

S  
HELP!  
HOLY  
SPIRIT

Holy Spirit

Equips

Leads

Prepares Us





# Acts 28:3, 5

compressed view



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

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

# Shake It Off

## A Spiritual reFLEX

Every believer should possess

Week 1: FLEXing on mental and physical attacks

Week 2: PHD & PHJ at Pentecost (Holy Ghost)

Week 3: Anyone checked on Paul? Paul, you Ok?!

Shake It Off is also code for:

Casting Out

Confronting it

Breaking Free

Getting that W

Breaking Cycles

Getting control of run away thoughts

Paul, you ok?  
How's your mind?

How healthy is your mind?

Why have you made such sketch statements in your day?

"It's okay to acknowledge the bite. Just don't build a house around it."

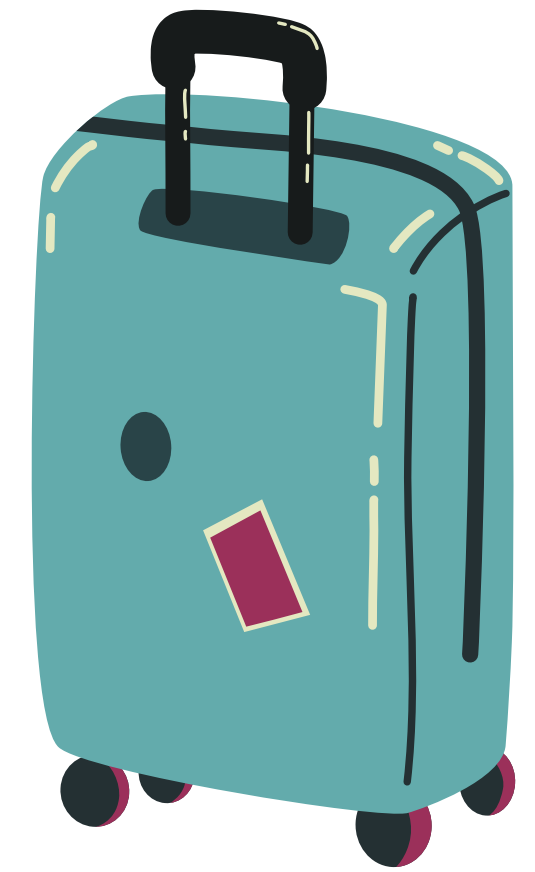
"Don't unpack your bags in a season God intended you to walk through."

# Matthew 9:4

Knowing their thoughts, Jesus said,  
Why do you think (entertain) evil  
thoughts  
in your hearts?



What does it mean to entertain evil thoughts?

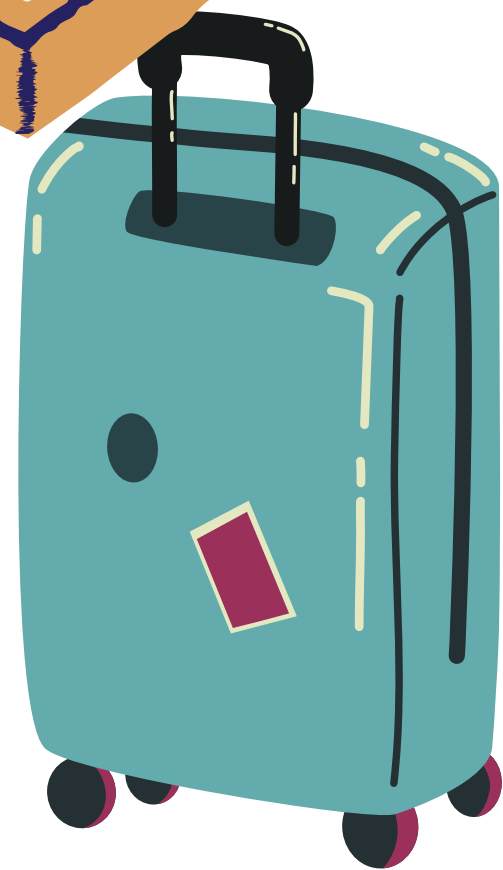


Ask yourself, "Am I a host for evil thoughts?"



Entertaining guests?

What does it consist of?





repeat  
think

Muse  
repeat

Meditate  
repeat

Entertain  
repeat

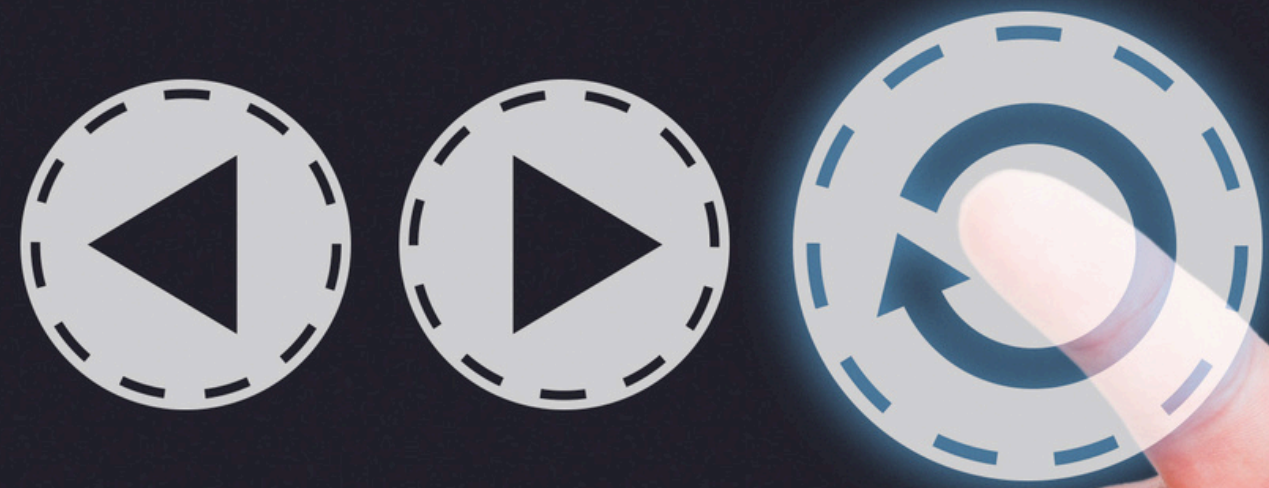
Head  
think  
Heart  
think



# Metacognition



RING® your thoughts



**MEDItation**

**Metacognition**

**The replay  
will reveal  
your  
meditation**

Be encouraged today. Life is going to life. Friends are going to unfriend. The enemy is going to try you. Your flesh is going to be put to the test. You are going to get a low score sometimes. Don't give up. Be honest. Call that thing out. Denounce and renounce the thoughts, false gods, ungodly behaviors, responses, and uncharacteristic behaviors. Repent and give it to Christ.

It's not OK to not be OK. What scripture and verse is that found in? Jesus came that you may have life and have it more abundantly. Repeating "it's OK to not be OK" could subtly give you permission to stay in a season too long.

# Corinthians 10:5

“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.” (KJV)