



# BOUNDARIES OF THE MIND

Series: Cycles

# ROMANS 12:1-3 (TPT)

Beloved friends, what should be our proper response to God's marvelous mercies? To surrender yourselves to God to be his sacred, living sacrifices. And live in holiness, experiencing all that delights his heart. For this becomes your genuine expression of worship.

<sup>2</sup> Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes.

<sup>3</sup> God has given me grace to speak a warning about pride. I would ask each of you to be emptied of self-promotion and not create a false image of your importance. Instead, honestly assess your worth by using your God-given faith as the standard of measurement, and then you will see your true value with an appropriate self-esteem.



**IT'S NOT JUST THE THOUGHT; IT'S WHAT WE  
THINK ABOUT THE THOUGHT THAT MATTERS.**

**WE CAN HAVE A TENDENCY TO  
PROCESS A THOUGHT  
THROUGH THE REASONING OF  
TRAUMA.**

**What is spoken and what is heard/thought  
about/seen are two different things.**

# EXAMPLES:

## WHAT WAS SPOKEN:

“What about next time adding a little bit of garlic powder to the green beans?”

“I’m going to go out for a while. I’ll be back soon.”

“I’m so sorry I forgot your birthday! Please forgive me!”

## WHAT WE HEAR:

I’m a bad cook.

You don’t like me.

You don’t love me. You’re a horrible person. I don’t trust you anymore.

# **TRAUMA CAUSES A MISINTERPRETATION OF THE ACTIONS AND WORDS OF OTHERS.**

**When a person is in trauma response, they don't have access to the parts of the brain that process logical information. They can't even actually take in new information. They're in the trauma body, locked in the past, and unable to sooth themselves.**

# EXAMPLES:

## THOUGHT:

“What you did was wrong.”

“I wasn’t completely honest with them.”

When God chastises us in an area...

## CONCLUSION:

I’m a bad person.

I won’t ever be trusted again. I’m not trustworthy.

God doesn’t love me. If He loved me He wouldn’t correct me because I would do everything right. That’s why I can’t be used by Him because of all of my mistakes.

# 2 CORINTHIANS 10:3-5 (TPT)

For although we live in the natural realm, we don't wage a military campaign employing human weapons, *using manipulation to achieve our aims*. Instead, our *spiritual* weapons are energized with divine power to effectively dismantle the defenses *behind which people hide*.

<sup>5</sup> We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One.

# PHILIPPIANS 4:8 (TPT)

Keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.



**WE MUST LEARN TO USE OUR  
FAITH TO SEPARATE THE  
TRAUMA TO ITS ISOLATED  
INCIDENT AND THE PERSON  
WHO CAUSED IT.**

**It's not fair to our present to  
treat it like it's our past.**

# APPLICATION:

## **Cognitive Behavior:**

Do an assessment of the “all or nothing” thinking you experience on a daily basis. Monitor your default responses to determine if they are healthy or unhealthy.

Do you deal with people in the extreme? Do you deal with yourself in the extreme? Ask the Holy Spirit to give you wisdom to counteract this thought distortion.