A crowd of people is shown from behind, with their hands raised in the air, suggesting a worship service or a religious gathering. The scene is bathed in a warm, golden light, creating a sense of reverence and community. The text 'TRUE WORSHIP' is prominently displayed in the center, with 'TRUE' on the top line and 'WORSHIP' on the bottom line. The word 'TRUE' is flanked by decorative horizontal lines consisting of small, repeating arrow-like shapes pointing towards the center.

**TRUE**  
**WORSHIP**

**Worship: trusting something supremely with your mind, loving something supremely with your heart, and obeying and serving something supremely with your actions.**



The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...



a church....a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is



**10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes.**

**~ Charles Swindoll**



## **Romans 8: 1-11**

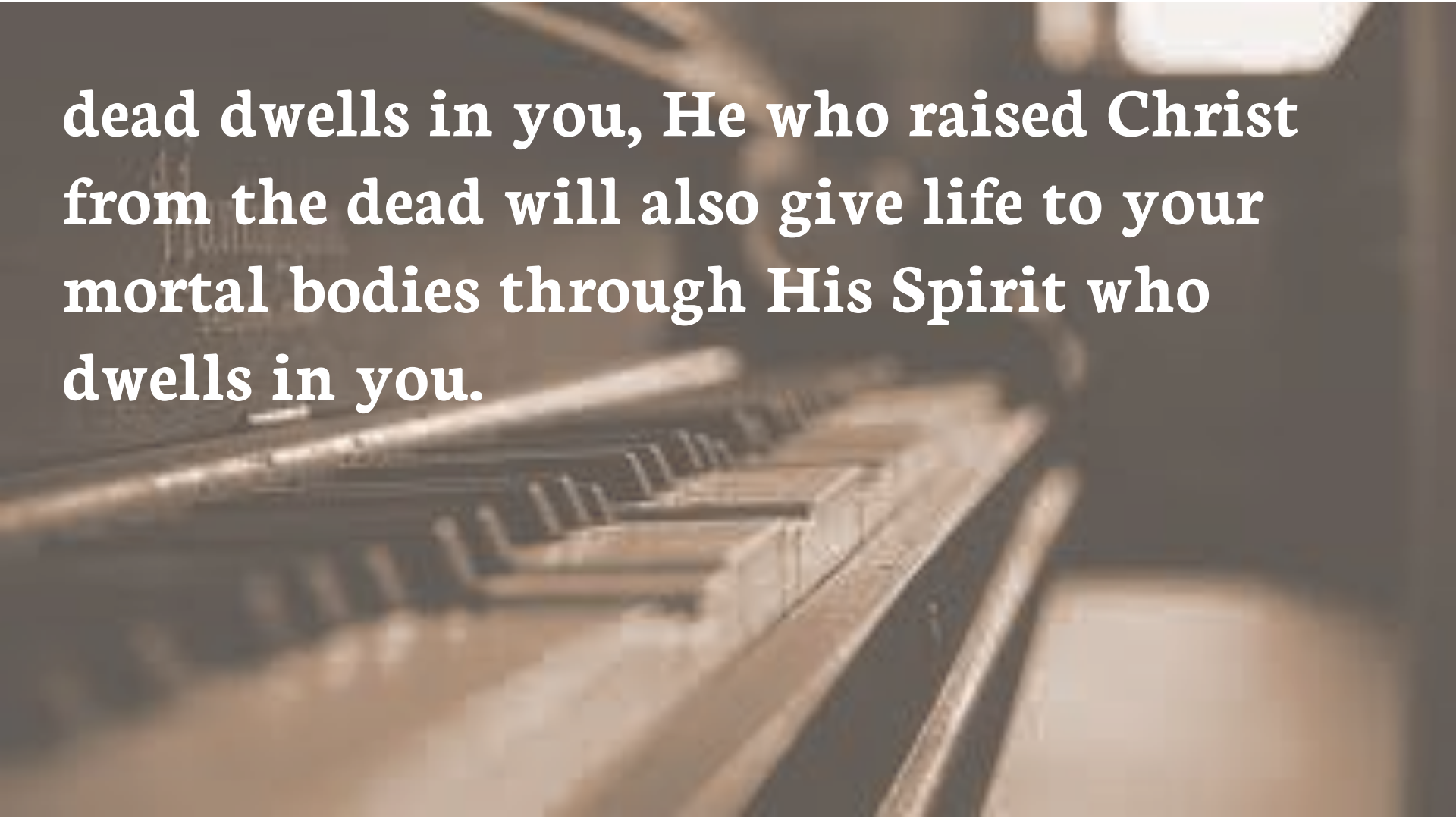
**There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. For what the law**

could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh, that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit. 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, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are



**in the flesh cannot please God. But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. But if the Spirit of Him who raised Jesus from the**




**dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.**

The background of the image shows several hands raised in a gesture of prayer or worship, rendered in a light, semi-transparent grey color against a white background. The hands are positioned at various heights and angles, creating a sense of collective movement.

**Worshipping God  
with your mind  
requires HUMILITY.**

A blurred background image showing two hands raised in prayer, palms facing forward, against a warm, golden-brown light. The hands are out of focus, creating a sense of depth and atmosphere.

Worshipping God with humility takes  
**recognizing** and **admitting** that our  
way of thinking apart from God hasn't worked.



Are you  
following  
**JESUS** or  
have you  
asked Jesus to  
follow **YOU**?

The background of the image shows several hands raised in a gesture of worship or praise, set against a light, hazy background. The hands are rendered in a soft, semi-transparent style, creating a sense of depth and movement. The overall tone is spiritual and uplifting.

**Worshipping God  
with your mind  
requires TRAINING.**

A photograph showing two hands raised against a bright, glowing light source, possibly the sun. The hands are out of focus, appearing as soft, dark silhouettes against the bright background. The overall tone is warm and spiritual.

God has nothing against us.

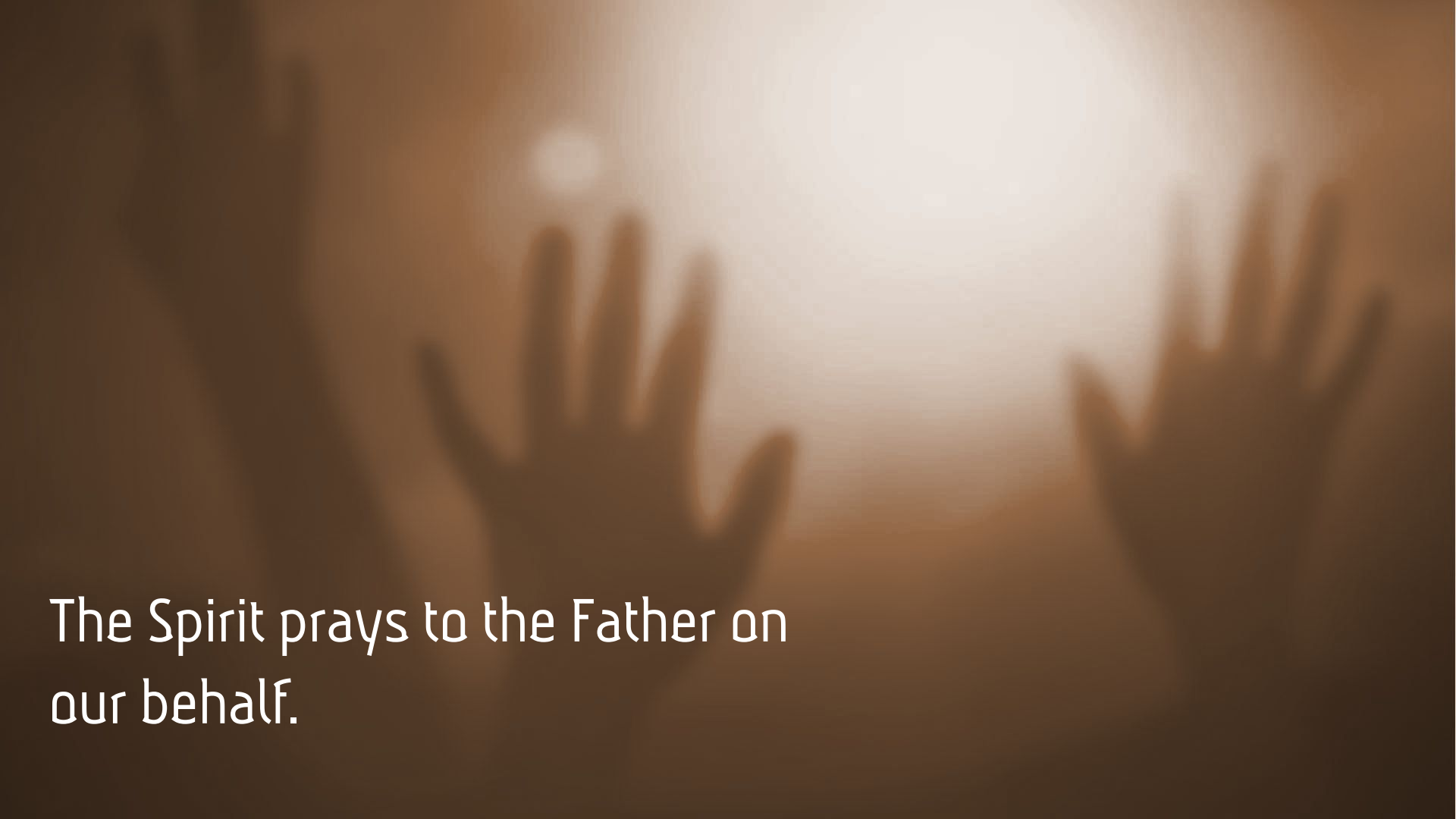
A photograph showing two hands pressed against a translucent surface, with a bright light source behind them. The hands are out of focus, appearing as dark silhouettes against the glowing background. The overall tone is warm and spiritual.

We are no longer in bondage to sin.




A blurred, warm-toned background image showing two hands reaching upwards, symbolizing prayer or adoption. The hands are dark against a lighter, glowing center, creating a sense of reaching towards a light source.

We have been adopted into God's  
family as His own child.

A blurred, warm-toned image showing two hands raised in prayer, palms facing forward, against a bright, glowing background. The hands are dark silhouettes against the light, and the overall image has a soft, out-of-focus quality.

The Spirit prays to the Father on  
our behalf.

A black and white photograph of a hand raised in prayer, set against a blurred background of other people. A large, bright red circle is overlaid on the right side of the image, containing white text. The text is centered within the circle and reads: "God is working all things together for good to those who love God".

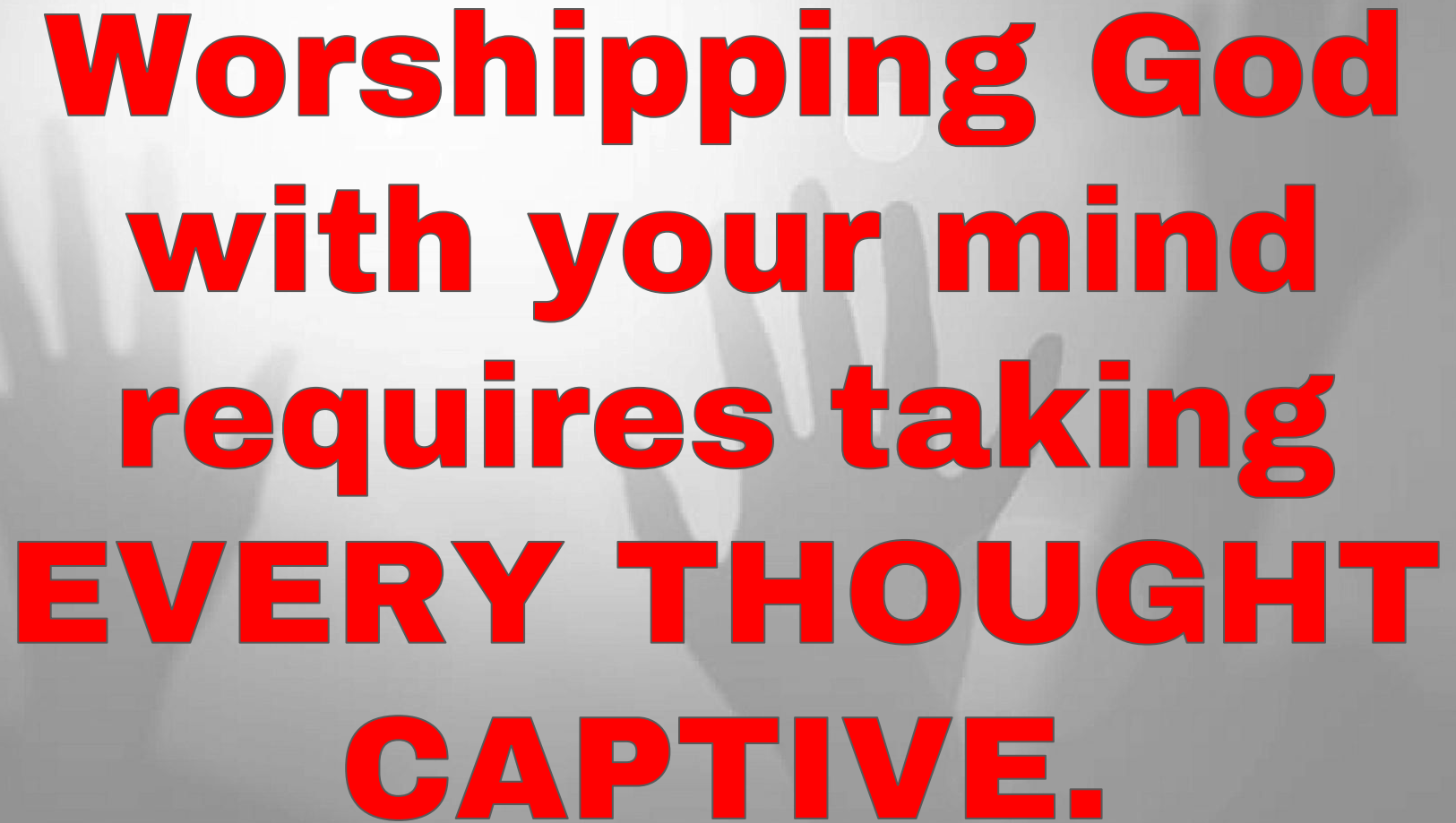
**God is  
working all  
things  
together for  
good to those  
who love God**

A black and white photograph of a hand raised in prayer, positioned on the left side of the frame. To the right of the hand is a large, bright red circle with a slightly textured, hand-painted appearance. Inside this red circle, the text "God is for us!" is written in a bold, white, sans-serif font, centered horizontally and vertically. The background is a blurred, grayscale image of a crowd of people, suggesting a church service or a public gathering.

**God is for  
us!**

## Romans 8:6

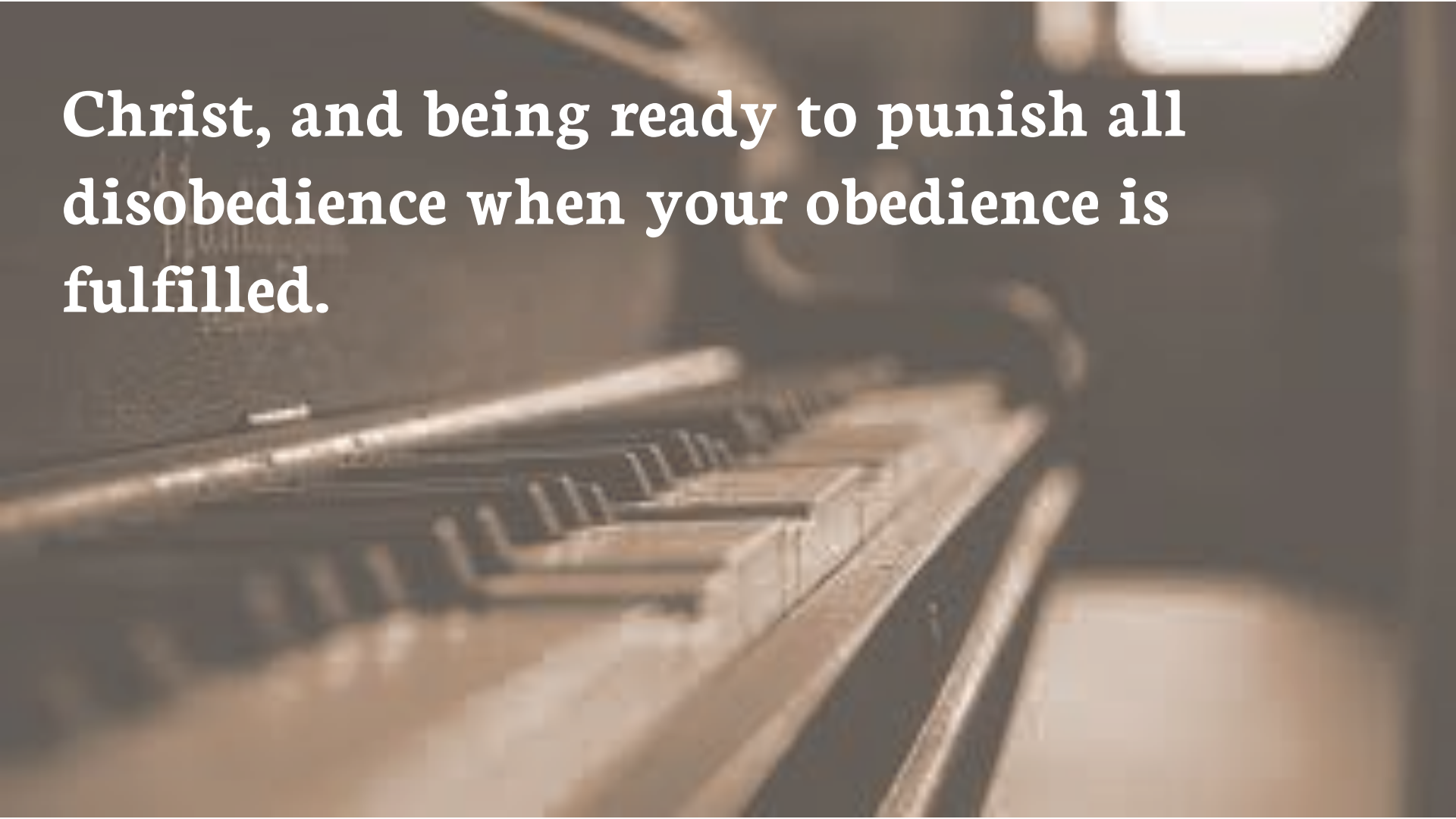
**For to be carnally minded is death, but to be spiritually minded is life and peace.**

The background of the image shows several hands raised in a gesture of worship or praise, set against a light, hazy background. The hands are rendered in a soft, semi-transparent style, creating a sense of depth and movement.

**Worshipping God  
with your mind  
requires taking  
EVERY THOUGHT  
CAPTIVE.**

## 2 Corinthians 10: 4-6

**For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of**



**Christ, and being ready to punish all  
disobedience when your obedience is  
fulfilled.**





- 1) What are some things you say to you that stimulate hope, faith and confidence?
- 2) What are some things you say to you that stimulate fear, anxiety, and discouragement?



- 3) How can you become a more biblical counselor to your own soul?
- 4) How can you counsel others to talk more biblically to themselves?



