

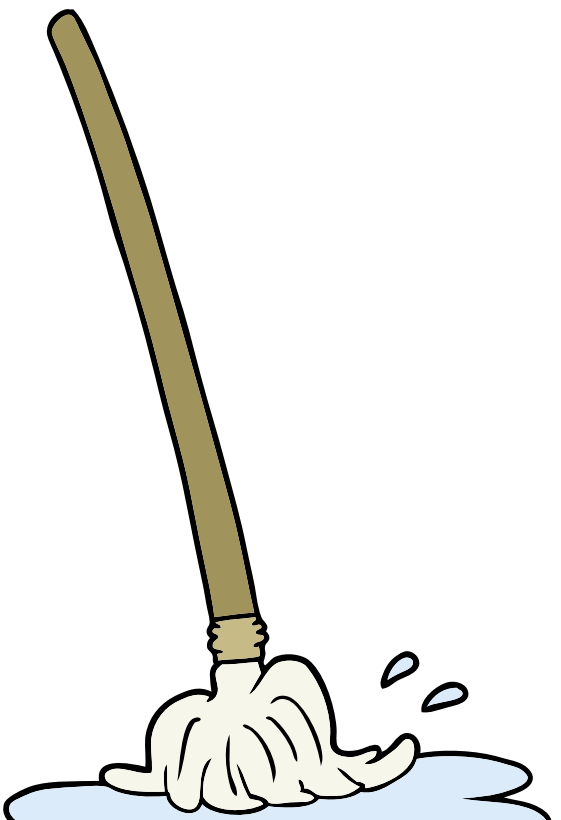
STOP

S = Situation or historical context

T = Type of literature

O = Object or who you're talking to

P = Prescription or description



STOP

S = Situation or historical context- There are no Walmarts , Teslas or iPads, Sea of Galilee was not an ocean. Dusty feet on dusty roads make washing of feet more meaningful.

T = Type of literature = History? Poetry? Prophecy? Parable? Epistle?

O = Object or who you talking to? Israel? The disciples? The church? Everyone?

P = is this a prescription or description? For us today or this is what happened? Everything in the bible is not meant to be copied. Go to lake Hartwell and walk on water with your faith.

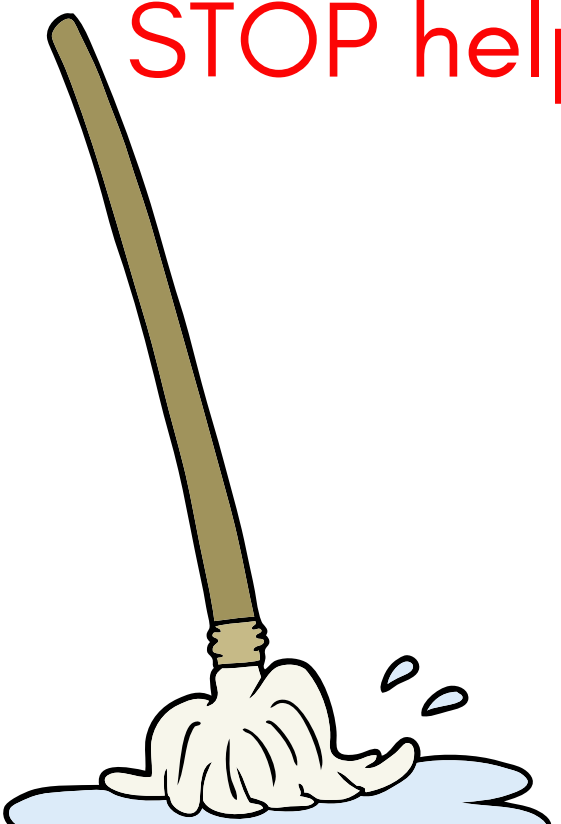
Let's make it a habit to STOP. to get to the bottom of things as we study to show ourselves and interpret the Bible that's full of Principles. . . The passage I'm about to read is more about principles than a prescription.

If anything the passage is a prescription of principles.

STOP helps us approach a passage responsibly and scholarly so we can get

God Results and not manmade results!

Lets Go!







Acts 28:1-5

Once safely on shore, we found out that the island was called Malta. ² The islanders showed us unusual kindness. They built a fire and welcomed us all because it was raining and cold. ³ Paul gathered a pile of brushwood and, as he put it on the fire, a viper, driven out by the heat, fastened itself on his hand. ⁵ But Paul shook the snake off into the fire and suffered no ill effects.

Shake It Off

A Spiritual reFLEX

Every believer should possess

Week 1: FLEXing on mental and physical attacks

Week 2: Holy Ghost With Street Smarts

How did you
ἀποτινάσσω (apotinasso⁻)

ἀποτινάξας (apotinaxas) = 28:5

to shake off

to cast off

to throw away

to violently remove

to rid yourself of something attached

Paul how have you been able to navigate these challenges and change of scenery plus many obstacles in your ministry?

Paul your ReFlexes are incredible

1. Paul you have a history of the RE-Flex of discernment and was able to recognize a woman following you as being used by Satan
2. You knew how to navigate Acts 16 being locked up unjustly
3. One time they wanted to lock up Paul but you were able to be lowered down a wall and escape likely death for preaching Jesus
4. You have to have street smarts and the Holy Spirit!
5. Paul you sure are not afraid to SPEAK your mind- the Mind of Christ

“Sirs, I **perceive** that this voyage will be with
hurt and much damage...”

— Acts 27:10

Before the wreck, Paul actually warned them not to sail

Acts 28:3, 5

compressed view



came out of the heat, and fastened on his
hand.

And he shook off the beast into the fire, and
felt no harm.



...

came out of the heat,
and fastened on his hand.

And he shook off the
beast into the
fire, and felt no harm.

**Theres nothing you are or will be
going through the Holy Spirit cant
help you navigate**

- Sickness
- Bitterness
- Addiction
- Lust & temptation
- Depression
- Anxiety & overthinking
- Rejection & abandonment
- Molestation & sexual abuse trauma
- Generational cycles
- Pride & self-sufficiency
- Chronic illness & disease
- Fear of death & hopelessness

“Howbeit when He, the Spirit of truth, is come, He will guide you into all truth...”

— John 16:13

7 Ways To Build Your reFLEX

1. Recognize the viper
2. Return to consecration (fasting & praying)
3. Receive the Holy Ghost
4. Refuse to pretend
5. Release it into the fire
6. Root yourself in the Word
7. Refresh your dome and ears

ACTS 1:8-9

But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth. And when he had said these things, as they were looking on, he was lifted up, and a cloud took him out of their sight.

JERUSALEM (HOME)
JUDEA (REGION)
SAMARIA (OUTSIDERS)
ENDS OF THE EARTH (GLOBAL)



Holy Ghost is Your Compass

Pentecost is about

Clarity | Preparation To Evangelize | Power|

| HELP| Highlights Unity with Diversity.

Getting your PHD- power to handle the Devil

Acts 28:4-5

⁴ When the islanders saw the snake hanging from his hand, they said to each other, "This man must be a murderer; for though he escaped from the sea, the goddess Justice has not allowed him to live."⁵ But Paul shook the snake off into the fire and suffered no ill effects.

Acts 28:6

6 The people expected him to swell up or suddenly fall dead; but after waiting a long time and seeing nothing unusual happen to him, they changed their minds and said he was a god.

They had already written the ending before the story finished.
Some people see one snake bite and already start planning your funeral.
Be careful listening to people whose first reflex is panic.

Acts 28:7-10

There was an estate nearby that belonged to Publius, the chief official of the island. He welcomed us to his home and showed us generous hospitality for three days. His father was sick in bed, suffering from fever and dysentery. Paul went in to see him and, after prayer, placed his hands on him and healed him. When this had happened, the rest of the sick on the island came and were cured. They honored us in many ways; and when we were ready to sail, they furnished us with the supplies we needed.

Looks like Mark 16:18 to me

Acts 28:7-9

**Acts 2 allowed Paul to
communicate, cohabite and aka cure
thats the power of the Holy Ghost.**

Lets Talk

Looks like Mark 16:18 to me

Whats Mark 16:18?

Acts 28:11

¹¹ After three months we put out to sea in a ship that had wintered in the island—it was an Alexandrian ship with the figurehead of the twin gods Castor and Pollux.

The ship marked by false gods on the (bow) was being used to carry a man of God into divine purpose.

Acts 28:11

The Holy Ghost will tell you what rooms, cars,
environments you can occupy
This was marked by false gods and Paul got on it.
Make sure where you foot step is God ordained
cause if not that environment could eat you alive

The ship marked by false gods on the (bow) was being used to carry
this man of God into divine purpose.

Don't Box The Holy Ghost In- Your Life should be fruitful outside the 4 walls

- John 14:26 — the Holy Spirit teaches and reminds
 - John 15:26 — the Spirit testifies of Jesus
 - John 16:13 — the Spirit guides into truth

“That the God of our Lord Jesus Christ, the Father of glory,
may give unto you the spirit of wisdom and revelation in the
knowledge of him.”

— Ephesians 1:17 (KJV)

FLEXing on mental and physical attacks

Week 3

NEXT Week we will

Dig in more into the 6 Ways

to Build your ReFlex

to

Shake It Off

Shake It Off Is Also Code For

Casting Out

Breaking Free

Getting that W

Breaking Cycles

Getting control of you mental health

Paul, how was your reFLEX so easy, effective, powerful?

- Your flex today comes from yesterday's discipline
- Today's strength is built on yesterday's habits
- Today's reflexes come from yesterday's repetition
- Your response today reveals what you practiced yesterday
- Paul shook it off publicly because he prepared privately

#3 Refuse to Pretend

To Break Free

John 1:9

“If we confess our sins...”

Proverbs 28:13

“Whoso confesseth and forsaketh them shall have
mercy.”

Psalms 139:23-24

“Search me, O God, and know my heart: try me, and
know my thoughts.”

#3 Refuse to Pretend

Caroline Leaf often teaches that you should not simply suppress, fear, or run from negative thoughts and emotions. Her approach is more about recognizing, processing, and renewing rather than pretending feelings do not exist.

- bad thoughts can reveal deeper issues
 - emotions are indicators take notes
- avoidance can make thoughts stronger
 -

Life 28:5

there came

out of the heat, and
fastened to my body.

And I shook off the
sickness into the fire and
felt no harm

This is what the scripture feels like

- Bitterness
- Addiction
- Lust & temptation

• Depression
Sickness

Bills

Bad News

Offense

• Rejection &
abandonment

• Molestation & sexual

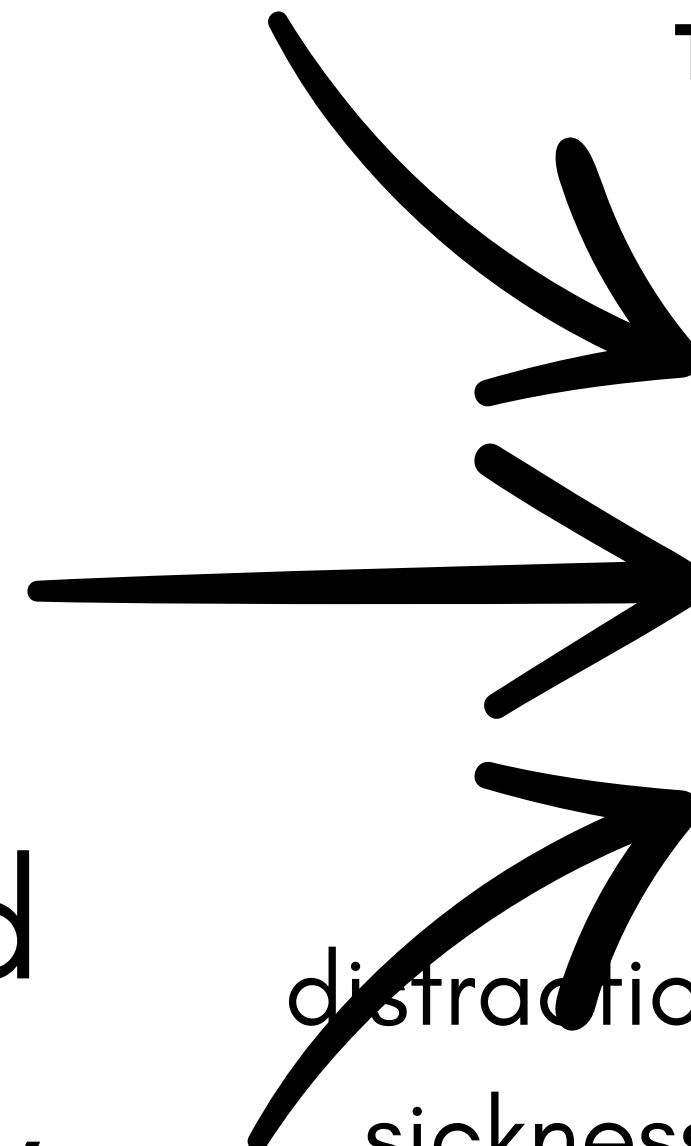
abuse trauma

• Generational cycles

• Pride & self-sufficiency

• Chronic illness & disease

• Fear of death &



distractions

sickness

enemy

bill

bad news

offense

betrayal

mind battle

In order to shake this stuff off

you gonna have to

misery

#4

Acts 28:5

“And he shook off the beast into the fire..”

James 4:7

“Resist the devil, and he will flee from you.”

#4

Casting down every thoughts that acknowledge itself against the Knowledge of God.

Q: Well how often are those thoughts coming?

A: Well ever other second. So that means there is alot of activity between the ears

How healthy is your mind?

What does that actually mean?

What steps should you do?

Bring back perhaps Matthew

Why do you entertain evil thoughts in your heart
symbolizing not shaking it off quick enough. Hurry
before the suitcase comes out of the trunk. Address it
quick.

Dr Leaf says

healing comes through processing and renewing the mind

- identifying toxic thoughts and observing them honestly
 - challenging them and replacing them with truth
 - rewiring thinking patterns intentionally

#4

MetaCognition

How healthy is your mind?

What does that actually mean?

What steps should you do to cast is it that easy?

#5

Psalms 119:11

“Thy word have I hid in mine heart...”

Colossians 2:7

“Rooted and built up in him...”

#5

Romans 12:2

“Be ye transformed by the renewing of your mind...”

Joshua 1:8

“Meditate therein day and night...”



MIND



Your Mind Keeps A Record

1. the conscious
2. the subconscious
3. the nonconscious

Think of this when you see
any reference to the mind in the Scriptures.



MIND



1. the conscious,
2. subconscious
3. nonconscious.

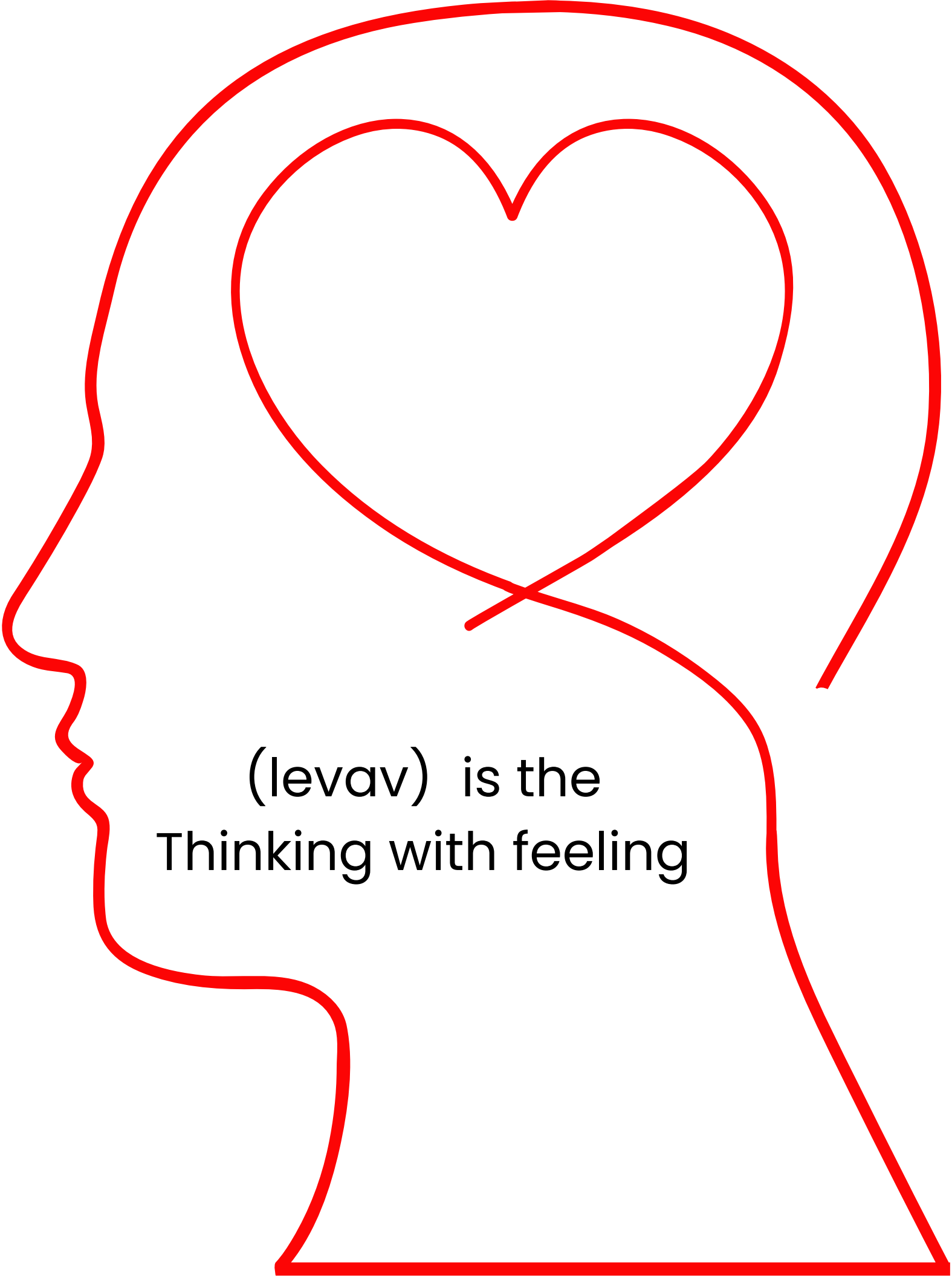
- **Conscious** mind part is awake when you are awake
- The conscious mind activates when a thought or feeling “bubbles up” from deeper levels and you notice it.
- Example: David had a conscious moment when he noticed his feelings — “I need a better heart,” “I’m overwhelmed,” “I need to encourage myself.”

- The **subconscious mind** acts as a bridge (middleman) between the nonconscious and the conscious mind. Like a connecting tunnel
- This is where your habits, patterns, and learned behaviors are stored.
- It automatically runs routines — like riding a bike, brushing your teeth, or saying “thank you” without thinking.
- You’re not fully aware of what’s happening here, but it strongly influences your actions, feelings, and decisions every day. 2k actions Per second

- The **nonconscious mind** is the deep, always-active part of you — it keeps working even when you’re asleep. Trillions of thoughts
- over 400 billion actions per second, 24/7.
- It can push experiences into your conscious mind, influencing your thoughts and emotions.
- It organizes daily experiences, keeping track of what you do and how long you do it (Like I spend 2 hours on TikTok, 3 hours watching CNN, 1 hour on a call with my cousin). Vibrations, Content & Information
- It’s the storage center for all your memories, habits, and beliefs.
- It sends thoughts upward like bubbles — ideas, feelings, or reactions that rise into your awareness.

Heart is the emotions
passion & meaning
behind the action
being carried out in real life.
When you smile and show
kindness towards
someone.

♥ The heart (in the biblical
sense, levav) is most closely
connected to the
nonconscious mind — the
deep part of you that
holds your beliefs,
memories, feelings, and
patterns that guide your
choices, even when you're
not thinking about them.



(levav) is the
Thinking with feeling

#6

Romans 12:2

“Be ye transformed by the renewing of your mind...”

Joshua 1:8

“Meditate therein day and night...”

Perhaps

some Atomic Habits

Paul was able to shake off the viper because of the Holy Ghost, His walk with God. He had a history of casting out, rebuking the devil. He was also full of the word of God. This shows atomic habits before the Acts 28 account of shaking off the viper.

Psalm 1 is

Blessed is the man that walks not in the counsel of the
ungodly.

Meditate is

#1 Consume the content

#2 Stare at the content

#3 Stay with the content

#4 Speak The Content

Mental health facts DR LEAF

MIND-

CON

SUB CON

NON CON

By the way. Acts do not record anywhere Paul standing before Ceaser it ends with Paul Preaching the Gospel.

Acts 28:30–31

**“And Paul dwelt two whole years in his own hired house...
Preaching the kingdom of God, and teaching those things
which concern the Lord Jesus Christ, with all confidence, no
man forbidding him.”**

JOEL 2:28 & ACTS 2
ABOUT 800 YRS