

MIND RESET

The Lord has not called you to live a life of mental torment. He wants you to experience total mental freedom.

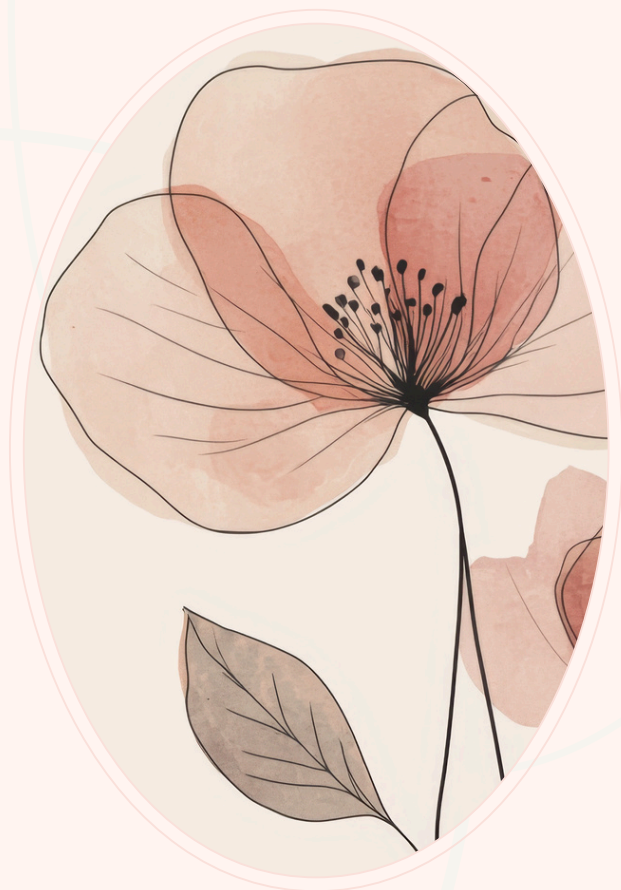
BY MERCY M.



ABOUT US

In part 4 of our becoming series, we focus on mind reset. Understanding mind reset from a place of rest is essential. This workbook is for those who are tired of having their thoughts consume and paralyze them and now want to take their power back. Are you tired of overthinking and thinking only negative thoughts? Then join me as we unpack. We will also look at some of the practical keys that will help you get to a place of mental freedom.

As always I want you to know that my desire for you is to see you become such a strong yet feminine woman who operates from a place of freedom and wholeness not having negative thoughts dictate how you show up to the world. The Bible tells us that transformation comes when we renew our minds. This gives us hope that it is possible for our minds to be renewed and have a renewed thought pattern. Therefore, I encourage you to engage with this workbook. And as you do ask the Holy Spirit for His help. He is more than willing to see you live a life that is free of mental torture.



WELCOME



Prayer

*When I am tempted to act out of emotions,
please remind my heart to
whispers Your sacred Name.
In every breath, I find remembrance,
In every tear, I find peace.*

*And whenever I fall short,
Remind me Your mercy stands eternal and pure.
Through it all, I walk with grace,
Knowing Your promise is sure.*

*O Lord, guide my steps in Your light,
Keep my heart from straying afar.
For every path that leads to You,
Is brighter than the brightest star.
In Jesus Christ Name,
Amen*



Introduction

WHAT IS MENTAL OVERLOAD?



Mental overload is a state where your mind is carrying more information, emotions and decisions than it has the capacity to process peacefully. It happens when your thoughts are overstimulated, scattered and burdened leaving little room for clarity, creativity or communion with God.

Spiritually mental overload occurs when your thoughts are led by pressure instead of peace. It is when you feel like your mind has too many tabs open. Just like a phone slows down when too many tabs are open, the mind begins to lag when overloaded.

Mental
overload is
when your mind
is running on
overdrive.
Constantly
thinking not
resting

WHAT CAUSES MENTAL OVERLOAD?

- **The main cause is striving without surrender.**

Do you always feel **like everything depends on you**? Do you find yourself carrying burdens that belong to God? For as long as you continue thinking about other people's needs and suppressing your own, mental overload will become a part of your life.

When you keep **thinking through pain instead of healing**, your mind stores emotional clutter. This occurs when you constantly replay conversations, over-analyze decisions and relive disappointments. Emotional residue clogs the mind blocking peace and pressure.

Constant stimulation through avenues like social media through mindless scrolling causes the mind to absorb without need for rest. In so doing, the mind lacks the opportunity to rest and be still. It reacts instead of respond.

Misalignment of focus causes the mind to focus on what is urgent instead of what is important. You think about outcome instead of presence and control replaces trust. This leads to anxiety because the body manages what God has the power to govern.

When you **sense purpose but are stuck on routine**, the mind wrestles with unfamiliar potential. You become mentally overloaded because your spirit is underutilized.

Symptoms of mental overload.

- **Difficulty concentrating and finishing tasks.** When even the simplest of tasks becomes a chore it can be a sign of mental overload. Your mind uses more energy to think of the tasks and manage the thoughts in your mind thus draining the energy you need to perform the actual tasks.
- **Irritability and emotional exhaustion.** Because the mind is constantly on overdrive with little to no room to process the emotions, you end up experiencing unnecessary outbursts.
- **Overthinking and replaying situations.** Your mind has so much junk and because you have not had time to process your thoughts or even get closure the mind keeps on looping. The mind keeps revisiting what the soul has not released.
- **Confusion between your thoughts and God's voice.** Mental overload causes you to operate from your analytical mind instead of your spirit-led mind. You find that you filter God's voice through fear, guilt, or anxiety. You also assume that more thinking translates to more clarity when in truth rest and silence bring clarity. You will also find that you question yourself constantly wondering if a particular thought came from you or God.

This is not how God wants you to live. Do you see the importance of mind reset?

MY STORY

I did not realize that I was living in a state of mental overload and exhaustion until I got to a place of confusing my own thoughts as God's voice. Do you know I got to a place where the only way I would believe that God was speaking was when His thoughts aligned with logic and the status quo? I would even question scripture especially as it pertained to God doing the impossible. I found myself concluding that God would never do the impossible for me because I did not have what it took or because I did not feel worthy enough.



It did not matter the scriptures and promises I heard God give me, I would refute them and convince myself that I did not have what it took for God to give me the mandate or blessings that were popping up on my mind. Also I would always over analyze situations and replay conversations in my mind. Whenever I would leave a conversation, I would wonder if what I said might have been perceived wrongly or whether I had offended the other person. I would also pray and do everything in my power because I believed that if I did not then the blessing and breakthrough I was waiting for would escape me. But God did not want me to live like that and He met me in the midst of my thoughts and invited me to a place of healing.

THE STORY OF MOSES:

EXODUS 3 & 4

This two chapters focus on the call of Moses. And we see that Moses battled with low self-esteem. It is also interesting to note that this call was only a confirmation of what Moses already knew. His reason for being in the wilderness and in Midian was because he had failed trying to do the same purpose God was calling him to fulfill.

Let me give you a back story. Because the pharaoh at the time had given a command to kill the male babies, Moses' mother had found a way to make a basket so she could keep him there and see what would happen to him. She did not want him killed. And this is very interesting because up until that point no one had thought to do that and this shows divine strategy at play. Anyway this led to Pharaoh's daughter adopting him and he ended up in the palace.

Thankfully, Pharaoh's daughter hired Moses' mother to nurse him at the request of his sister Miriam. Because of this, Moses had a chance to learn about his heritage, lineage and people. Something he never forgot. So much so that at 40 years, his desire to end the oppression grew so strong that he killed an Egyptian to save a Jew. This was not received well and when Pharaoh got wind of that he wanted to kill him so Moses escaped and ended up in Midian. (Exodus 2)

Fast forward to Exodus 3, God revisits that purpose. Moses however had not healed from what had happened 40 years prior and so he wrestled with God's desire for him to step into the leadership role. But looking at all the things Moses had gone through it would make sense that God would choose him as leader of the Israelites.

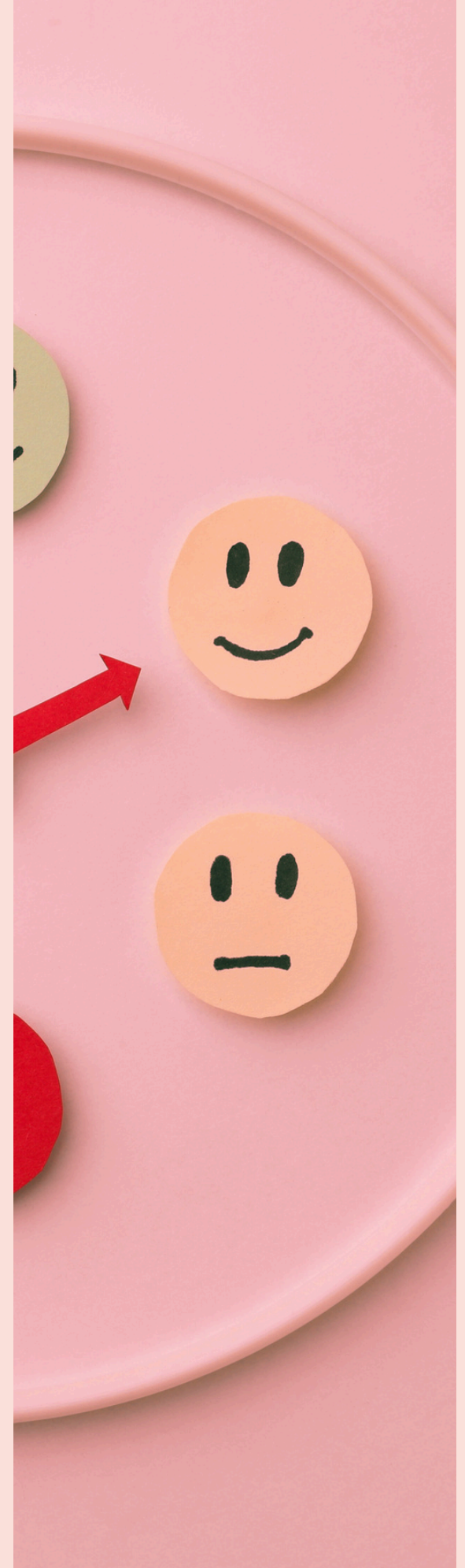
You see, just because the road seems unconventional does not mean that God has not called you to it. Your past might try to disqualify you. Rejection and abandonment might have you telling another story but when God has a purpose for you to fulfill, nothing—not even your past—can disqualify you. Moses battled with his perception of who he was. He doubted his capability because of his history. But God had other plans. As we explore the story, let us look at the frameworks that got Moses from an insecure man to one willing to say yes to God and successfully completing the task.

MIND RESET

In this story of Moses we can see that Moses struggled with his identity. He had the wrong mindset about who he was. He had grown up in Egypt yet he was Hebrew. He saw his people experience oppression but he did not. And despite the comfort in the palace, he chose to identify as the slaves. Can you imagine the mental turmoil? He must have experienced some level of guilt not knowing what he could do. Perhaps he felt helpless.

Then came the rejection. Here he might have battled the feelings of regret. Can you imagine fighting for people who don't even get you? Being misunderstood? Again this situation also shaped how he showed up. He reduced himself to being a shepherd. Maybe he felt safe and secure dealing with animals because he knew they would never betray him. Or maybe he thought because the people had rejected him, he did not have what it took to be their leader. What mindsets have you been harboring? Have you allowed limiting beliefs to hold you back?

God wants to replace those negative mindsets with positive ones and give you a mind reset.



THE FRAMEWORK FOR MIND RESET.

01

DIVINE DISRUPTION- EXODUS 3:1-3

Moses was stuck in a routine tending his father in law's sheep. He had created this routine outside of his true calling. He was living a life that was not his. He was still a leader but he had reduced himself to leading animals. His identity had been wrecked because of the rejection he had experienced from his people.

When the mind is in mental overload, a person settles for familiarity and routine because that is how they perceive that they have control. It is a bid to protect one from pain, rejection and disappointment God encountered him as he was continuing his business. He interrupted his familiarity. The Lord used the familiar made extraordinary. The goal for the divine reset is to create a spark that introduces mind reset.

02

THE HOLY PAUSE- EXODUS 3:4-6

Moses was startled because of the extraordinary. He realized that there was something different happening and because of this the focus shifted from self to sacred. During the holy phase stage, the Lord makes you aware of His presence in the mundane. Suddenly the things that felt normal don't anymore. You become aware of God's presence operating in the mundane. You recognize God in the little things you do. Or even you find yourself having a desire to experience God where you are. It is your soul crying for a touch from God. Again, the best thing you can do in this situation is to lean in and allow God to meet you there. Allow yourself to encounter God in the mundane and make room for Him too. Moses did so by surrendering, removing His sandals and pausing. What will you do?

03

THE DIVINE CONVERSATION- EXODUS 3:7-12

Moses' insecurities resurfaced. They had not left, he had just learned to live with them. He starts questioning His worth and identity. The feelings of inadequacy pop up. So much so that he validates what he lacked in. Here God was trying to point Moses to who He knew him to be. Moses was so focused on his failures that he allowed them to define him. No wonder he asked the question 'Who am I that I should deliver the Israelites from bondage?'

The Lord will reveal to you who He knows you to be so He can help you address the negative and limiting beliefs you have of yourself. This conversation is paramount if healing and reset is to happen.

04

THE RESISTANCE- EXODUS 4:1-17

Again Moses doubted his capability to lead because of his past failures. God however pointed him to Him. This resistance aims at keeping you stuck in your old thinking and have you thinking that you will have to do it in your own strength. However God will invite you to see the bigger picture. And that is the fact that He is with you. You see, His perception of you is not based on your capacity but His. And the key is to rest in that truth. God is with you and that is enough.

05

THE COMMISSION-EXODUS 4:18-20

When you get to this point, strive is replaced by rest. No longer do you allow the past to define you rather you take on what and who God says you are. This is a place that reveals a renewed mindset. It shows that your mindset has shifted. And the best part is that it happened in His presence meaning He will be the one to sustain and help you when you grow weary. When it comes to rewiring your mind, I would like to encourage you to allow the Holy Spirit to work with you by revealing you the truth of your identity. This truth will set you free and break every limiting belief off of you. You go from victim to victor mentality.

REFLECTION QUESTIONS

Can you identify with these sentences? I want you to list some of the phrases that come to mind when you think of the following statements. What makes you say that?

I FEEL LIKE I AM NOT GOOD ENOUGH

I PREFER BEING IN THE SHADOWS THAN SPOTLIGHT.

I DO NOT BELIEVE THAT GOD HAS A GREAT ASSIGNMENT FOR ME.

REFLECTION PROMPTS

Have you been noticing God's hand in the mundane? Can you jot down the situations that trigger you to think of God's presence in your life?

What is your response to God when He gives you an assignment? Have you been self or God conscious?

In what ways have you been making room for God to speak to you?

What situation led to that limiting belief that has been holding you back?

CHECKLIST

Mind Reset

- ☐ Acknowledge the limiting beliefs that come to mind
- ☐ Do you have particular triggers that bring these limiting beliefs up?
- ☐ Does your environment exacerbate these negative emotions?

Practical steps

- ☐ Journal the limiting beliefs that come to mind
- ☐ De-clutter representation of old mindsets
- ☐ Ask the Holy Spirit to remind you of your identity in Christ.
- ☐ Practice 10 minutes of stillness
- ☐ Redirect your thoughts to what the Holy Spirit is saying when the negative thoughts pop up.



Mind reset comes when you allow the Holy Spirit to speak truth and replace those limiting beliefs. Transformation happens as you learn to yield to the Holy Spirit. It is never about doing but yielding. Resting in Him is key.



ACTION STEPS

These are some of the steps you can take to help you in your mind reset journey. Detoxing from mental overload is something that can be done with God in the mix. It is possible with Him.

1

What are the sources of your mental overload?

2

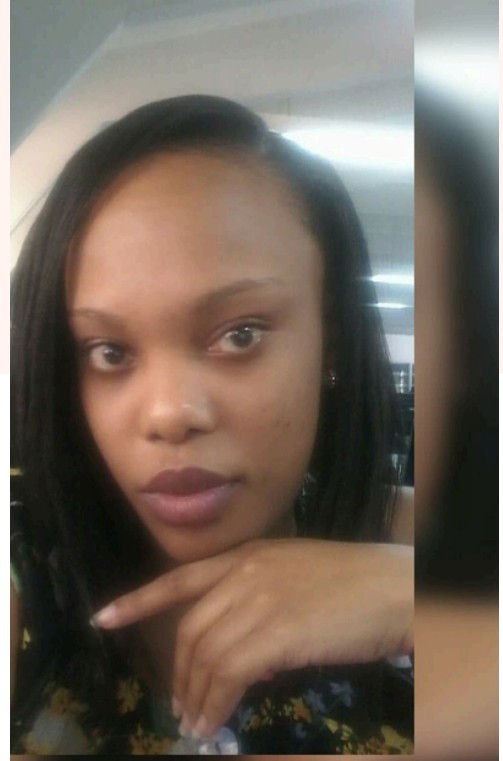
Can you identify the limiting beliefs and old mindsets holding you back?
What are they?

3

Learn to limit your interactions with the people or situations that trigger the old mindsets. Protect your healing journey.

About THE AUTHOR

Hey there, my name is Mercy M. I am the founder of Radiantly Resurging, a space where we grow, become and step into the fullness of who God created us to be after experiencing loss, delay, stagnation and being in the wilderness season.



I created this workbook after having experienced mental overload and exhaustion myself. For years I held the beliefs that I was not enough because of the rejection I had experienced while looking for employment. . I did not know that I had been carrying disappointment for far too long and had not dealt with it. It was not until I had an outburst that I recollected myself and decided to confront it. And from the lessons I learned, I realized that others needed it too. I want to see you go from mental overload to mind renewal and reset. Don't forget to allow the Holy Spirit to lead you. My prayer is that this workbook helps you navigate this process with grace and come out whole and free.

DO YOU NEED
MORE HELP?

SCHEDULE A CALL



radiantlyresurging@gmail.com
www.radiantlyresurging.com