

Hello everyone and welcome to this episode of transformed you. I'm your host Mark DeJesus, and I'm here with my super awesome wife,

Melissa. Well thank you and I am very excited to have our conversation today.

Season two. We're entering into season two, so that means a whole new series of topics and a whole new series of emphasis. Our goal is to help you with issues of the heart, helping you to renew your mind and experience transformed relationships, to really live in the power of what God has made available to us and the biggest thing that we want to get into at this point is how you think and getting into your thoughts and how your thoughts affect you, influence you. And as we begin this series, we're gonna call it, transform your thinking. And we are big believers and we've come to learn that our thoughts have such an influence in our life. Our thoughts affect everything they affect even down to our physical health, our stamina, our energy, they effect our relationships, our destiny, how we see ourselves, how we see God. We see everything. And if I was to help somebody experience the dynamic, transformative work of God in their life, we have to deal with how we think. And the Bible says that as a man thinks so is he. So what that means is that means that you and I, what we really are is the collective cumulation of every thought. Every belief system, every way of thinking is like piled up inside of us.

Yeah. Which can be not so good sometimes and good something.

Right? And studies have shown that you think anywhere from, I've seen 40,000 to 80,000 thoughts a day. That's like constant, right? And the majority of them are negative, disempowering on, fruitful. So we're sitting in that sludge and then at the end of the day going, why is this not changing? Why am I not experiencing transformation?

Well, I think too, if we really get down to it, you look at how you even order your day, how you get up in the morning, what is your posture? What are you thinking? Even how you're kind of curmudgeonly. Is that a word? Curmudgeonly. Curmudgeonly. I'm going to put an I y on it, you know,

just kind of Shimmy and yourself over to the coffee pot in the morning and how you even go throughout your day that yes, we have tasks and work and those things to get to, but how do you even make decisions throughout your day based on good or bad thinking? Like for an example, yesterday I was kind of like the weather was young and I was feeling kind of a little mopey and I wanted to get certain things done and I didn't base on the fact of the stuff that I was spinning in my head. It kind of put off timing. We all can think about this. Oh my gosh, where did two hours ago I was off in my head thinking about these things that didn't get the laundry done and get it. Didn't get this done. So really if you think about it, your thinking is based around pretty much everything you do and how you're feeling about that stuff that's in your head, you know,

and really the thoughts that affect you or the ones that are kind of like laying below the surface, like you didn't look at the weather and like consciously go, I'm not going to be off today. And you didn't have that. Like as a forefront, no underlying association

that affected my entire day

with weather and which triggered a whole bunch of things. And so yeah, when, when I, when I look at my life and my journey coming out of, or I need help with anxiety, panic attacks, depression, my life's

erect, my body's unhealthy, what do I gotta do? And God began to start with how I thought, wow, it opened up a good can of worms for me. But it made me realize like, wow, my thought life just kind of goes with whatever is there and I need to start taking charge of my thought. Life is that

it will lead you.

I think that's a major mistake that we make in Christianity is we tend to really all across the world is we tend to go with the thoughts that rise up and we respond to that versus establishing this is how I'm going to think and these are the groups I'm going to cultivate so that that's what I focus my attention on. That's what I cultivated my life. Because, um, how we, how we cultivate our thought life forms, how we respond to life, how we act, how we, cause we're all gonna go through hard things and hard seasons and hard times. Everybody's got brokenness in their life that they have to deal with whether you recognize it or not. And if you don't think you have broken this, go back to our first season and that'll help you address those areas. So what I want to say up front that we don't, we're not trying to get you into is we're not just trying to encourage you to just have positive thinking.

Like we're not just like, hey, there's these. If these are wonderful, there are times where, Oh, this is sad, and it's so k to think that there are times where you need to grieve. OK, so we're not just talking about just be positive, just be positive because that can get us dangerous places. What we want and what the word that we use that we want to lean on during this series is the word empowerment is we want to direct you towards thoughts that are empowering in your life because you can be grieving, but it'd be empowering. You can have sadness and it'd be empowering. You can have broken areas that God is working on and healing and you can have an empowering experience and so that's where we want to set ourselves at the beginning of this series is we want to empower your thoughts to be transformative, to be fruitful for your journey, and I know my life. My thought life was actually pretty weak and I needed to sober up and get strengthened because your mind is a muscle that is for most people, very, very weak. You tend to start your day on whatever's there and then you're just responding to what comes to you rather than saying, no, this is what I'm going to think.

It just stood out to me too when you said the word empower, because I think that a big teaching that's missing and the church is a understanding our thought life and holding that up to the kingdom and the word of God. And so we're giving power instead of being empowered. We're giving power to these thoughts because they feel the loudest and I think we've been trained very, very poorly in Christianity. You know, even Oprah has this little saying, what does that, um, what does that little saying that she does? My Aha, Aha thing is what? The voice that's in your head. It's like, well, that may not really be that fruitful thought. Even though it's, it's pushing you, what's driving you, it's nudging you. It's a high whatever it is that may not. And I think we've been very poorly trained. If we could talk about that for a second on what we give the most power to as far as our thinking when it comes to Christianity,

it takes discernment because you need to know and we're going to do episodes after this on where your thoughts come from because thoughts have a source and we need to be discerning because the story that we live in all started with a garden and started with Adam and eve and started with there being a breach in that relationship and the first question God asks after he says, Adam, where are you is he says, who told you that? Who gave you that thought? That's that's. That's how this whole battle began to be unfolded as God wanted us to know that our thoughts just don't float out of the sky. You need to understand where they come from and we probably needed to challenge some of our thinking patterns because we tend to just follow our gut. We tend to follow the loudest voice. We tend to follow whatever screaming for our attention.

The problem is the loudest voice is often fear. The loudest voices often guilt, the loudest voices, often self hatred, you know, there there's, there's these things that demand rejections of very loud, demanding presence and so we have to start understanding, OK, what am I listening to and and, and where did that thought come from and not just going to autopilot because the difference between overcomers and those who don't overcome overcomers make a decision to grow and they really take charge of how they think and wherever you are in your life and your journey, the next level requires a whole different way of thinking. And I find for most of us, it's not just like I need this thought tweaked and that thought tweaked. We often need like overhauls and it's, hey, it's OK because we are flawed beings, processing out with God. And I think the biggest thing I want to share with you when it comes to empowering thinking is that you're in charge of your thoughts.

You are the president, CEO and director of all things, thoughts in your life. God won't think for you. People around, you cannot think for you. Even if you try to get them to, you are in charge of how you think and you want to take sobriety and going, what is the cultivation of my thought life? What am I manifesting? What's the atmosphere around me that I cultivate and, and, and maybe put some honest labels to them. Yeah, you know, I kind of have like a depressive atmosphere around me. OK, I need to recognize it and deal with that. Uh, some of it may just be through self awareness of recognizing how you come across, but we need to get equipped and we weren't taught on how to cultivate a healthy thought life were just told to stop thinking that way and just think this way. Sometimes it's that simple, but a lot of times there's deeper issues where these areas are deep rooted in us that we needed

to help people walk through. What are some of the deep rooted areas that train us in bad thinking?

Yeah, that's a good question. Well, I think in life, and we'll get into how thoughts affect us, but I think in life we develop agreements. We develop our alignment with certain ways of thinking that we just tend to carry with us. We have those thoughts that like, this is what I want. I want to be healthy. I want to be getting married, I wanted this or that. I want to get close to God. All these things. But then there's this undercurrent of thought and that's what we spend a lot of time doing and uncovering. We all have these front burner like, yeah, you know, I believe in God who loves me, this and that, and as you just chip away at that, it's like, wait, you really don't believe that he loves you. You really don't believe we've kind of. We put on these facades and we want to get past that and go, what's really going on underneath? Let's invite God into those areas.

Right? Well, and to be practical about it in that way, you know, like you're saying people. So I believe in God and I know he's with me and he's for me. He's not against me. But then when you dig deeper, you have a lot of confusion in your life. You can't make a decision that's a major one, screaming. I think a lot of us relate to that, so we need to start, OK, how? How are my thoughts leading me my day? How are they influencing my decisions of how I feel about myself, the relationships I'm in, et Cetera, et Cetera, so

that's as crazy as you as you think. So are you right now because the first thing that thoughts do is they create a focus. The focus of what you focus on. Now, I want you to know that there are so many disempowering thoughts out there that are very loud, obnoxious demand for your attention. I'm final. I'm finalizing the release of the book. I will not fear which is all about anxiety, worry, and one of the things I emphasize in there is the enemy uses fear so much in our lives because it's easy to grab our attention. The news uses fear because it'll enhance ratings. It'll get your attention and so we want to be intentional about what's getting attention because if I got a thought that I'm giving room to, it has my focus, it has my attention, and that is the primary place of what we call spiritual warfare.

I don't even like using the term spiritual warfare because people go into a hundred different million tangents with it that aren't necessarily healthy, but when you want to understand the battle, that wages over your life, if you want to narrow it down, it is over what thought systems will have your attention because if they have your attention, they will have your focus. You have millions of thoughts you could choose to engage right now. You have one that you're focusing on. Now, if you think you're multitasking, you're not. You're focused on something and it may change. You know from moment to moment to moment, nanosecond to Nanosecond, but there's often threads that remained through it. Depressive, I'm unloved. Rejection right there. I don't belong. People ignore me. Why do people always have to do this? How do I feel about myself in this situation? Not Listen to me when I pray, when I go to work, no one cares.

What I'm doing is kind of pointless. Those are the underlying things that they create a focus in our life, and so the focus secondly creates a belief system and the belief system is like what we said. It's not just the stuff we say to people, it's deep down underneath and usually our belief system rises up the most when we are in painful, difficult, troubling times. That's when it comes out the most of how we respond to it. Now, empowered thinking doesn't mean that you respond to difficult times. We just, everything's gonna be OK, everything's going to be fine because that can be detrimental. It's kind of like what rises up in the midst of that. The kind of reveals what you really think. That makes sense.

Just because I think a big one for me that I had for a really long time and sometimes still to this day, I have to fight it when something bad happens. Of course, of course. That's what always happens. Of course,

those deep belief systems then form the story of our life and for years we've been working with and talking with people about what's the narrative that is over your life, so imagine now I love movies, so this is an easy illustration for me, but imagine your life as a movie and imagine there's a narrator describing your past, your present and the future that you're entering into. You carry that in your life. It may not be Morgan Freeman saying his, his, his narrative, but there is a narrative. It's like this, the magic thing that just flows with you and it finds agreements in certain things like you said. Yup. That kind of stuff always happens. To me, that is a good sign of identifying your story. The things that you say, I always seem to Dah, Dah, Dah, Dah. This always seems to happen to me. This is my theme. Sometimes you can carry it as a badge or

protective too, I would think. I think if I was to say, OK, why did I say that all the time? Well, because I didn't really have any other answers. I didn't know how to look at life any other way, so there was a sort of, for lack of better words, protective kind of mode. I had in those words like, well, this is just what happens to me. I don't know how I wasn't taught. I don't know how to get myself out of it. I don't know what it looks like to live any other way. This feels like it's a monster coming at me, which I didn't know what I was battling, so it wasn't a way protection for me.

Totally. That's you summed it up well because in order to change the story is very, very difficult because if I'm gonna change my story, I have to change my belief systems and my belief systems or the core and many of our belief systems are protective

pain there because of trauma there. Because of the hand I was dealt and I didn't know any other way. Right?

Men, a man hurt me in my life. So all men are creeps. There's a protective belief system and it's impenetrable now. So when a man asks rude to me, see, or you know, my girlfriend broke up with me and this happened and this pain will all women are this, or we kind of make these vows are these, we do these belief systems, create a tapestry across everything that now becomes influence and it's protective. We. This is the thing we need to understand. We spend most of our days with a lot of belief systems that are protective, that actually put limitations on our life. They don't open up the boundaries and they leave of what's possible because they lead back to a hurt while I was hurt at that church. So churches are hypocritical, therefore I don't need to let church people into my life because Dha and the list goes on and on.

I can't catch a break in life. I, you know, I, and, and those wounds usually go back to childhood because the enemy loves messing with us. Childhood age is because we don't really know how to take thoughts captive. We don't really know what to do with our thoughts to. Those are easy opportunities to take moments of vulnerability and go, yeah, you're not safe, you're running or it, you know, it could be a whole litany of other things. So to go back to what you're saying, really what we need to do is change our story and what's the story is what we carry throughout the day of what our day is going to be like. Is it, ah, here we go, Da. This is gonna happen. It's gonna happen. I'm never gonna get anywhere I, all those kinds of things, but that's the story. Well, if I'm gonna, if I'm gonna, change that and really change it.

I've got to deal with my belief systems and if I'm going to deal with my belief systems, I have to take responsibility to change what I'm focusing on because if you have a. If you have a story that says that people are against you and people don't love you, now that affects your belief system. I'm not loved, I'm unworthy. What's your focus? Your focus is people don't love me, so if you walk into a room with a hundred people and 99 people in the room are amazing towards you, you're going to be focused on that one person that didn't treat you well because that's your focus. The focus creates the belief system, creates the story, and the story creates what you're looking for. Right? So for years I carried this negative disempowering thing in my life relationally that I could have the greatest relationships, but I would find that one area that was negative or hurtful magnify it, and that's now my perspective and in fact that that's the society we live in. Now that we look at the news and we create a focus, there is a, there is a belief system in a story, and now that's what we look for, right? We see that politically. We see that culturally you create that whole spiral and that's now so, so it doesn't have any room for, for change. It doesn't give room for flexibility for there to be a, a, another way that God can bring.

Yeah, you know, it's so funny while you're talking. I was thinking about parallels like the Truman show, so that movie, the Truman show where he is basically [inaudible]. I feel like a lot of us feel like this. We're just predestined to what we grew up in and most people don't know how to think outside of the box. I don't know. You just kinda go down the path. We

have a groove in our generation, right? That's why people are like, yeah, you know, his father had that anger problem and his grandfather had. There's these grooves that are

the electrician and I go to it to be an electrician. My mom had kids, I have kids or we go a little bit of a variation, but for the most part we kind of follow the same paths and it took him going, I'm going to look elsewhere to change my life. But it was. It's a dangerous thing to start looking at other things and it's very brave of somebody to say, OK, this is the path set before me, but what else can this look like? And it takes bravery and it takes a value of yourself, which if we could always, we need to go back to the foundation of everything is God loving you and you ultimately loving yourself because that really sets

the pro precipice for everything and, and, and, and what manifests from us. But right now the bravery of going, OK, everything's set before me. I don't, I don't want it to look like this. Wait a minute, is this, is, this is how I want my life to end. End Up. Well, I'm thinking this certain way. Is this right? Is it? It's, it's brave to say, hm, what else is there? What else? How else can I be looking at the situation?

What was a game changer for me was OK, I'm responsible for changing my story and I kind of look at this at the store. You carry as like the report card that comes to, you know, like in school you have a report card and it says down when your parents or teachers, it talked about what's happened up until this point, right? But in some ways it can project what the future could look like if things don't change. And I was reminded of in Isaiah where God says, whose report are you going to believe, you know? And the declaration being we shall believe the report of the Lord because God has a report over your life of your past, present, and future. Are we leaning into that? And that's where I really made changes was like, no, I'm going to choose to believe that report because I've been in Buddha leaving the enemy's report of his narrative over my past, present, and future. I want God's perspective on my past, present, and future so that I can be free.

Which challenges the well, if it's God's will, it will just happen, right? That goes into a whole other trail that we can challenge some of that to your steps, your actions.

We tend to be fatalistic and things and and, and God is waiting in God is in control, but, but you are in control of what thoughts you're going to focus on. I want to give some recommendations. One is in the new addition of exposing the rejection mindset. I have a brand new chapter in there where I go into the rejections cycle of limitation and this is a very, very important. I've spent years in years working with people and breaking off the cycles of limitation and I go through 10 stages there of areas that influence how we get to where we are now, letting inviting God into that and letting him process with you past, present, and the future that you're looking into so that you're more firmly planted. Because rejection is I have found one of the deepest roots that influences our thinking. And then I also want to um, emphasize this book.

God loves me and I love myself, which will help you to see yourself in a greater perspective of how God sees you. But we want to leave you with just a sense of, OK, what is the barometric pressure? What is the thermostat reading of the thought I'm carrying in my life the most? What's the theme? Take a moment and just take a snapshot, a three-sixty Snapshot. I'm not telling you to, to navel gaze or introspect for hours, just take a snapshot and go, what's the narrative right now and can I begin by just simply resetting my focus, resetting the focus of what I'm going to focus on today to be more empowered in God. I want to rewrite my stuff.

Think if you have somebody that you can be honest and talk to and say to them, what do you hear coming out of my mouth a lot. I'm trying to guts though, does

you may need to be ready to hear

getting gossipy and your

pity party? Are you doing?

Yeah, and you've got to be ready to hear that, but if you do have a relationship where you can be receive honesty and give it with somebody, I would recommend and if I could, we've been hearing some amazing reports from people doing small groups with this book because it can help sometimes to just process these things out and can be a great safe place as you're processing out and feeling safe with people about heart stuff to say to people in the group, Hey, you've been with me for a couple of weeks now. How do you think that w, w, what am I thought sound like as I'm processing through these things? Sometimes that can be a great place to find people to be safe with. So I want to encourage people get this book and if you are having a hard time, get into a small group or orchestrate a small group with this book would be super helpful.

We have training materials that go online, training courses that go with these that maybe you could even consider using as a part of, of your, uh, your work in processing through the book. And right now I have a course that's launching and maybe, or maybe you're seeing this video much later on, it doesn't matter that it will, it will be available, a video course on exposing the rejection mindset. We also have a free ebook that you can get online experiencing God's love as your father, which is a very critical foundational book. It's a short read. You can get it in hard cover or you can get it as a free download and you can also get it as an audio book and you'll hear me reading, reading, reading to you so you can be able to, in all our materials, we try to produce in written format, audio format, digital format as well as a teaching curriculum as well too.

So you're processing it in, in all the ways that, that will be beneficial to your life. Uh, we also want to invite you into supporting the work of these shows. As, as you know, we do this as a part of our calling and our work. We are full time engaged in this. And we asked for your support. We don't put pressure on this. You can simply go to mark the [inaudible], click on the four odd on the donate button, or you can go to Marty's, just [inaudible] forward slash donate. You can also consider becoming a monthly partner. By doing that, you have access to more training materials and a more things that can help be a benefit to your life and we pray this is an encouragement to your journey. Absolutely. Other thoughts? I think that we covered it well. Thank you so much. Send us your questions and we look forward to hearing from you and being a blessing to your life, but we're excited about the subject of transforming your thinking and moving you into more empowered thoughts for your healing, for your freedom and for transformation in your life. So God bless you guys. Thank you everyone. Tune into next week's episode. You really be blessed. Thank you.

Thank you for watching. Thank you.