

Repeat

Soundtracks - Part 4

September 3, 2023

Do you **think about** what you think about?

Part 1 - Recognize

Part 2 - Interrupt

Part 3 - Replace

Part 4 - Repeat

You don't overcome overthinking **overnight**.

It takes **time** to believe something **new**.

If you want to **retire** broken soundtracks and **replace** them with new ones you have to **repeat** them.

*"⁸Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable — if there is any moral excellence and if there is anything praiseworthy — **dwell on these things**. ⁹**Do what you have learned and received and heard** from me, and seen in me, **and the God of peace will be with you**." Philippians 4:8-9 (CSB)*

Repeating the truth leads to peace.

*"Do not be conformed to this age, but be transformed by the **renewing of your mind**, so that you may discern what is the good, pleasing, and perfect will of God." Romans 12:2 (CSB)*

Every **new thing** you want to do is on the other side of **new actions**.

Four Rhythms to Repeat New Soundtracks

#1 - Win the day

How you start and end your day matters.

#2 - Write it down

What we write down is what we remember. It's like a time capsule in a way, a lifeline back to the best parts of ourselves.

Soundtrack Examples

- Fear gets a voice, not a vote.
- People in the game always get criticized by people in the stands.
- I am not a prisoner to what people think about me.
- I am the boss of my thoughts.

#3 - Work it out

“Under pressure we don’t rise to the occasion, we fall to the level of our **training**.” - Ryan Holiday

If you don’t put in the **work** don’t expect to **win** over your broken soundtracks.

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#4 - Walk it out

One day or day one.

“Almost **anyone** can accomplish almost **anything** if they work at it long enough, hard enough, and smart enough.” - Mark Batterson

Recognize

Interrupt

Replace

Repeat