

RENEWING YOUR MIND

Slide Notes by Sonny Bowman

Some Points from Last Week

- Skilled in the Word of Righteousness
- Spirit, Soul, and Body
 - Each part made righteous differently
 - Spirit instantaneously at salvation
 - Body at resurrection when Jesus returns
 - Soul is a lifelong process of renewal
- The Battle of Your Life
 - Spirit and Body in conflict with each other
 - Soul casts the deciding vote

Renewing Your Mind

Soul

- Mind - Thinking
- Will – Purpose & Choices
- Emotions – Feelings

Your Soul can also be thought of as three parts. Just as there is a battle between your spirit and body with the Soul in the middle, there is a battle in your Soul between the Mind, Will, and Emotions.

Big problem: Some Christians **try** to set **purposes**, goals, and choices that they **do not truly believe** in their Mind. So when **Emotions/feelings** are conflicted, their thinking overrides their will.

While your Will and Emotions are important, your **Thinking is the key to real success!** Today, we will look at these to see how to bring the three parts of your Soul into **closer harmony**.

Mind – Thinking

To reduce conflict in the Soul and bring integrity to our Christian life, we must get our Mind, Will, and Emotions all moving as much as possible in the same direction. To do that, we must renew our minds to God's truth, replacing lies that we have picked up from the world around us. It takes effort, but is well worth it.

Our Thinking Needs Work

- Isaiah 55:8-9 — “For My thoughts are not your thoughts, Nor are your ways My ways,” says the Lord. “For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.
- John 17:17 — Sanctify them by Your truth. Your word is truth.

God is the only one who sees reality perfectly, without distortion. Our view of reality/truth has been distorted by the sin-scarred world around us. Fortunately for us, He has given us His Word in the Bible to teach us the truth about reality. As we begin to learn God's truth and renew our thinking to conform to His, our entire lives will be transformed. Sanctify: to set apart and make useful for service.

Heavenly Perspective

- Colossians 3:1-3 — ... seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God.
- Romans 12:2 — ... be transformed by the renewing of your mind, ...

God has given us His truth. But it is **our responsibility** to learn and believe that truth through reading, studying, meditating on, and acting on His Word.

Think on These Things

- Philippians 4:8 — Finally, brethren, whatever things are true, whatever things are noble, 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 anything praiseworthy—meditate on these things.

Practical help with our thinking. Notice that we are to meditate (think often and deeply) on positive and godly things. Yet our world, culture, and tendencies are to think on the negatives and the worse case scenarios. Your life in God will take a tremendous jump forward if you simply stop thinking negatively and look for good things to think and talk about. And it begins with seeing God's truth.

Lovely Thoughts

- 1 Corinthians 13:4-7 — Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things.
- 1 Corinthians 13:9 — For we know in part ...

Learning to truly love has a lot to do with your thinking. While love affects are emotions and feelings, those emotions and feelings are not love. You continue to choose to love even when the feelings are gone. We don't know everything about anything! Before making a judgment or being critical, remember that you don't have all the information. This will help you walk in love, doing what the previous verses said. We choose to think the best, etc., because we realize that we don't know all the facts and motives.

Will – Purpose & Choices

For the most part, you act consistently with what you really believe is really real. We often kid ourselves about our beliefs. Everyone has good intentions. Good intentions are lies about what you really believe. You say you believe something, but you really don't.

If you want to see what you really believe, then look at your choices and actions. When you make choices that are consistent with the truths that you are learning, those actions strengthen that truth in your mind. So, your thinking motivates your will, and your will/choices strengthens the associated thinking.

Choose God's Will

- Luke 22:42 — saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done."
- 1 Peter 4:1-2 — Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind, ... that he no longer should live the rest of his time in the flesh for the lusts of men, but for the will of God.

- Philippians 2:13 — for it is God who works in you both to will and to do for His good pleasure.
The key to changing your actions is to change your beliefs – the things you think are true. Too often, we try to change our actions to conform to some outside standard without changing our thinking.

Emotions – Feelings

Emotions: Feelings

- All over the map?
- Worry
- Anger
- Fear
- Others

Emotions are very unstable. They can go from extremely high to extremely low in a **matter of seconds**, all because of a change in our **perception**. When we follow our emotions, our lives become extremely unstable.

Do You Feel Storm Tossed?

- Ephesians 4:14 — that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting,
- James 1:6 — But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

If you follow after every new teaching of men rather than studying the Bible yourself and placing your faith directly on God's Word, you will find yourself tossed about. If you doubt what God has said, you are believing a lie. Then you will be emotionally tossed about like a wave in the ocean.

Or Anchored?

- Hebrews 6:18-19 — that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. This hope we have as an anchor of the soul, both sure and steadfast, ...

You can place your hope in God, that He cannot lie, and you will find stability in the midst of even the worst storms in this life. Important that you place your faith directly on God's Word rather than on just what someone has told you the Word of God says.

An unanchored ship is blown all over the place in heavy storms. A ship that is anchored, even though you can't see the solid ground under the water, will bob around, but remain securely in place even though the winds and waves beat against it.

When our thinking is founded upon God's truth, then our beliefs bring our will and choices in line with God's will. Then our will can be strong enough to override and positively influence our emotions. We get into big trouble when we make choices based on our emotions rather than from our thinking and will.

Don't Worry

- Philippians 4:6-7 — Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Worrying is not an emotion, it is a belief and activity you choose to do. When you worry, it produces lots of negative emotions. **Choose** to trust God and to not worry about your situation.

Too Busy to Worry

- Matthew 6:31-34 — “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ... For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Like Jesus, we need to be busy about our Father God’s business. There is a lot of work to be done in God’s Kingdom. If worry is a big problem in your life, then you probably need to be spending more time serving Jesus and the people He died to save.

Actually, a good response for negative emotions is to love and serve other people. I find that when I am depressED, sad, discouraged, lonely, etc., I am being self-focused. (That’s enough to depress anyone.) When I walk in faith (though I don’t feel like it) and reach out to minister true life and love to others, I find that my negative emotions begin to fade away.

JOY: Jesus, Others, You (that order)

Anger

- James 1:19-20 — So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.
- Ephesians 4:26-27 — “Be angry, and do not sin”: do not let the sun go down on your wrath, nor give place to the devil.

We are often angry when either our expectations were not met, or we feel like our rights were violated. Yet Jesus purchased our rights when He redeemed us from sin. It is important that we stop demanding our rights. Replace anger with love and forgiveness.

Fear

- 2 Timothy 1:7 — For God has not given us a spirit of fear, but of power and of love and of a sound mind.
- Psalm 46:1-3 — God is our refuge and strength, A very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though the mountains shake with its swelling.

Fear results when we don’t know or don’t believe God’s truth. Even in the most radical of circumstances, we don’t have to fear.

Peace in Your Mind

- Isaiah 26:3 — You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.
- Matthew 11:29 — Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.
- John 14:27 — Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Godly peace is the best antidote for all kinds of negative emotions. Worldly ways can give you a temporary type of peace (calm), but it doesn't hold up. It is a peace based on circumstances. Not a peace in spite of the circumstances.

We often try to control our emotions by trying to control our circumstances. That doesn't work, so we get even more stressed out. When you have true peace from God, you can handle anything that comes your way.

Choose Ahead

- Like a fire drill
- Plan ahead
- Do what know is right even when you don't feel like it
- 2 Corinthians 5:7 — For we walk by faith, not by sight.

“not by sight” — what we perceive, it can include any lie we believe is true. The point is that our perceptions of reality are not trustworthy. Seeing is not believing! So, we have to walk by faith in the things God has said about what is really real.

The good news is that you don't have to follow your emotions. Emotions should be the caboose on the train, not the engine. Get the engine going in the right direction and the caboose will follow it in time.

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Your thinking, will/choices, and emotions affect each other. If you change your thinking, it will change your will/choices and emotions. If you dwell on your emotions, they will change your thinking and your will. When you align your will/choices with God's will, it reinforces the truth you are thinking and stabilizes your emotions.

It is critical that you work to replace any lies in your thinking with God's truth from His Word.

More Information

- Session notes on life4square.com
- Message from last week (*Skilled in the Word of Righteousness*)
- Read the Bible (especially NT)
- Study lessons 1 & 2 in Building Blocks (free at life4square.com or \$10 in Café)
- www.faithcomesbyhearing.com (free audio Bible downloads)
- Life Foursquare Church Facebook
- Email me (sonny@life4square.com)