

NEWBIRTH

Bishop Eddie L. Long
Senior Pastor

EMPOWERMENT SESSION STUDY NOTES – TUESDAY, MARCH 31

PSALM 139:23-24 – NEW KING JAMES VERSION

23) SEARCH ME, O GOD, AND KNOW MY HEART; TRY ME, AND KNOW MY ANXIETIES;

24) AND SEE IF *THERE IS ANY* WICKED WAY IN ME, AND LEAD ME IN THE WAY EVERLASTING

PHILIPPIANS 2:5 – NEW KING JAMES VERSION

LET THIS MIND BE IN YOU WHICH WAS ALSO IN CHRIST JESUS

JAMES 1:8 – NEW KING JAMES VERSION

HE IS A DOUBLE-MINDED MAN, UNSTABLE IN ALL HIS WAYS

WHO IS IN CHARGE....

- TO GROW UP, YOU ARE TO COME OFF OF AUTO PILOT AND RETRAIN YOUR MIND

<<<IN ESSENCE, TAKE CHARGE

- YOU CAN BE A PUBLIC SUCCESS, YET A PRIVATE FAILURE
- YOU MAY BE ABLE TO FOOL PEOPLE, BUT YOU CAN'T FOOL YOURSELF

- THIS IS WHY MEDIA FAST SUCH AS TELEVISION IS A GOOD THING TO DO PERIODICALLY
- THE WORD "AMUSE" GIVES YOU AN INDICATION OF THIS VERY FACT

<<LET'S LOOK AT THE WORD>>

- THE FIRST LETTER "A" IS THE LATIN PREFIX THAT INDICATES NONE OR NOT
- AND "MUSE" MEANS THINKING
- THEREFORE, "AMUSE" CAN BE DEFINED AS NOT THINKING
- NEXT TIME YOU ARE WATCHING TELEVISION, ASK YOURSELF "WHO'S DOING THE THINKING"
- THAT IS ACTUALLY WHAT HAPPENED TO JABEZ

*****I CHRONICLES 4:9 – NEW KING JAMES VERSION*****

NOW JABEZ WAS MORE HONORABLE THAN HIS BROTHERS, AND HIS MOTHER CALLED HIS NAME JABEZ, SAYING, “BECAUSE I BORE HIM IN PAIN.”

- HIS MOTHER CALLED HIS NAME **JABEZ** BECAUSE SHE BORE HIM IN PAIN OR SORROW
- REGARDLESS OF YOUR UPBRINGING... *WHEN YOU TURN TO THE ALMIGHTY GOD, EVERYTHING CHANGES*

→ YOUR THOUGHTS

→ YOUR ATTITUDE

→ AND YOUR FUTURE

“MIND,” DENOTES, SPEAKING GENERALLY, THE SEAT OF REFLECTIVE CONSCIOUSNESS, COMPRISING THE FACULTIES OF PERCEPTION AND UNDERSTANDING, AND THOSE OF FEELING, JUDGING AND DETERMINING.

THE TWO SPHERES OF ACTIVITY OF THE MIND ARE THE CONSCIOUS AND SUBCONSCIOUS

- THE REACTION OR RESPONSE YOU GET FROM YOUR SUBCONSCIOUS MIND WILL BE DETERMINED BY THE NATURE OF THE THOUGHTS YOU HAVE IN YOUR CONSCIOUS MIND.

THE CONSCIOUS MIND IS THE REASONING MIND.

***IT IS WHERE ALL OF YOUR CHOICES ARE MADE.

YOUR SUBCONSCIOUS MIND ENGAGES WHATEVER YOUR THOUGHTS ARE WHETHER THEY ARE TRUE THOUGHTS OR NOT.

***WE MUST CONTROL AS WELL AS TAKE RESPONSIBILITY FOR WHAT COMES OUT OF US FOR THIS IS WHAT WILL SHAPE THE WORLD AROUND US.

***WHAT COMES FORTH FROM US COMES FROM OUR SUBCONSCIOUS MIND AS A RESULT OF WHAT WE HAVE ACCEPTED AS TRUE IN OUR CONSCIOUS THOUGHT

***IF YOU KNOW HOW TO CHANGE YOUR HABITS, THEN EVEN A SMALL EFFORT CAN CREATE BIG CHANGES.



**HERE ARE FOUR STRATEGIES TO GET YOU STARTED AMONG
THE MANY THINGS YOU CAN DO!**

- 1.) **ONE HABIT AT A TIME** - WITH JUST ONE HABIT CHANGE, YOU CAN FOCUS ON MAKING IT REALLY STICK. MULTI-TASKING BETWEEN THREE OR FOUR OFTEN MEANS NONE BECOME HABITS. *IT DOES NOT TAKE MUCH TURNING TO CHANGE THE COURSE!*

- 2.) **KILL BAD THOUGHTS** - REMEMBER WHAT GETS ESTABLISHED IN YOUR SUBCONSCIOUS MIND IS ESTABLISHED IN THE SEAT OF EMOTION, HABIT AND IN THE SEAT OF YOUR WORLD CREATOR.

- 3.) **WRITE IT DOWN**- **DON'T LEAVE COMMITMENTS IN YOUR BRAIN FOR CHANGE. WRITE THEM ON PAPER. THIS WILL HELP YOU ACCOMPLISH TWO THINGS.**

FIRST, IT CREATES CLARITY BY DEFINING IN SPECIFIC TERMS WHAT YOUR CHANGE MEANS.

SECOND, *IT KEEPS YOU COMMITTED SINCE IT IS EASY TO LOSE A THOUGHT TO DISTRACTION, BUT HARDER TO DISMISS A PROMISE PRINTED IN FRONT OF YOU.*

- 4.) **CONSISTENCY IS KEY** - **THE POINT OF A HABIT IS THAT IT DOESN'T REQUIRE THOUGHT.**

****MAKE SURE YOUR HABIT IS AS CONSISTENT AS POSSIBLE AND IS REPEATED EVERY DAY FOR THIRTY DAYS. THIS WILL ENSURE A NEW HABIT IS DRILLED IN, INSTEAD OF MULTIPLE HABITS LOOSELY CONDITIONED.*

