

Introduction on how to renew your mind

By Dave Batty

Teacher notes are in RED that are not included in the Student Notesheet for this workshop.

1. What are the battles people have in this area of the mind?

Ask for feedback from the audience, or have them break up into groups of 3 and brainstorm a list, then report to the whole group.

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
Behavior	Using		Not using		Not Using
Inside	Thinking like an addict		Thinking like an addict		Not Thinking like an addict
	Rehabilitation			Transformation	

The non-addict state is often discounted by the secular world. At TC we see this stage as the promise of God to make new creations out of us. However this is not an instant transformation at salvation, but a process of transformation that can take years.

Some new Christians never move from Ex-addict stage to Non-addict stage.

The placement of “Rehabilitation” and “Transformation” on this chart may not please some who see this. But it is one way of distinguishing our long range goals vs. what the secular world is attempting to do.

B. How renewing the mind fits in with discipleship as a whole

Discuss how critical this is to the discipleship process.

1.

3. Closer look at renewing the mind.

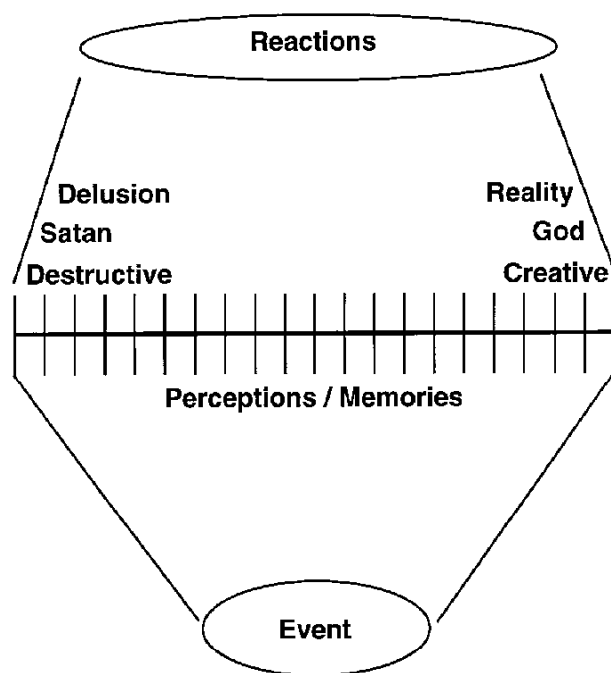
A. What we must do—renew our minds Romans 12:1-2

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 then can occur over a longer period of time.

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

Part of the process of renewing our mind is to discipline our thoughts to see the events in our life the same way God sees them and react to them as he wants us to.

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.

Simply praying won't renew your mind.

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

With each of these 8 strategies, help them see how each can be used as a filter for our thoughts. If it is not true, then we should not entertain that thought.

They need to see how each of these can be used in their thought life, so plenty of positive and negative examples would be helpful.

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.**

With each of the 3 strategies on this page, you need to help them understand the specifics of how to use the strategy in renewing their mind.

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

For information on additional resources, please contact Dave Batty at: DBattyTC@gmail.com