



Sunday November 13, 2022

My Mind

Part 5: Renewing Your Mind and Renewed Thinking

Review:

In part 1, we discuss **"The Mind, Imagination and Mental Health."**

In part 2, we address the topics of **"Concentration, Distractions, Wandering"**.

In part 3, we try to understand how **"Temptations, Addictions, Deceptions"** work and how to overcome these.

In part 4, we learn about **"Controlling Your Thoughts, Training Your Thinking"** so we can use our faculties effectively.

In part 5, we discover the important discipline of **"Renewing Your Mind and Renewed Thinking"**, that transforms our way of life.

In part 6, we learn the Biblical way to **"Overcoming Negative Thoughts"**, an important area for all of us.

In part 7: we understand the importance of **"Maintaining a Positive Mindset"**.

Our objective in this study is to understand what the Bible teaches us about the mind, our mental and emotional well-being (formally referred to as mental health) and develop a Biblical approach to maintaining a strong, healthy mind, maintaining good mental health and a positive mindset. We would like to have a healthy mind and good mental health, the Bible way.

Today:

We now address an important instruction given to us in New Testament Scripture on the renewing of the mind. We examine the Scriptures to understand why we need to renew the mind, what does it mean to renew the mind, how do we renew the mind, and what are some of the benefits of renewing the mind.

CONDITION OF THE MIND BEFORE WE WERE BORN AGAIN

When we believed in the Lord Jesus Christ and received the free gift of salvation, our spirits were born again. We became a new creation in our spirits. Our soul and body continued as they were. For example, if a student in the 10th grade, 15-year-old, male, 6 feet tall, with black hair believed in the Lord Jesus Christ, at that moment his spirit became a new creation. His soul (mind, will, emotions) was still that of a 15-year-old in the 10th grade, and his body was still the way it was earlier, 6 feet tall, with black hair



and so on. As we grow in grace and in the knowledge of Jesus Christ, we must now use the Word of God and depend on the empowering of the Holy Spirit to transform the soul (mind) and crucify the flesh (the ungodly evil desires of the soul and body).

In several places in Scripture the Bible reveals the condition of the mind before we are born again.

Blinded
Unclean
Vain
Carnal
Enemies toward God
Corrupt
Earthly-minded
Proud
Defiled

Even after being born-again, the believer's mind continues in the same state, generally referred to as a carnal mind or unrenewed mind. We learn from Scripture that God has instructed us to renew the mind.

THE RENEWING OF THE MIND

Romans 12:2

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

“Do not be conformed....but be transformed”.

To be conformed means to take on the same pattern, to fashion alike, to fashion in accordance with, to assume the same form or figure, to assimilate one's self to.

To be transformed is the Greek word '*metamorphoo*' which literally means to be to change one's form, to be transfigured. This is the same word used when Jesus was transfigured on the mount (Matthew 17:2) and used to describe our transformation into the likeness of Jesus Christ (2 Corinthians 3:18).

So instead of being conformed to the world, as believers we are to be transformed. We are called to undergo metamorphosis, just like the caterpillar which goes through a process of metamorphosis to become a butterfly. The caterpillar does not remain



conformed, patterned, and fashioned to a wiggling, crawling creature, but is transformed, metamorphosed into a beautiful free flying butterfly.

For the believer this transformation, this metamorphosis, this complete change in lifestyle, happens by the renewing of the mind.

The word “renewing” means renovation, reformation, complete change for the better.

The word used for “mind” is the Greek ‘*nous*’ referring to the mind, intellect, understanding, reason, thought, conception, intellectual faculty, frame of mind, the faculties of perceiving, understanding, feeling, judging, and determining.

A renewed mind results in a transformed lifestyle.

Some believers are afraid of using their mind. They think that using the mind is against a life of faith and walking in the Spirit. As believers we are called to renew our mind. A renewed mind helps us live this life of faith correctly and walk in the Spirit.

“...that you may prove what is the good and acceptable and perfect will of God.”

The word “prove” in the Greek means to test, analyze, examine, scrutinize, determine through testing, to approve after trial, decide upon after examination. In this process of proving, you examine various options and finally arrive at what you determine to be good, acceptable, perfect, and pleasing to God. This is the same Greek word used in 1 Thessalonians 5:20-21 in the context of testing prophecy, where we are instructed not to despise prophecies, but to prove or test all things and hold on to what is good (and discard what is not right).

Notice we must do the proving. “That YOU may prove”. God wants us to take responsibility of proving out His will. The pursuit to know God’s will is not a passive posture, where we just sit by and wait for God to reveal His will if He decides to. Instead, we must intentionally engage in proving, examining, and determining God’s will – what is good, acceptable, and perfect in His eyes.

A renewed mind is necessary to prove and discover God’s will.

Again, we wish to point out that some believers are afraid of the reasoning, examining, proving, and analyzing process. They think that to use the mind to reason and analyze is contrary to the ways of God. A renewed mind can process information, analyze, and correctly determine the will of God.



A renewed mind results in a transformed lifestyle aligned to God's perfect will.

Salvation happens when we have faith in Christ. Transformation in our lifestyle happens through the renewing of our minds.

Now we must find out from Scripture what exactly is a renewed mind and how do we renew our minds.

A RENEWED MIND THINKS ALIGNED TO GOD'S THOUGHTS AND GOD'S WAYS

A passage that helps us understand what it means to renew the mind is Isaiah 55:7-11

Isaiah 55:7-11

7 Let the wicked forsake his way, and the unrighteous man his thoughts; Let him return to the LORD, and He will have mercy on him; and to our God, for He will abundantly pardon.

8 "For My thoughts are not your thoughts, nor are your ways My ways," says the LORD.

9 "For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts.

10 "For as the rain comes down, and the snow from heaven, And do not return there, But water the earth, And make it bring forth and bud, That it may give seed to the sower And bread to the eater,

11 So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall prosper in the thing for which I sent it.

In verses 7-9 God is addressing "ways" and "thoughts". "Ways" refers to a road and figuratively refers to a course of life or mode of action. "Thoughts" refers to intention, plan, imagination, inventions, means, purpose, anything we contrive with our mind.

God calls the wicked to let go of their own ways and "thoughts". Applying it to our context, we let go of our own carnal ways and thoughts. And we come to God. What is implied is that we come to God to embrace His ways and His thoughts which are much higher than our ways and thoughts.

God's Word is an expression of the ways and thoughts of God. Interestingly in verses 10-11 God speaks of His Word being sent, just as the rain comes down to the earth.

In "renewing our minds" we discard our thoughts and ways which are carnal, earthly, and corrupted and take on God's thoughts and ways. Our mind is trained through God's Word to think aligned to God's thoughts and we do and live aligned to God's ways.

Hebrews 10:15-16 (Also see Hebrews 8:10-12)



15 But the Holy Spirit also witnesses to us; for after He had said before,
16 “This is the covenant that I will make with them after those days, says the LORD: I will put My laws into their hearts, and in their minds I will write them,”

In the New Covenant, God writes His Word in our hearts and minds. That is our hearts and minds are to be aligned to His Word. God wants to have His Word inscribed on our minds, our thoughts, reasoning, and imagination. When God’s Word is written in our hearts and minds, we begin to think and do according to the thoughts and ways of God.

Knowing something from the Word is not the same as having our minds renewed to it. We can intellectually know a truth from the Word, but of our “thoughts” and “ways” are not aligned to that truth, that knowledge has not transformed us.

Our mind has been renewed when our thinking is aligned to God’s thoughts and our lifestyle has been transformed to God’s ways.

Renewing of the mind must happen in all areas. We could have one area of our mind renewed to the Word, but several other areas could remain unrenewed. We can tell if our minds are renewed in a certain area when our thinking is aligned to God’s thoughts and the way we live (lifestyle, behavior) has been transformed to God’s ways, in that area. Consider two areas “holiness” and “generosity”. A believer can have his mind renewed to the holiness of God, and live a holy and pure life staying away from thoughts and deeds that are sinful. The same believer may not have received God’s Word regarding finances and so in giving, tithing and generosity with his finances, he could be very miserly.

PRACTICAL EXAMPLES OF RENEWED THINKING

Let’s consider a few real-life scenarios to show how a renewed mind would think and act aligned to the ways and thoughts of God, the Word of God.

When experiencing failure

When experiencing failure, whether in an assignment, a work situation, or some other setback in life, the believer must recognize what has happened, analyze probable causes for this failure and takes responsibility for his part in what happened. At the same time, the believer with a mind renewed to God’s Word on success continues to think aligned to the Word of God. For example, in that situation the believer could think aligned to the following Scriptures: *God has said that I will be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever I do will prosper (based on Psalm 1:3).* That is what I will be. I will magnify the



LORD because His Word says that my God has pleasure in the prosperity of His servant *(based on Psalm 35:27)*. I know God is for me and desires for me to prosper and succeed. I will continue to meditate and follow God's Word unwaveringly and I know according to what God has promised I will make my way prosperous, and I will have good success *(based on Joshua 1:8)*. He then proceeds to work on the areas where he failed to correct himself, improve and get past the failure, all the while thinking aligned to success based on God's Word. This kind of thinking is renewed thinking because it is aligned to the Word of God and results in a transformed lifestyle – a lifestyle aligned to the thoughts and ways of God.

In contrast consider another believer with a mind that is not renewed to God's Word on success. This is how he is likely to think, speak and act in the same situation: *God wants me to be total failure in life. I will never be fruitful, never succeed and whatever I do always fails. Maybe this is God's will for me and my cross to bear (this thinking is opposite to Psalm 1:3). Maybe God does not want me to prosper in this world and He is against my being successful so he can make me fit for heaven (this is opposite to Psalm 35:27). God just wants me to meditate in His Word and not expect to be prosperous and successful as that is not something He has assured us. So, I will just accept failure as my portion from God (this is opposite to Joshua 1:8)*. With this kind of thinking, this believer does not make any effort to correct his mistakes or get past his failure. He simply accepts failure as God's will for His life and stays imprisoned in that experience. This kind of thinking is not renewed thinking because it is not aligned to the Word of God.

In a time of financial need

In a time of financial need, the believer with a renewed mind thinks, analyzes and acts aligned to God's Word (the thoughts and ways of God). He remembers God's Word such as: *The Lord is my Shepherd and I will always have everything I need (based on Psalm 23:1). The Lord God is a Sun and Shield to me and He freely gives every good thing to me, as I continue doing what is right (based on Psalm 84:11). My God takes care of all my needs using His glorious riches in Christ (based on Philippians 4:19). I am a faithful and generous giver and God blesses me with everything I need, with more than enough and plenty to bless others with (based on 2 Corinthians 9:8)*. The believer maintains this kind of thinking in a time of financial need. He then begins to prove the will of God personally to determine how God wants to release His provision into his life, whether through his job, a salary raise, a job promotion, a special bonus, or a new business opportunity, and positions himself practically and in faith to receive God's supply.

Upon receiving bad news

What if bad news or unfavorable information is presented to a believer, whether the loss of a job, the loss of a contract, etc. This is how a believer with a renewed mind



would think at that moment. He remembers God's Word which states: *I refuse to be perturbed or shaken. I am not afraid of bad news. My heart is firm and unshaken trusting in the Lord. My heart is established in God, and I will not be afraid (based on Psalm 112:6-8). The Lord is my confidence, and He will keep me strong at this time (based on Proverbs 3:25-26). I refuse to fear because Jesus said fear not, only believe (based on Mark 5:36). God keeps me in perfect peace because I keep my mind stayed on Him (based on Isaiah 26:3). I refuse to be anxious, but I make my request to God and God's surpassing peace guards my heart and mind in Jesus Christ (based on Philippians 4:6-7). In everything I give thanks for this is what God wants me to do (based on 1 Thessalonians 5:18). I cast all my care upon the Lord because I know He cares for me (based on 1 Peter 5:7). I know all things are working for my good and His glory and no purpose of God for my life can be stopped (based on Romans 8:28; Job 42:2).* The believer maintains this kind of thinking upon receiving bad news. He takes time to pour out his heart to God, laying his pain, sorrow, feelings of disappointment, confusion, etc. before God and enters a place of peace and calm assurance in God. He then moves forward with God's wisdom and guidance.

These are just a few examples. In every life situation – when faced with temptation, when challenged to compromise, when intimidated with weakness and more – the renewed mind intentionally takes on God's thoughts and God's ways by thinking and acting aligned to the Word of God.

Practice renewed thinking in every situation.

WE RENEW THE MIND WITH THE WORD OF GOD AND REVELATION FROM THE HOLY SPIRIT

There are two primary ways by which we can learn, discover, and understand God's thoughts and God's ways. These are the written Word of God and the revelation given by the Holy Spirit. We will explain these below.

THE IMPLANTED WORD SAVES OUR SOULS

Hebrews 4:12

For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.



God's Word judges (discerns, evaluates, weighs, critically examines) our thoughts, imaginations, desires, reasoning, intentions, motives, and reflections. This means that when we expose our heart and mind to the Word of God, our thoughts, intents and motives are sifted and evaluated. What is not aligned to God are exposed and brought to light. We then must make a choice either to keep those thoughts or to discard them. This enables us to judge every thought, reasoning, imagination and determine if it is aligned to the thoughts and ways of God.

Also notice that the Word of God divides or separates soul and spirit. The soul and spirit are distinct parts of us. They are not the same as we mentioned in chapter 1. The spirit is the eternal part of us which connects with God or the spiritual realm. The souls is the mental/emotional part of us, the mind, will and emotions. The Word of God enables us to determine if something is of our soul or from our spirit.

James 1:21

Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.

The call is for us to get rid of sinful things and focus on receiving the Word of God with humility. The Word of God must be implanted (engrafted, become innate) in us. When this happens, it saves our souls. The Greek word translated "saves" is 'sodzo' which is a comprehensive word describing salvation and all that is in salvation, including deliverance, protection, healing, and wholeness.

For our souls (mind, will and emotions) to be saved, healed, delivered, protected and kept whole, we must receive the Word of God until it becomes innate to us, a part of us. The Word of God must become an integral part of our thinking, speaking, and doing and as this happens our souls are made whole.

Psalm 19:7

The law of the LORD is perfect, converting the soul; The testimony of the LORD is sure, making wise the simple;

The law of the LORD refers to the Word of God. The Word of God converts the soul. The Hebrew word "converting" has the idea of bringing back to original state, of restoring, reviving, refreshing, and giving new life. The Word of God is perfect, complete, sound, whole and brings the soul to this place of wholeness.

THE WORD CLEANSSES AND MAKES HOLY



John 15:3

You are already clean because of the word which I have spoken to you.

The Word of God has a “washing” and “cleansing” effect on us including on our minds and thoughts. It also “sanctifies” or makes holy, consecrates, and separates unto God. As the Word of God fills our minds and becomes an innate part of thinking and reasoning, our minds are cleansed and sanctified, made holy.

THE HOLY SPIRIT UNVEILS, ILLUMINATES, AND REVEALS TRUTH THAT RENEWS THE MIND

The Lord Jesus taught us that the Holy Spirit will speak to us and guides us into all truth (John 16:13). Part of this work of the Spirit is to unveil, illuminate and reveal truth to our hearts and minds. This leads us into experiencing transformation of our lives into Christlikeness.

However, keep in mind that what is received as revelation must be examined with the written Scriptures. The Spirit and the Word agree (1 John 5:7). Personal revelation given by the Spirit will not contradict the Word. The Bible instructs us not to despise prophecies but to test all things (1 Thessalonians 5:20-21).

In every situation the renewed mind thinks aligned to God’s thoughts and God’s ways expressed in the Word of God and given by the revelation of the Holy Spirit.

A RENEWED MIND IS A PURE MIND

As we obey the truth (the Word of God) by the empowering of the Holy Spirit, our souls are made clean, and purified. Through meditation in the Word and obeying the truth revealed by the Holy Spirit, we can have pure minds. The mind now is holy ground. Philippians 4:8 now becomes a daily reality. Whatever things are true, noble, just, pure, lovely, of good report, virtuous and praiseworthy—these are the things we think upon.

Having a pure mind is not that we are exempt from satan’s attacks, but it is a mind where satan’s thoughts will find no residence. While evil thoughts from different sources may attempt to impinge on our minds, they find no place to stay. We have stopped thinking evil. Thinking evil is distasteful to us. Our minds have become pure minds.



WHY IS IT IMPORTANT TO RENEW OUR MINDS?

The renewing of the mind is an ongoing process. We must practice this throughout our lives. Having understood what renewing of the mind is, and how to go about renewing our minds, let us mention from Scripture the importance (or benefits or outcome) of renewing the mind.

#1, TO LOVE AND WORSHIP GOD

#2, TO UNDERSTAND THE WORD OF GOD

#3, TO LIVE A TRANSFORMED LIFE

#4, TO LIVE OUT OF OUR IDENTITY IN CHRIST

#5, TO DISCERN THE LEADING, WITNESS, AND VOICE OF THE SPIRIT

#6, UNDERSTAND AND PROVE THE WILL OF GOD

#7, DISCERN GOOD (RIGHT) AND EVIL (WRONG)

#8, KEEP US (AND OUR MINDS) FROM BEING CORRUPTED

KEY TAKEAWAY

A renewed mind thinks aligned to God's thoughts and God's ways.

We renew the mind with the word of God and revelation from the Holy Spirit.

A renewed mind results in a transformed lifestyle aligned to God's perfect will.

SALVATION CALL

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads



LIFE GROUP STUDY GUIDE

Sunday November 13, 2022

My Mind

Part 5: Renewing Your Mind and Renewed Thinking

This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

Preparation

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full-length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word

Read the following Scripture references: *Romans 12:2; Isaiah 55:7-11; James 1:21*

INVESTIGATE God's Word Together

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

1, What does it mean to renew the mind?

2, Based on Romans 12:2 what are the two main outcomes of a renewed mind?

3, We have learnt that receiving the Word of God to become engrafted in us and receiving revelation given by the Holy Spirit are important to renewing the mind. In the sermon one or two practical examples were mentioned. Think of other real-life situations



and consider how believers with a renewed mind would think and conduct themselves in such situations.

If time permits, each one can take a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

1, families to be protected and strengthened

2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.

3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.

Close by thanking God together.



USEFUL RESOURCES



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>

SERMON OUTLINE

In this sermon we address an important instruction given to us in New Testament Scripture on the renewing of the mind. We examine the Scriptures to understand why we need to renew the mind, what does it mean to renew the mind, how do we renew the mind, and what are some of the benefits of renewing the mind. In “renewing our minds” we discard our thoughts and ways which are carnal, earthly, and corrupted and take on God’s thoughts and ways. A renewed mind results in a transformed lifestyle. A renewed mind is necessary to prove and discover God’s will.

Mental health has to do with how you are doing in your soul - your mind, will and emotions. It has to do with your emotional and psychological well-being. Having good mental health, being sound, well and whole in your soul is important because it affects how we feel, think, and behave. It affects how we go about life, how we relate to others, how we face challenges and handle difficult situations and how we do things we are responsible for - education, work, etc. When we are doing well mentally, we can enjoy life, enjoy meaningful relationships, enjoy work, overcome life's challenges, be productive, keep growing towards our full potential and make meaningful contributions to those around us. The fact is that all of us face challenges at one point or another, with



our mental health, our emotional and psychological well-being. There is nothing wrong in recognizing the difficulties you are facing, getting help, and addressing those mental health challenges in a positive way.

In this sermon series we discover a Biblical approach towards training and developing our soul, so that we can maintain good mental health, live with soundness, wellness, and wholeness in our mind, with a good, healthy positive mindset. In part 1, we discuss "The Mind, Imagination and Mental Health." In part 2, we address the topics of "Concentration, Distractions, Wandering". In part 3, we try to understand how "Temptations, Addictions, Deceptions" work and how to overcome these. In part 4, we learn about "Controlling Your Thoughts, Training Your Thinking" so we can use our faculties effectively. In part 5, we discover the important discipline of "Renewing Your Mind and Renewed Thinking", that transforms our way of life. In part 6, we learn the Biblical way to "Overcoming Negative Thoughts", an important area for all of us. In part 7: we understand the importance of "Maintaining a Positive Mindset".

KEYWORDS

mind, mental health, mood, positive mindset, peace of mind, mental fitness, mental well-being, emotional well-being, controlling my thoughts, training my mind, renewed mind, renewing my mind, spiritual mind, Bible and mental health, Biblical mental health, negative thoughts, emotional disorders, mental illness, concentration, distraction, temptations, addictions, negative thoughts, sermon, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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