

# Romans 8:5-6, Rewire

PLAY — Good day...

SLIDE - Acts 9:10-12

PLAY - Imperial March

SLIDE - ACTS 9:13-14

SLIDE - Acts 9:15-17

ReWire

SLIDE - QUESTION

This Songs Gonna Get Stuck

PLAY - This Song's Gonna Get Stuck

Uninvited Habits.

Accuracy v. Confidence

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SLIDE - Acts 9:19-22

SLIDE - Romans 7:15, 22-24

SLIDE - Romans 7:25, 8:1-2

The Power Is Yours

Question 1: Is it true?

Question 2: Is it helpful?

Question 3: Is it kind?

Would You Say This to a Friend?

SLIDE - Reynolds Girls

SLIDE - 3 Questions

SLIDE - Romans 8:5-6

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## **PLAY — Good day...**

**I'm pretty sure this is how Ananias popped out of bed that morning.**

- head bopping and choosing a good day...

Life had been pretty tough for the early church these past few months...

- A particular Pharisee had the bit-between-his-teeth and
- Was doing more than “just” breathing-murderous-threats
  - He was actively looking for the authority from the high priest
  - **so that if he found any man or woman who belonged to the Way**
  - he might take them as prisoners ...

**But that wasn’t going to get Ananias down —**

- We’re Gonna Have A, Gonna Have A, Gonna Have A Good Day.

That morning:

Annie was in his Devotionals,

Maverick City Worship was going,

He was even going to post what he read on social media...

- **When the thing that we all kinda-want-but-maybe-not-really-want happened**
- The audible, clear, voice of God called: “Ananias!”

## **SLIDE - Acts 9:10-12**

The Lord called to him in a vision, “Ananias!”

“Yes, Lord,” he answered.

The Lord told him, “Go to the house of Judas on Straight Street and ask for a man from Tarsus named Saul, for he is praying. In a vision he has seen a man named Ananias come and place his hands on him to restore his sight.”

I wonder how Fast that Sound Track turned into:

## **PLAY - Imperial March**

It’s amazing how your mind can switch gears...

ESPECIALLY to the negative.

- Now let’s be real, this ability SENSE danger and SWITCH to defense can be a helpful biological reality...

- Ananias' antennae was UP:

## SLIDE - ACTS 9:13-14

"Lord," Ananias answered, "I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem. And he has come here with authority from the chief priests to arrest all who call on your name."

We all have mental patterns, loops, and songs that run automatically in our minds...

- Some of these are good and helpful,
- Others are like neurological ruts that make us feel stuck and
  - keep us from living in the freedom of grace.
  - **THAT IS THE GOOD NEWS OF THE GOSPEL**

We all are welcomed to experience this "freedom of grace" in the Kingdom of God...

- **The man on Straight Street was being invited into this reality...**
- **But it was Ananias' Ability**
  - To break the Imperial Death March in his mind,
  - To listen and obey to the voice of the vision:

## SLIDE - Acts 9:15-17

But the Lord said to Ananias, "Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel. I will show him how much he must suffer for my name." Then Ananias went to the house and entered it.

"the Gentiles, their kings, the people" —

refers to the whole known world at that point in time...

**I think "time" is one of the hardest things to appreciate in the Bible Narratives...**

- did Ananias have time to switch his Spotify account to "Fear Is Not My Future"
- BEFORE being obedient?

- Did he scroll through his Torah memory verses (Torah-Scroll-Joke)
- to land on *Genesis 12:3 — all peoples on earth will be blessed by you...*
- Did he troll Saul by posting an Isaiah meme:
- *The people walking in darkness have seen a great light...*

We don't know his process... or the time it took -

**but we can empathize with the tension Ananias felt.**

- If your day is spent in the ruts, loops, and overthinking with worry, fear of the future, or memories of the past
- Your thoughts can be your worst foe,  
**holding you back from taking action on what God has for you.**

## ReWire

Whether Consciously Or Not

- We all have been curating stories about our world and our place in it.  
**We all need the grace of the Kingdom to ReWire our minds**
  - Over the years, you've built a soundtrack about your career.
  - You have a loop that plays for all your relationships.
  - You have a tracks that are deeply grooved in your mind about your hopes, dreams, goals..

## SLIDE - QUESTION

What soundtrack or anthem is playing in this season of your life?

How long has it been playing for?

How would you rate it on an emotional scale —

1 being a low/negative emotion - 3 being neutral - 5 being a high/postive emotion?

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## This Songs Gonna Get Stuck

We are in a series called Headspace —  
this morning I'm hoping to hand you 3 questions

- to help identify your thoughts and
- begin to break STUCK-NESS inside your head...
  - Like T-Pain taught us:

## **PLAY - This Song's Gonna Get Stuck**

Call it a loop, a rut, a soundtrack, overthinking, or negative thought...

### **Your mind's ability to tell negative stories**

to yourself about yourself and your world:

**Happens automatically without any invitation or effort from you.**

- Fear does not take work.
- Doubt does not take work.
- Insecurity does not take work

Shawn told us why last week:

- John 8:44 — the devil is the father of lies and there is no truth in him...
- He roams the earth looking to devour — 1 Peter 5:8

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## **Uninvited Habits.**

Science has proved the spirituality.

**Your brain deepens negative-neural-grooves by doing three things:**

1. Lying about your memories — huh?
2. Confusing trauma — I think I'd remember...
3. And Drugs ... YUUP — Your mind is a dealer.

Let's prove this with a little story...

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## Accuracy v. Confidence

Where were you when the Twin Towers fell?

- I was in Brisbane, Australia trying out for Baywatch —
    - I'd pop out of the ocean waves and throw back my luscious hair
    - While running in slow motion across the sand with the Hoff
      - That night - I flipped on the tv while nursing my sunburns
      - I THOUGHT was watching a really-realistic TV show.
  - As it dawned on me what was happening...
    - I saw plane #2 hit the second tower live, and
    - then the smoke rising at the Pentagon
      - I began to wonder
      - How I would get back into the United States in 4 weeks!
- 

Fun Trip down memory-lane, Josh:

William Hirst did a ten-year study into the memories people have of 9/11.

- Over the years, **he discovered the memories changed.**  
the details morphed and not just a little bit.
  - 60% of the answers changed over time.

Here's the scary part:

**Even as the accuracy of your stories decline,  
your confidence in them doesn't.**

- There is nothing we rehearse in our head MORE THAN negative loops.
  - Have you ever been fired? dumped?

- Yelled at? Honked at?
- Missed a flight - or a meeting -
  - or forgotten to Text Clay Eason Back?
  - ... my bad, Clay...

Those might not seem significant compared to a national tragedy like 9/11,  
But here's something wild—

**You don't do well distinguishing real trauma from fake trauma.**

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## Chemical Reaction

More Science:

Researchers at the University of Michigan  
**found that when we experience a social rejection,**

Our brain releases the same kind of DRUGS  
it releases during a physical trauma.

- Even when the study-participants knew ahead of time that  
**the social rejection was fake**
  - the result was the same...
- Our brain hits the panic button and dumps chemicals into our bodies  
to help us survive **the perceived emotional pain.**

As a parent, it's so tempting to tell your kids "it's no big deal" and "to rub some dirt in it"  
when they share something they're worried about.

- In the grand scheme of things, losing your favorite seat at the lunch table,  
missing a turn, or a sideways glance from the wrong person is insignificant...
  - But a lot more is going on than just a misunderstanding.  
**That kid is brain-bathing with  
real chemicals indicating real danger.**
-

Which leads us here:

**Our brain likes to believe the things it already believes.**

- We're magnets for information and experiences  
**that confirm the things we already think about ourselves and the world.**

**The term is —> Cognitive Bias**

If one of your negative, mental ruts is that you're a disorganized mom, then being three minutes late to the after-school pickup line will confirm that.

- Even if that morning you got kids to school on time, worked at a job, made a click-list, planned dinner, and scheduled weekend carpooling...
- Sounds like heroism to me...
  - but inside HER head, a different loop plays
  - — late again — will I ever get my life together?

## **SLIDE - Question**

**Can you identify your “go to” neuro-loops??**

- Entitlement: "I shouldn't have to \_\_\_\_; this is \_\_\_\_."
- Regret: "My last \_\_\_\_ was so much better than \_\_\_\_."
- Fear: "What if the \_\_\_\_ happens and I \_\_\_\_?"
- Blame: "It's not my fault I \_\_\_\_ . Life is so \_\_\_\_."
- Resignation: "This is how \_\_\_\_ will be forever."

Which loop or 2 do you resonate with most often?

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## **Play - Firebreathing**



Remember that dude fire-breathing murderous threats  
**now sitting blind and waiting on Ananias to show up**  
from the beginning of this rant... I mean sermon?

That was Saul who soon to Paul.

- He's the guy that gets credit for most of the letters in the New Testament
- and the boom of church spreading in the first century.

If you take time to read his history and letters... you'll be surprised at something:

- **our boy was baptized and**
- **immediately began the work of his new ministry...**
  - AKA - changing the soundtrack of his life.

Can you imagine the soundtrack from the Followers of the Way?

## **Play: Welcome Back**

Heck no!!

## **SLIDE - Acts 9:19-22**

Saul spent several days with the disciples in Damascus. At once he began to preach in the synagogues that Jesus is the Son of God. All those who heard him were astonished and asked, "Isn't he the man who raised havoc in Jerusalem among those who call on this name? And hasn't he come here to take them as prisoners to the chief priests?"

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Can you Empathize with the Loops that must have played in Saul's mind?

- Saul battled those neuro-patterns on paper for us to read and hold today.
  - We'll grab Romans 7 and 8 to see inside his head.
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## SLIDE - Romans 7:15, 22-24

**For what I want to do I do not do, but what I hate I do...**

For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. **What a wretched man I am! Who will rescue me from this body that is subject to death?**

Thankfully — Paul doesn't leave us wondering with his question on v. 24

## SLIDE - Romans 7:25, 8:1-2

**Thanks be to God, who delivers me through Jesus Christ our Lord! ...Therefore, there is now no condemnation for those who are in Christ Jesus,** because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

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**We cannot miss the clarity of the Good News of the Kingdom:**

- Through Jesus, we have freedom from what sin requires... death
- He has done what we CANNOT do — live sinlessly, and sacrificially...

## The Power Is Yours

**BUT** — there is something we CAN do: **change our mind.**

- Your brain is just one part of you, and **it's under your control in the same way an arm or leg is.**
- We know this because you and I have the great fortune of living in the age of **neuroplasticity.**
  - Not another science-spasm!!

## **Neuroplasticity,**

which is the power to physically change our brains by changing our thoughts, **means that the solution to overthinking isn't to stop thinking.**

- Wouldn't it make more sense to REWIRE our minds with new patterns?
- 

Here are three SIMPLE QUESTIONS to ask yourself when you are “stuck”

### **Question 1: Is it true?**

One dangerous mistake is assuming all your thoughts are true... especially your first thought.

- Simply testing your thoughts with "Is it true?" can help you change the loop in your head...
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### **Question 2: Is it helpful?**

It's not enough to just know something isn't true.

**The grooves in our minds are deep...**

which is why we ask this second question.

- Is the soundtrack you're listening to right now, the one that's on repeat, helpful?
    - Does it move you forward or keep you stuck?
    - Does it lead to a decision or limit a decision?
    - Does it generate action or apathy?
- 

### **Question 3: Is it kind?**

Old Loops are tricky...

**They're great at masquerading as the truth.**

- How could they not be?  
You've been believing some of them for years.

**But... words that don't spread truth are also known as —> Lies.**

- Unkind loops are judgmental... accusations... and harmful.  
Kindness will be your litmus test.

BONUS TIME:

## **Would You Say This to a Friend?**

When you ask a negative-neuro-loop if it's true, helpful, and kind,  
**it will often say, "Yes."**

- **A broken soundtrack will never transition into building you back up.**  
It can't--that's not what it does.

Remember that Mom from earlier?

- The super-hero who felt disorganized??

## **SLIDE - Reynolds Girls**

- The woman who feels disorganized and out of balance
- Who teaches 7th grade science,  
While actively trying to manage AT LEAST 2 children
  - with my EXACT Genetic Code  
minus the Y chromosome
  - Pray for her.

If I would strive not to harm Laura with my words...

Then I can do the same for myself.

- **Be as kind to yourself as you would be to another.**

## **SLIDE - 3 Questions**

Here they are —> Ask yourself if your thoughts

- **Are true? Are helpful? And Are Kind?**
  - And if you wouldn't say it outloud to a friend,  
Don't say it to yourself.
- 

Let's close with Saul, now Paul's, words in Romans 8:5-6,

- He reminds us of an incredible future...  
**And we get to rest in Freeing Grace...**  
**As we begin the patient practice of ReWire our minds:**

## **SLIDE - Romans 8:5-6**

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.

For to set the mind on the flesh is death,  
but to set the mind on the Spirit is life and peace.

**Rewiring our Minds is a patient practice, not a singular event.**

- Some days you won't hear loops, lies, or brokenness at all.  
Other days you'll look up and realize a song has snuck back into your mind when you weren't paying attention.
- As we do the work of ReWiring, there is life and there is peace.  
Prayer.