



CHANGING OUR LIVES BY CHANGING OUR MINDS

Romans 12:2

- *“Do not be conformed to the pattern of this world, but let God transform you into a new person by changing the way you think.”* (Romans 12:2)
- God is far more interested in changing our mind than in changing our circumstances.
- **TRANSFORMED Understanding** - *“The way we think determines the way we feel, and the way we feel determines the way we act”*, so the key to transformation starts with our thoughts.
- *Why is it crucial that we learn how to manage our mind?*
- **We need to learn how to manage our mind because *Our Thoughts Control Our Lives.***
 - **Every single action in our lives begins as a thought.**
 - *“Be careful how you think; your life is shaped by your thoughts.”* (Proverbs 4:23)
 - **We’re always interested in our feelings but it’s our thoughts, not our feelings, that shape our lives.**
- **We need to learn how to manage our mind because *There’s A Battle For Our Mind.***
 - **All temptation happens in our mind.**
 - Paul - *“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)
 - **We need to understand that “Whatever gets our attention gets us.”**
- **We need to learn how to manage our mind because *Having A Healthy Mind Is The Key To Peace And Happiness.***
 - **An unmanaged mind leads to tension, while a managed mind leads to tranquility.**
 - *“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)
- **What are some choices we need to make to have a healthy mind?**

To Have A Healthy Mind We Must Constantly:

FEED OUR MIND WITH DIVINE TRUTH

- **We must feed our mind with godly truth rather than with junk or poison.**
- Jesus - *“You will know the truth, and the truth will set you free.”* (John 8:32)
- **We need the best information to make the best decisions so we can live the best lives.**
- Jesus - *“People do not live by bread alone, but by every word that comes from the mouth of God.”* (Matthew 4:4)
- **We should focus on feeding our mind with God’s truth all the time.**
- *“I rise early...to cry out for help and to put my hope in Your words.”* (Psalm 119:147)
- *“Lord, how I love your Word. I think about it all day long.”* (Psalm 119:97)
- *“Even in the darkest of night, Your teachings fill my mind.”* (Psalm 16:7 CEV)

To Have A Healthy Mind We Must Constantly:

FREE OUR MIND FROM DESTRUCTIVE THOUGHTS

- **Many people are prisoners of their own thoughts.**
- **We Are Fed Destructive Thoughts By Our *Sinful Nature***
 - *“I see in my body a principle at war with the law of my mind, taking me captive to the law of sin that dwells inside of me.”* (Romans 7:23 CEV)
 - *“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)
- **We Are Fed Destructive Thoughts By Satan And His Demons**
 - *“Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.”* (1 Peter 5:8)
 - **Satan can’t make us do anything, but he is constantly suggesting self-defeating things to us.**
 - **We have to constantly remind ourselves that “we don’t have to believe everything that we think.”**
- **We Are Fed Destructive Thoughts By The System called the World**
 - *“The world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world.”* (1 John 2:16)
- *“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. (Our weapons) have divine power to demolish strongholds. We demolish any argument 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)
 - **We develop strongholds (defeated areas of our lives) by believing the lies of our sinful nature, the Devil or the World.**
 - **We overcome strongholds by “taking our thoughts captive” and “making our thoughts obedient to Christ.”**
 - **The reason many people live defeated rather than victorious lives is because they’ve never learned how to fight the battle of the mind.**
- *“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)

- Temptations overcome us when we give in to *Desires*.
 - Temptation turns a routine desire into a runaway desire.
- Temptations overcome us when we give in to *Doubt*.
 - When we doubt that God loves us and/or knows what's best for us we give in to temptation.
- Temptations overcome us when we give in to *Deception*.
 - We fall prey to temptation by listening to and believing the lies of the Devil or devilish people.
- Temptations overcome us when we give in to *Disobedience*.
 - Giving something or someone ungodly our attention leads to a change in our ambition and leads to ungodly actions.
- Ungodly Desires, Doubt, Deception and Disobedience leads to Defeat in our lives.
- *"I have made up my mind to obey Your laws forever, no matter what."* (Psalm 119:112)
- *"I will delight in Your decrees and not forget Your word."* (Psalm 119:16)
- *"I won't ever forget Your teachings, because You give me new life by following them."* (Psalm 119:93)

To Have A Healthy Mind We Must Constantly:

FOCUS OUR MIND ON THE RIGHT THINGS

- *"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."* (Philippians 4:8)
- **Focusing On The Right Things Includes *Thinking About Jesus***
 - **We become more like what we think about the most.**
 - *"Keep your mind on Jesus Christ..."* (2 Timothy 2:8 CEV)
 - *"Think about Jesus' example. He held on while wicked people were doing evil things to Him. So do not get tired and stop trying."* (Hebrews 12:3 NCV)
- **Focusing On The Right Things Includes *Thinking About Others*.**
 - *"Don't just think about your own affairs, but be interested in others, too, and in what they are doing."* (Philippians 2:4 LB)
 - *"Let us think about each other and help each other to show love and do good deeds."* (Hebrews 10:24 NCV)
 - **Life Groups are good laboratories for learning how to love others selflessly.**
- **Focusing On The Right Things Include *Thinking About Eternity*.**
 - *"Let heaven fill your thoughts. Do not think only about things down here on earth."* (Colossians 3:2)
 - **Some people think that "Some people are so heavenly minded they do no earthly good," but the truth is the people who are heavenly minded are actually the ones who perform lasting good.**
 - *"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)

- *“Do not be conformed to the pattern of this world, but let God transform you into a new person by changing the way you think.” (Romans 12:2)*
- **We need to: 1) feed our mind daily on God’s truth, 2) free our mind from destructive thoughts, and 3) focus our mind on the right things, and doing so will enable us to live vibrant and victorious lives.**
- ***What’s the Lord saying to me through this message?***