

## Gideon

12 When the angel of the Lord appeared to Gideon, he said, “The Lord is with you, mighty warrior.” Judges 6:12 NLT

15 “Pardon me, my Lord,” Gideon replied, “but how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family.” Judges 6:15 NIV

## Next Step

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 NLT



Lake Effect  
CHURCH

Are You Thirsty?

Part 4: What Do You Attract?

May 2, 2021

## RAS

The Reticular Activating System (RAS) is a bundle of nerves at our brainstem that filters out unnecessary information so the important stuff gets through. (Tobias van Schneider)

Overtime, through this process, we attract what we focus on. (Jari Roer, *The Science Behind Why You “Attract” What you Focus On.*)

If your RAS shapes your reality and beliefs, you need to start taking control of it by priming it to focus on the things you want to attract in your life. (Jari Roer)

## Focusing on Things Above

### Colossians 3:2 ESV

Set your minds on things that are above, not on things that are on earth.

### Colossians 3:2 NLT

Think about the things of heaven, not the things of earth.

All of life is a battle between two selves, but there's a different war before you become a Christian from the war that happens after you become a Christian...What Paul is trying to show us here is there's a war between the selves that happens before you meet Christ, and then there's a war between the selves that happens after you meet Christ. The war between the selves before you meet Christ is a world without hope. You cannot win...The war after you meet Christ you cannot lose. (Tim Keller)

## Two Groups of People

### Paul is a Hot Mess!

15 I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. 16 But if I know that what I am doing is wrong, this shows that I agree that the law is good. 17 So I am not the one doing wrong; it is sin living in me that does it. 18 And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. 19 I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. 20 But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. 21 I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. 22 I love God's law with all my heart. 23 But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. 24 Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? 25 Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin. Romans 7:15-25 NLT

5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7 For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. 8 Those who are in the flesh cannot please God. 9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. 10 But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. 11 If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you. Romans 8:5-14 ESV