



**“RENEWING YOUR MIND”**

## **RENEWING YOUR MIND**

**Definition** = “renewing your mind” = “interpreting life through the lens of God’s Word and the leadership of the Holy Spirit, rather than through the lens of your experience, trauma, preferences, or the opinions of others.”

### **CHANGING THOUGHT PATTERNS OF YOUR MIND**

**Romans 12:1-2...** *“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”*

**Philippians 4:8...** *“Finally, brothers, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue, and if there is any praise, think about these things.”*

- “Whatever is true” ...reading and meditating on God’s word.
- “Whatever is honorable” ...noble, dignified, and worthy of respect.
- “Whatever is right” ...in harmony with God’s unchanging standards.
- “Whatever is pure” ...morally clean and undefiled.
- “Whatever is lovely” ...gracious, generous, and patient.
- “Whatever is of good repute” ...highly regarded, well thought of.

**Colossians 3:1-2...** *“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.”*

### **SCRIPTURES FOR FOCUSING YOUR MIND**

**Psalms 1:1-3...** *“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.”*

**Isaiah 26:3...** *“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”*

**John 8:31-32...** *“If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”*

**Romans 8:5-6...** *“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 set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.”*

**Philippians 2:4-7...** *“Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant.”*

**Colossians 3:16...** *“Let the word of Christ dwell in you richly; in all wisdom teaching and admonishing one another with psalms, hymns, and spiritual songs, singing with grace in your heart to the Lord.”*

**Psalms 16:8...** *“I have set the Lord continually before me; Because He is at my right hand, I will not be shaken.”*

**2 Corinthians 10:4-5...** *“The weapons of our warfare are not physical [weapons of flesh and blood]. Our weapons are divinely powerful for the destruction of fortresses. We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ,”*

### **How to take Thoughts Captive**

\*Align your mind with the truth so you can recognize the lies of the enemy.

\*Replace the lies of the enemy with the truth of God’s Word.

\*Reinforce that truth every time the enemy comes at you with the same lies.

**Proverbs 4:23...** *“Above all else, guard your heart, for everything you do flows from it.”*

**Isaiah 40:31...** *“Yet those who wait for the LORD Will gain new strength; They will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.”*

**Philippians 4:6-7...** *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

**Ephesians 6:14-16...** *“Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.”*

**1 Peter 5:7...** *“Casting all your anxieties on him, because he cares for you.”*

**Joshua 1:8-9...** *“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not*

*commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”*

**Ephesians 4:22-24...** *“To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”*

### **Progression of Thoughts / Beliefs/ Conduct**

- What we think about determines our perspective of what is true.
- What we determine to be true creates what we believe.
- What we believe determines the behavior we accept.

**Isaiah 26:3...** *“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”*

**2 Timothy 1:7 ...** *“For God gave us a spirit not of fear but of power and love and self-control.*

**2 Corinthians 5:17...** *“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”*

**Jeremiah 29:11...** *“For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.”*

**Proverbs 4:20-22...** *“My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh.”*

**Psalms 119:11...** *“I have stored up your word in my heart, that I might not sin against you.*

**Psalms 19:7...** *“The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple;”*

**Hebrews 4:12...** *“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”*

**Matthew 6:33...** *“But seek first the kingdom of God and his righteousness, and all these things will be added to you.”*

**Psalms 23:1-6...** *“The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You*

*prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. ..."*

**Psalms 145:5...** *"On the glorious splendor of Your majesty And on Your wonderful works, I will meditate."*

**Matthew 6:21...** *"for where your treasure is, there your heart will be also."*

**I Corinthians 10:13...** *"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."*

**Hebrews 12:1-2...** *"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."*

**Proverbs 4:25...** *"Let your eyes look directly forward, and your gaze be straight before you."*

**Philippians 3:12...** *"Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own."*

**Ephesians 5:15-16...** *"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil."*

**Ephesians 4:29...** *"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."*

**Proverbs 30:5...** *"Every word of God proves true; he is a shield to those who take refuge in him."*

**Proverbs 3:6...** *"In all your ways acknowledge him, and he will make straight your paths."*

**Galatians 2:20...** *"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me."*