the baby elephant finally accepts his fate and stops trying. This is just one example of how our thought process dictates our actions. For those familiar with the movie My Fair Lady you'll remember Dr. Doolittle took a young lady who saw herself as anything but a lady and by changing her thought process she became a lady!

The mind is an amazing engineering feat. It retains years of experience to hold us captive to the past unless, like the baby elephant, we keep trying and eventually break free! In the Battlefield of the Mind the author Joyce Meyer makes a compelling case for why we must change our thinking in order to change our lives. She recounts through story after story where a changed mindset leads to a changed life. Further evidence of how changing of your mind can lead to a changing of your actions is presented in the "Anger Management Workbook" by Drs. Carter and Minirth. The authors share stories of both men and women who were trapped by their nature. An incident would occur, their nature would kick in, and they respond like an autopilot. Once these men and women discovered they had a choice to turn the autopilot off, their response was calm and collected. No longer running on autopilot, these men and women were able to work through the conflicts of their life and rebuild damaged relationships. They reclaimed control of their lives by reclaiming control of their minds. Once they won the battle of their minds they were no longer facing conflict in their lives. Yes, they still came under attack, but they no longer counterattacked!

The author of "Mentoring His Way" provides further evidence that when we change the way we see ourselves, we change the way we behave. He proves conclusively that when we see ourselves as victims, we are victims, but when will we see ourselves as victors, we are victorious! Norman Vincent Pele in his classic work confirms that a man's thought process controls his life. Change the thinking and you change the actions! Author after author testifies that you can break free!

So, you want to change, but where do you begin the process? Turn off your autopilot! Give your Creator full access to your mind. Follow **2 Corinthians 10:5** and "take every thought captive to make it obedient to Christ". Turn off your wandering mind, your wondering mind, your passive mind! If you want to turn off your autopilot, it's a choice you must make with conviction! We will say more about "Having a Mind Like Jesus" in a later session. For today the challenge is to turn off the autopilot and bring every thought to the Holy Spirit! When you do that, you will discover you have been limiting yourself for years. **1 Corinthians 13:11** says it best. "When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me". Like the baby elephant you can cast off the shackles of your "baby" mindset and allow the truth of your Creator to guide your thoughts and your steps!

Personal Reflection: How can I turn off my autopilot? Who can encourage me to challenge the mindset that holds me captive to my past?

Group Discussion:

Share with the group what you have discovered about your "Baby Elephant" mindset?

Share what you need from the group to keep you moving away from the "old self" to the "new self".