

## Retraining Boot Camp Daily Guide

The following is intended to be used in conjunction with the Renew Your Mind sermon series and particularly with the sermon notes from the final sermon “Retraining Boot Camp”. Please listen to the sermon and review any unfamiliar scriptures in the sermon notes so that you can see clearly the Biblical foundation for all that follows. For a better scientific understanding of the process, you may want to read “Switch On Your Brain” by Caroline Leaf. We owe most of the content of the process described below to her and her book.

### What is the toxic thought (lie) that needs to die?

This toxic thought will be one of many toxic “core thoughts”. A core thought is something you think or believe and countless thoughts are attached to it. You will work on one toxic core thought throughout the 63 days. God will begin by simply bringing to mind a thought He wants you to put to death. You will probably not be able to completely identify it or clearly express it at first, but he will make it clearer each day as he leads you through the process. Write your initial thoughts and then modify it over the coming days.

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### What is the truth that I need to train my brain to believe?

The truth is what God says is true. God will make this truth more clear each day. Eventually He will give you scripture that will express what He says is true for you. Write what you feel God is telling you is true and modify it over the coming days as He reveals His truth more clearly.

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### EVERY day, ask the Holy Spirit to help you...

Every day you will spend the first seven to fifteen minutes of your day with the Lord. You may end up spending much more time than this, but it is most important that you set a manageable time that you can do EVERY day or almost every day. You have many days to work through this, and staying with the process is more important than the length of time you spend in it each day.

You will follow this process for 63 days. This is three cycles of 21 days. After the first 21 days, you will have begun to deconstruct the toxic thought and replace it with what God says is true. (You may be led to begin addressing another core thought after the first 21 days, but it is imperative that you also continue the process with the original thought as well.) After three 21 day cycles, the truth will have become integrated in your thought life.

With His guidance, you will go through the following steps every day. You will need a Bible and a notebook or journal.

## **Capture It. (1-2 minutes)**

### **Slow down and capture your toxic thought.**

Ask the Lord to reveal to you a core thought or belief that needs to die. This core thought will have countless thoughts associated with it, but they will all be related to this core thought. Most of us have many of these core thoughts that need to die, but you are asking God to reveal the one that most needs to change, the one He wants you to work on for the next 63 days.

As you come back to this step each day, the Lord will make the toxic thought more clear and will likely bring to mind many thoughts associated with it. You will work on this one core thought and its related thoughts throughout the 63 days.

## **Confess it. (1-2 minutes)**

### **Confess that this thought is not from God and should be put to death.**

To confess means to say along with God that this thought is not true and has no place in your life. Reaffirming this confession each day is important because, as God brings the toxic thought into consciousness each day, it is being re-saved in your memory as a recognizable lie.

## **Replace it. (1-2 minutes)**

### **Replace the toxic thought with His truth.**

The truth is, again, what God says is true. It is often the opposite of the lie or toxic thought. His truth is fully expressed through His written word in the Bible. Though He may begin with a general thought, God wants to lead you to clear expression of His truth in His word. He may do this through your personal reading of the Bible. He may reveal it to you through wise counsel of others, sermons, songs or other means.

It is very important that the thought you are using to replace the toxic thinking is actually from God. By looking to His word in the Bible and making sure that you are not taking it out of context, you can be sure that the thoughts you hearing are from God. The truth will become clear through His word during the 63 days.

## **Reflect on it. (1-2 minutes)**

### **Reflect deeply on His truth.**

Deep focused thinking while in a directed state of rest or a relaxed state is called meditation in scripture. Unlike meditation that is focused on self, the universe or nothing at all, this meditation is intentionally directed toward God and His truth. Once focused on God and His truth, in this relaxed state, the Holy Spirit can direct your thoughts into revelations and understandings of your own thoughts and the truth that He is bringing into your consciousness. This is a beautiful and important time with God each day.

## **Write it. (1-2 minutes)**

### **WRITE down His truth to impress it on your heart and mind and brain.**

This is when you will use the notebook or journal. Write down what you believe God is revealing to you about your thoughts and the truth that He is bringing into your mind. Feel free to draw pictures or write in creative or unconventional ways (outside of the lines so to speak). Write or draw whatever you feel best expresses what God is saying to you. You will come back to this again each day, so don't feel that it has to be perfect. It is a work in progress.

## **Revisit it. (1-2 minutes)**

**Revisit His truth to refine it and retain it.**

After you write each day, go back and revisit the truth that God is showing you. Having written down the thoughts, you will likely have greater clarity about the truth that God wants you to build into your thinking and living. So revisiting is not just returning to the same truth each day, but it is returning to the truth that you have reflected on and written about so that you can be clear in preparing to live it out that day.

## **Live it! (1-2 minutes + seven applications during the day)**

**Live His truth throughout the day.**

**Put it into practice at least seven times each day.**

This repeated action step is vital to lasting change. It may be as simple as stopping to read and think about a key Bible verse that expresses the truth you are learning. It is likely that the action step will initially be bringing the truth back to mind seven times each day. Later on, however, God will likely lead you to put the new truth into practice seven times each day.

Speaking encouraging words or intentionally pausing to thank God are good examples of actions steps. The actions that God calls you to take, however, are going to be between you and God. Be sure to do them at least seven times each day. Setting a timer on your phone or having reminders like meal times and break times are good ways to be sure to keep the action steps going.

## **What if I miss a day or mess up a day?**

The most important thing is that you don't stop. Bad days are part of the process. Applying the truth after a fall is the most important time to apply it. If you miss a day, simply pick up the next day and keep going. Begin the process today, and don't stop until God has integrated a beautiful truth in the place of the toxic thought that is robbing you of the abundant life that God created you to live! It is time to start retraining your brain!