

## Study Notes

### Setting the Mind - Feelings Are Not Facts

- Feelings are not facts; beliefs determine what we consider facts.
- Feelings are either experienced or not. Beliefs dictate truth or falsehood, not feelings.
- Feelings are indicators of beliefs, not truth.
- Identifying faulty beliefs and replacing them with scriptural truth can change feelings.
- Scriptural truth is the basis for accurate beliefs.
- Feelings can be controlled by identifying and replacing underlying beliefs.

### Setting Your Mind on Things Above

- Seek things above, not earthly things, as Christ is your life.
- A mind focused on worldly things leads to death, while a spiritual mind brings life and peace.
- Present your body as a living sacrifice and be transformed by renewing your mind to understand God's will.
- Warfare is spiritual, not physical, and involves capturing thoughts.
- Set your mind on Christ's love, power, sovereignty, and Christ as your life.
- A "truth struggle" is more appropriate than a power struggle with Satan.

### Four Truths Concerning Setting the Mind

- You cannot focus on two things simultaneously.
- Feelings generally correspond to the mind's focus.
- If you don't control your mind, it will be controlled for you.
- Replace negative/unwanted thoughts with positive/desirable ones.