

the  Venues  
**Go Deep**  
“Create Your Reality”  
The Spirituality of Virtual reality  
March 26, 2017

## What is Reality?

*How do you define “reality?”*

Morpheus from “The Matrix” movies said, “If real is what you can feel, smell, taste and see, then 'real' is simply electrical signals interpreted by your brain.” - **Morpheus**

**Do you agree or disagree? Is reality simply what our brains tell us?**

### 1. Thoughts shape reality.

**What do you think of the above statement?**

Neuroscientists have discovered that our brains are moldable. “Neurons that fire together wire together.” **Every action or thought that we repeat causes neurons in our brains to fire, making those connections stronger and making those thoughts and actions easier. The more we do something, the easier it becomes.**

### 2. Can You create Your Reality?

Neuroscientists have discovered when we ride a bike, certain areas of our brain light up. When we **THINK** about riding a bike, the same areas of our brain light up. The placebo effect has proven that our minds are powerful. If we're sick and we think we're getting better, we're more likely to get better.

**Have you ever experienced a connection between how you thought about a situation and how that situation played out? Talk about that. (i.e. Wake up and say, “Today is going to be a bad day” and then one bad thing after another happens?). If thoughts shape reality, then...**

### 3. What reality am I creating?

**What did you think about today? Were your thoughts positive or negative? Helpful or hurtful? Encouraging or discouraging? Hopeful or hopeless? What effect did those thoughts have on your mind and body?**

**Read 2 Corinthians 10:5**

**What does it mean to capture your thoughts?**

**Read Proverbs 4:23, Romans 8:6, and Philippians 4:8**

The word ‘Think’ in Philippians 4:8 literally means to meditate and give 100% of your attention. How does **this change your view of that passage? What are some good and positive things in your life that you can focus on?**

**What reality do you want for yourself?**

**Read Matthew 21:22**

**Do you believe this passage? What if it is true? When you ask, do you doubt?**

**The first step to changing our thoughts is to notice our thoughts. This week, ask yourself throughout the day, "What am I thinking about? What am I feeling right now?" Then ask God to help us focus on the good, positive things all around us.**