

# **Steps to Renewing the Mind**

**Abortions - Worldwide in 2020**  
**Abortions (Abortion Statistics – Worldometer)**  
**As of 3/21/2020 at 10:52 AM CST**

- **9,362,283. (81 Days: 115,584 per day)**

**This is difficult because:  
go to: [worldometers.info](http://worldometers.info)**

**"This year" refers to the period from Jan 1 at 00:00 up to  
3/21/2020 at 10:52 AM CST**

**The data on abortions displayed on the Worldometer's  
counter is based on the latest statistics on worldwide  
abortions published by the World Health Organization  
(WHO).**

**According to WHO, every year in the world there are an  
estimated 40-50 million abortions. This corresponds to  
approximately 125,000 abortions per day.**

**In the USA, where nearly half of pregnancies are  
unintended and four in 10 of these are terminated by  
abortion [1] , there are over 3,000 abortions per  
day. Twenty-two percent of all pregnancies in the USA  
(excluding miscarriages) end in abortion. [2**

# **The number of deaths in the world in the first two months of 2020:**

**News source: Breaking Christian News**

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## University of Hamburg data:

- **2360: Corona virus**
- **69602: Common cold**
  - **140,584: Malaria**
  - **153,696: Suicide**
- **193,479: Road accidents**
  - **240,950: HIV loss**
  - **358,471: Alcohol**
  - **716,498: Smoking**
  - **1,177,141: Cancer**

**82,000 people are sick with  
Coronavirus at the moment, of  
which 77,000 are in China. With a  
population of over 1.1 billion, this  
means that if you are not in or  
haven't recently visited China, this  
should eliminate 94% of your  
concern**

**If you do contract Coronavirus, this still is not a cause for panic because:**

- **81% of the Cases are MILD**

- **14% of the Cases are MODERATE**

- **Only 5% of the Cases are CRITICAL**

**Which means that even if you do get the virus, you are most likely to recover from it.**

**Some have said, "But this is worse than SARS!" SARS had a fatality rate of 10% while COVID-19 has a fatality rate of 2%.**

**Moreover, looking at the ages of those who are dying of this virus, the death rate for the people UNDER 50 years of age is only 0.2%.**



**This means that if you are under 50 years of age and don't live in China – you are more likely to win the lottery (which has a 1 in 45,000,000 chance).**

**Let's take one of the worst days so far,  
the 10th of February, when 108 people in  
CHINA died of Coronavirus.**

**On the same day:**

- 26,283 people died of Cancer**
- 24,641 people died of Heart Disease**
- 4,300 people died of Diabetes**
- Suicide took 28 times more lives than  
the virus did.**

**Mosquitoes kill 2,740 people every day, HUMANS kill 1,300 fellow humans every day, and snakes kill 137 people every day.  
(Sharks kill 2 people a year.)**

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**How do we renew our mind?**

# **To change the brain – because of how the brain functions**

1. We can't keep life the same and change our fear areas
2. The way we do things / our habits / our patterns of life are typically created by our fear to protect ourselves (our fears).
3. We need to change our patterns / habits / etc.  
(Open our brain to change and options)

# **#1 - IT CAN BE DONE.**

*We are not told to do something we can't do.*

*“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”*

*Romans 12:1-2 (NKJV)*

**#2 - WE CAN'T KEEP LIFE THE SAME AND  
CHANGE.**

*“Do not be conformed to this world, but be transformed”*



# **#3 - WHAT WE GIVE OURSELVES TO FORMS THE MIND.**

*“Present your bodies” (5 senses)*

**#4 - CHOOSE GOD'S PERSPECTIVE,  
AND NOT THE  
WORLD'S.**

*“Present your bodies a living sacrifice, holy, acceptable to God”*

**Steps to dealing with Fear and  
other negatively Heightened  
Emotions:**

# 1) **De-escalate**

- Go for a walk.
- Talk slower and quieter.
- Give yourself time to calm down.

*We must move outside the thought (emotion) and go objective. Until we Deescalate, we can't do that.*

**2) The Human Mind / Brain / Soul typically cannot change in a positive manner without:**

- Knowledge
- Safety
- Permission

### **3) Identify Fear, Shame, and Pride.**

-discover what was triggered.

## **4) Allow for Change / Options.**

- Get permission, give yourself permission.
- WE ALWAYS HAVE OTHER OPTIONS.

## **5) Determined Maturity**

- Grab and hold accountable the inner child - immediately/ right now
- Determine to mature in that area



## **6) Interrogate your thoughts.**

- We must be brave enough to face us
- Discover what is going on in the 95% brain.  
(What you really believe)

## **7) Acknowledge the Arrestment.**

- Recognize and see where you are responding younger than you are

# **8) Welcome Healing but demand change.**

- Self Talk
- Quote scripture as a welcome
- But demand change to take place

## **9) Adhere to and rely on his word.**

- Until it becomes who we are / or we become what it says
- Until It becomes our source of life and truth
- Perseverance

# **10) Spend time in Worship.**

- Needs to increase as we make progress

# **11) Allow the Fire of the Spirit to bring change.**

- Be open to the Holy Spirit
- Pray in tongues (a lot)

# **Basic Steps to Re-programming / renewing the subconscious:**

# **#1) Come to the realization that our current information is incorrect.**

a. Admit it's not working.

b. Quit putting all the blame on others.

(Scripture: Genesis 3:6-13 - syndrome)



## **#2) Receive Revelation Knowledge on the subject.**

- a. When things are not working, they are likely tied to:
  1. Lack of Knowledge.
  2. Lack of Wisdom.
  3. Emotional Wounds.

(Scriptures: Matt. 16:17-19; John 8:31-32)

## #3) Repent of the Old Way.

### a. Repent:

- Get new information.
- Regret the old way.
- Make a change.

### b. Repent:

- Turn around and go the other way.

(Scriptures: Mark 1:15; Luke 13:3; Acts 3:19)

# **#4) Positive Goal Setting.**

(Scripture: Phillippians 3:13-14)

# **#5) Positive Mental Rehearsal.**

(Scriptures: Luke 1:72, 22:19; John 14:26)  
Study word 'remember / remembrance' - KJV)

## **#6) Positive Mental Visualization.**

*The mind is designed to operate on pictures.*

(Scriptures: Genesis 15:5; John 5:19, 12:45)

## **#7) Positive Self Talk.**

- Faith in God's Kingdom - Language.
- Declaring the Revelation Knowledge / Rhema Words we have received.
- Saying what God says about us.

(Scripture: Phil. 4:13)

# **#8) Encounters with God.**

(Scriptures: Matt. 16:17; Luke 24:13-32; Acts 2:4)

# **#9) Double Edged Sword.**

**(Twice Spoken Word)**

(Scriptures: Hebrews 4:12; Romans 10:8; Ephesians 6:17)



# **#10) Seeds necessary for Soul / Brain Renewal:**

- Social Contacts
- Exercise
- Education
- Diet (promotes good brain)
- Sleep (7 hours minimum)
- 1/2 hour before bed - all electronics off.  
(Suggestion: keep them off for the night)
- Realize when the limbic system fires up, the prefrontal cortex shuts down and is over-ridden by emotion.

# **#11) Alcohol shuts down the prefrontal cortex and fires up the limbic system.**

- High fats and sugars do the same.
- Eating correctly and keeping the brain healthy is paramount.
- Need to take a wholistic approach to soul / mind / brain renewal.

