



Shield Ministries

Educating Men for a Hope-filled Future

## Cognitive Learning 100

Minds in Training (MIT)



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## Learning How To:

- learn
- manage thoughts (emotions)
- direct thinking
- identify the root issues
- break addictions



### Mark 4:24 (AMPC)

And He said to them, "Be careful what you are hearing. The measure [of thought and study] you give [to the truth you hear] will be the measure [of virtue and knowledge] that comes back to you—and more [besides] will be given to you who hear."

We wait in hope for the LORD; He is our Help and our Shield! Psalm 33:20