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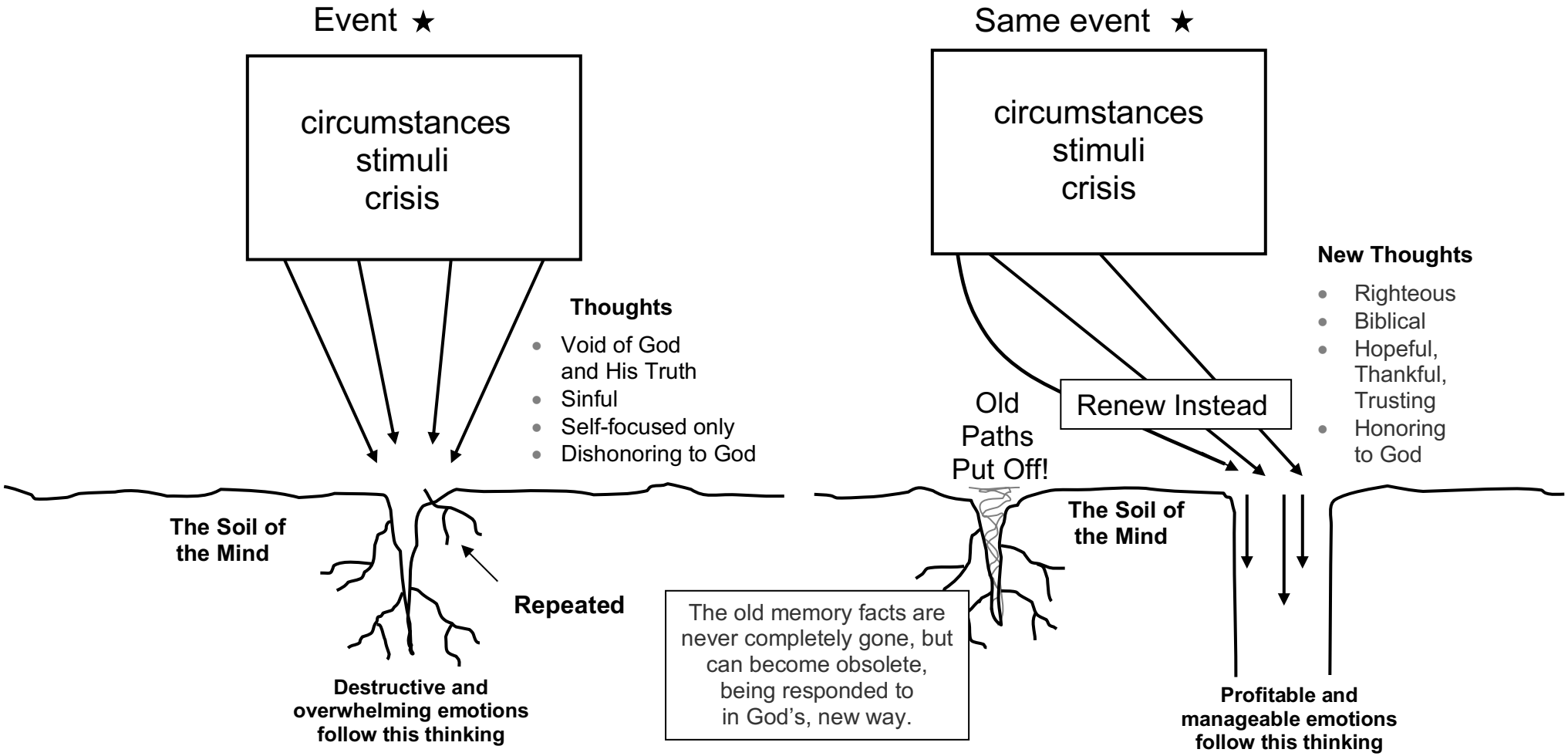
UNRENEWED THINKING → RENEWED THINKING



If we continue to think a certain way, we develop wrong thinking patterns (or wear a path) that can become very ingrained. It is not circumstances that undo us, but our response-how we think about it. Our thinking leads to emotions. Then we act or live in response to both. If we do this enough we create a habit pattern.

In time, through <u>prayer</u> and as old thoughts are put off and new renewed thoughts are put on, the Spirit uses the Word and helps us develop a new pattern of thinking that can become stronger than the old one. Feelings and habit patterns *can* change. Old events and old ways of thinking do not have to plague us forever!