

MESSAGE NOTES



Series: Winning the War in Your Mind
Message: Retrain Your Brain
Speaker: Rusty Coram
Date: January 11th, 2026

"Don't copy the behavior and customs of this world but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

Romans 12:2 (NLT)

"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."

2 Timothy 1:7 (NLT)

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"

Isaiah 26:3 (NLT)

Some thoughts to meditate on regularly:

1. Be humble and honest with God... completely honest with Him.
2. If I am doing something God calls sin... confess and repent ASAP. When I do this, I am restored!
3. God knows best, and He will guide me if I ask and obey.
4. Obeying God will give me freedom and joy.

BIBLE TRANSLATIONS:

NLT– New Living Translation

TAKE HOME SHEET



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Slowly read Psalm 32 several times.

¹ "Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight!"

² Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty! ³ When I refused to confess my sin, my body wasted away and I groaned all day long. ⁴ Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. ⁵ Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone.

⁶ Therefore, let all the godly pray to you while there is still time that they may not drown in the floodwaters of judgment. ⁷ For you are my hiding place; you protect me from trouble. You surround me with songs of victory. ⁸ The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you. ⁹ Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control."

¹⁰ Many sorrows come to the wicked but unfailing love surrounds those who trust the Lord.

¹¹ So rejoice in the Lord and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!"

Psalm 32:1–11 (NLT)

What is something I need to honestly admit to God and ask for His forgiveness?

When I am unwilling to confess a sinful action or attitude to God, what happens? (vs 3)

When I do confess, what happens? (vs 5)

If God always knows best, why do I not always go to Him for advice and direction? (vs 8-9)

When I surrender to Him and obey, what is the result? (vs 11)

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