

The Real Food ~ Real Faith Lifestyle

Godly Discipline & Retraining Our Brain

Exercising our faith brings about the "FRUIT" of the Holy Spirit

Have you been experiencing frustration and the ups and downs of wanting to see change? Let's look at what the bible teaches us about exercising our faith.

HERE is a devotional to get your started: and may the Lord bless you!

Discipline | THE SPIRIT OF SELF-CONTROL

VIDEO Retrain Your Brain - The Fruit of the Spirit

<https://vimeo.com/410004781/e40fca66d6>

Our Confidence comes from the encouragement of the Word of God.

Bible Verse: Hebrews 12:11

PRAYER STARTER - Come Holy Spirit and fill my mind and set me free. Oh, set me free my heavenly King from neglecting my physical body. I ask you to allow me to see clearly and to take responsibility for my life. I will take the initial steps needs to get rid of unhealthy habits and make an effort to plan my day the best I can.

All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

Devotional

If we think of discipline in terms as being a punishment we miss the more constructive meaning of the word. **Discipline is order, training, practice and study.** Without discipline our lives were ineffective and full of food and mood chaos. Before we began to practice the principles in the Real Food ~ Real Faith Lifestyle Program our eating patterns and emotions were most likely way out of balance. We came to realize that there were other areas of our life that have been short of order as well.

Discipline is a tool which produces self-respect and feelings of accomplishment and satisfaction. When we discipline ourselves we learn to strive to eat three moderate meals a day and we achieve emotional, spiritual and physical results which causes our spirits to sing. We sing praises to the living God who gives us the direction and correction we so desperately need ever so gently and quietly. The discipline of this Real food Real faith program frees us from the tyranny of self-will and self indulgence.

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As we develop trust in God we begin to see that the hardships and difficulties we face are a means for our spiritual development. Through them God has a way to make us humble and he helps us acquire self-discipline and strength. Self discipline is the fruit of self-control given to us through the POWER of the Holy Spirit. Our lives become changed in an orderly fashion according to God's plan and he blesses us with His peace.

Prayer Starter [write this prayer in your journal and ADD to it wherever your heart leads you]

Dear Lord, bless me with a willing heart to accept that to live according to discipline means to live a balanced and ordered life. Increase my desire to devote my life to you fully and to fill me with strength and wisdom to take care of myself to glorify you each day. Amen

Retraining Our Brain & Allowing Ourselves Room To Grow

Breaking FREE from falling into isolation! Training Your Brain To Think Positive after binge eating, overeating to keep the weight off.

Part 2. Winning the battle of your mind:

Learning from the Apostle Paul

2 Peter 1:5-8 New International Version (NIV) POSITIVE THINKING

5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; 7 and to godliness, mutual affection; and to mutual affection, love. 8 For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

Paul battled time and time again and when ALL life was stacked against him from a Roman prison he finally finished his life by saying things outside of the world.

The thought in HIS MIND - For though we live in the world you have Supernatural weapons given by God. TO DEMOLISH STRONGHOLDS

Strongholds are a fortified prison - we become a prisoner LOCKED BY DECEPTION

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The enemy is Satan and he shapes our thinking with one lie after another- so that we believe thoughts that ARE NOT TRUE. ANYTHING THAT IS NOT FROM GOD:
For those of you with negative-Critical pathways>Judging my imperfection of diet, weight, financials, career, talents....achievements ect
Identify one stronghold holding you back. What is yours? Just one.

A Form of Godly Discipline is **Meditation**. We have a need to be willing to practice meditation of new daily ROUTINES!

One way we can do this is by Praying to a melody. Let us look at some scriptures. Let us pray with our spirit, but pray with our MIND also! 1 COR 14:15
You see it is when we are in a state of worship that we are being cleansed and made new from glory to glory.

2 Corinthians 3:16-18 Transformed from Glory to Glory

Every believer in Jesus Christ is an open letter, a walking living advertisement, for Christ. It is an awesome responsibility because the world is watching and judging Christianity by our attitudes and actions.

You may ask who is adequate for such a responsibility? The apostle Paul declared, "It is He who is all-sufficient who has made me sufficient for this task." He always thought of God as making him adequate to live and minister the Christian life. Only the Holy Spirit can change our human nature, therefore God calls us to an intimate relationship with Himself. The new covenant we have with Christ produces in us a greater splendor that will never fade. He calls us to an ever-growing intimate love relationship with Himself that never fades away.

Colossians 3:16

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

James 5:13

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.

1 Corinthians 14:15

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What am I to do? I will pray with my spirit, but I will pray with my mind also; I will sing praise with my spirit, but I will sing with my mind also.

John 4:23 But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him.

VIDEO - HOW I MEDITATE HEALING & PRAYER (NO JOURNALING) JUST SING!
<https://vimeo.com/426713325/0848074721>

The Practice of Meditation Singing Prayers, Scripture
We cannot live a positive life if we live with a negative sinful mind.
Joshua 1:8

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

*We exercise our spiritual muscles to strengthen our faith and our soul [our soul is our mind, our will and our emotions] in the presence of God's and believing and receiving God's cleansing healing power.

*The outpouring of the Holy Spirit will wash our sins and cleanse our souls. Just as we do for our physical body we wash it daily. We need to come before God everyday for cleansing and he will refresh our soul.

*Through this practice we come humbly before him and we are able to let go of old self-condemning thoughts that made us emotionally eat the wrong way. As we bring our shortcomings before God daily we begin to recondition our mind and change our thinking.

*We need healing and we learn that the word of God is medicine for our mind, emotions and our body. We learn how the mind is directly connected to our spirit. In Proverbs 4:20-24 we are instructed to pay attention to God's word. This also means we are to make a commitment to focus on them with our heart as we see in verse 21. **We learn in verse 22 that through this daily practice God's word is "LIFE CHANGING" [they are life to those that find them] and health to all their flesh. We are changed from the "inside out".**

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