

## Introduction on how to renew your mind

By Dave Batty

1. What are the battles people have in this area of the mind?
2. The concept of Christian discipleship is at the core of dealing with this issue
  - A. Three stages of overcoming an addiction

	Addict	⇒	Ex-Addict	⇒	Non-Addict
<b>Behavior</b>	Using		Not using		Not Using
<b>Inside</b>	Thinking like an addict		Thinking like an addict		Not Thinking like an addict
			<b>Rehabilitation</b>		<b>Transformation</b>
  - B. How renewing the mind fits in with discipleship as a whole

### 3. Closer look at renewing the mind.

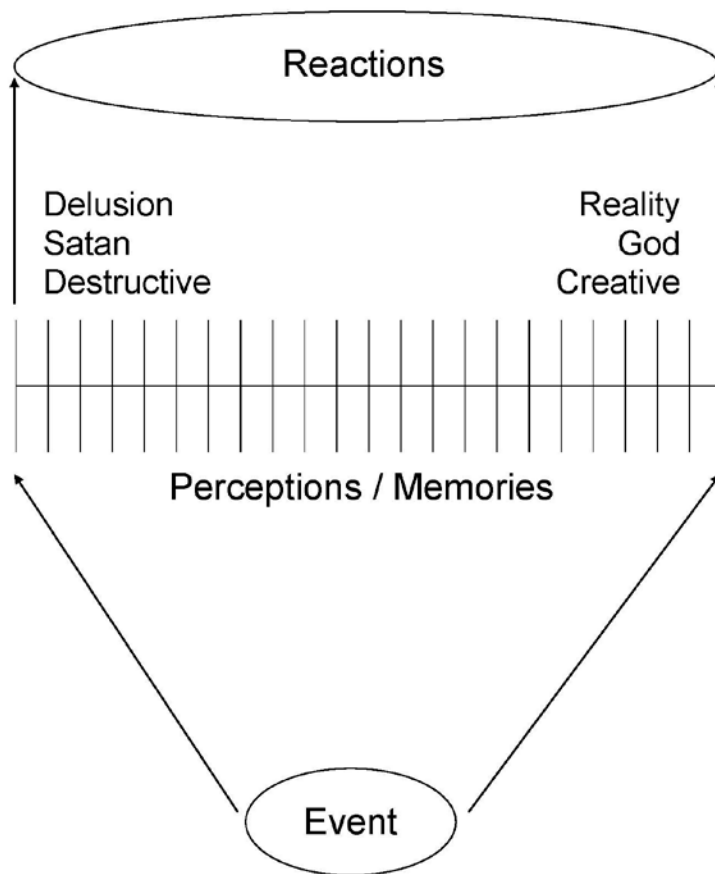
#### A. What we must do—renew our minds Romans 12:1-2

The subject of this verse is YOU

Benefits/results of renewing the mind

-you will be transformed

-you will know the will of God—know by experience "test & prove"



This chart is read from the bottom up. An event is locked in time—it has a starting point and an ending point—from a few seconds to several hours.

However, we can have many different perceptions and memories of that single event, and these can change over a longer period of time.

These perceptions and memories can be creative or destructive—similar to God's perception of the event or of Satan's perception of the event.

Our perception will radically influence our reaction to the event. There are many different reactions we can have to the same event.

#### B. How do you renew your mind?

God won't do it for you

I can't do it for you

Illustration of preparing for a marathon

I must prepare myself

Prayer won't do it.

You must change the way you think!

One of the most basic tools to use in renewing your mind is to memorize scripture. Then we need to meditate on what we have memorized and make it a part of our thinking. See also Psalm 119:11.

Here are 4 strategies for renewing the mind:

### 1. Eight plus one strategy Philippians 4:8-9

Philippians 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.**

Philippians 4:9 Whatever you have learned or received or heard from me, or seen in me—**put it into practice.** And the God of peace will be with you.

1. Whatever is true
2. Whatever is noble
3. Whatever is right
4. Whatever is pure
5. Whatever is lovely
6. Whatever is admirable
7. Whatever is excellent
8. Whatever is praiseworthy

#### Plus 1. Put it into practice!

Don't just think about it—do it!

**Result.** The God of peace will be with you

### 2. Demolition strategy 2 Corinthians 10:5

**2 Corinthians 10:5** 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.**

### 3. Fixing your thoughts on Jesus strategy Hebrews 3:1

**Hebrews 3:1** Therefore, holy brothers, who share in the heavenly calling, **fix your thoughts on Jesus**, the apostle and high priest whom we confess.

Fix your thoughts on Jesus—instead of the problems or temptations around me.

### 4. Put off / on strategy Colossians 3:1-17

**This scripture lists both things we must put out of our lives, and things we must put on in our lives.**

Renewing the mind includes putting on the “new man” not just putting off the “old man.”

### Conclusion

You need to determine which strategy will be most helpful with each situation you face. You may need to start with one strategy and then switch to a different one as you move ahead. There are many other strategies that you can use for renewing your mind besides these four. The key is to find those strategies that help you the most.

### Questions

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