change your life by changing your mind

50 Days of Transformation – Part 4

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:2 (NIV)

WHY I MUST MANAGE MY MIND

* BECAUSE my thoughts control my life

For as he thinks in his heart, so is he. Proverbs 23:7 (NKJV)

* BECAUSE there’s a battle for my mind

I love God’s law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. Romans 7:22-23 (NLT)

* BECAUSE it’s the key to peace and happiness

So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. Romans 8:6 (NLT)

3 DAILY CHOICES FOR A HEALTHY MIND

1. I MUST FEED MY MIND WITH TRUTH

‘People do not live by bread alone, but by every word that comes from the mouth of God.’” Matthew 4:4 (NLT)

WHEN? ALL THE TIME!

I rise early, before the sun is up; I cry out for help and put my hope in your words. Psalm 119:147 (NLT)

Oh, how I love your instructions! I think about them all day long.”

Psalm 119:97 (NLT)

I will give honor and thanks to the Lord, Who has told me what to do. Yes, even at night my mind teaches me. Psalm 16:7 (NLV)

1. I MUST FREE MY MIND FROM DESTRUCTIVE THOUGHTS

Those who are dominated by their sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. Romans 8:5 (NLT)

Three Enemies

* Our Old Nature
* Satan
* The Worlds Value System

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they

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have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2 Corinthians 10:3-5 (NIV)

How Temptation works

“Temptation comes from the lure of our own evil desires. These evil desires lead to evil actions, and then the evil actions lead to death.”

James 1:14-15 (NLT)

Step 1: Desire

Step 2: Doubt “Did God really say...?”

Step 3: Deception – Believing a lie of Satan

Step 4: Disobedience & Defeat

What I \_\_\_\_\_\_\_\_\_\_\_with I’ll \_\_\_\_\_\_\_\_\_ For

I have decided to obey Your laws until the day I die. Psalm 119:112 (GNV)

1. I MUST FOCUS MY MIND ON THE RIGHT THINGS

* THINK ABOUT JESUS

“Keep your mind on Jesus Christ...” 2 Timothy 2:8 (CEV)

Think about Jesus, who endured opposition from sinners, so that you don’t become tired and give up. Hebrews 12:3 (GWT)

* THINK ABOUT OTHERS

Don’t look out only for your own interests, but take an interest in others, too. Philippians 2:4 (NLT)

Let us be concerned for one another, to help one another to show love and to do good. Hebrews 10:24 (GNT)

* THINK ABOUT ETERNITY

Think about the things of heaven, not the things of earth.

Colossians 3:2 (NLT)

“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” 1 Corinthians 2:9 (NLT)

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