



Grow Guide **Whole Week 3**

1. To be a Whole Christian, we need to be physically and spiritually whole. What else do we need to be? Read Romans 12:2, 2 Corinthians 10:5 and Philippians 4:8-9. To be whole mentally, what's do we need to think about?
2. According to experts, how much information is stored in our brains and how many thoughts do we have per day?
3. Recite the five points to the axiom Dan brought up.
4. Read Proverbs 27:3. According to Doctor Caroline Leaf, what percentages of today's illnesses are a result of negative thought life? So, why is a positive thought process important?
5. What is caused by thinking about the future without faith? What is caused by thinking about the past without faith? All negative thoughts are thoughts that leave who out?
6. Read Ephesians 6:12 and 2 Corinthians 10:3-5. So, where do these negative thoughts come from?
7. Satan establishes what in our minds with negative thoughts, leading to what? Footholds can be bad, but they lead to something worse, in strongholds. According to Dr. Leaf, what physical manifestation can form in our brains when we constantly revisit negative thoughts? So, there is a physical price to pay for negative thinking.
8. Are our brains designed to be positive or negative thinking? Read Ephesians 6:17-18, Hebrews 4:12, and reread Romans 12:2 and Philippians 4: 8-9. So how do we battle negative thoughts brought on by Satan and his evil spiritual forces? It all comes down to using the, "Sword of the Spirit", and praying without ceasing.

***** For further study, please be sure to check out the "supplement the sermon series" resources found in RightNow media under the "EASTPOINTE" tab.*****