

## **How to Renew Your Mind**

**Romans 12:2** Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind.

Renewing your mind is a spiritual process in which you choose to recreate the landscape of your mind to be more aligned and submitted to the truths found within your renewed spirit and the Word of God. We need to know there is always an alternative viewpoint that we can embrace~ a kingdom perspective that does not represent the belief systems of the culture and world we live in.

Renewing your mind, at its deepest level, is learning to capture the personal truths which we live by and replacing them with God truths. Personal truths are distorted beliefs that we believe about ourselves, our circumstances or God that seem true to us. But they do not align with God's truth. Over time these beliefs, which are born out of a lie we choose to accept, can become strongholds. They stand up defiant to the Word of God. They can be so subconscious that we may not even be aware of them. But these belief systems dictate our thoughts.

### **Example of personal truths:**

*I must please people to feel loved*

*Success is all about me doing this perfectly*

*Others will always do this better than me.*

*I must never show any weakness*

*My opinions need to be heard*

**To renew your mind- you must be convinced of the power of God's word to shape your mind and your life.**

**Hebrews 4:12** For the word of God is **alive and powerful**. It is **sharper** than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

The Word of God needs to FILL your mind and have a voice of authority.

We are called to *TRAIN* ourselves in His word.

***Empowering question:***

***Do you shape and reform Scripture to fit around your thinking, experiences, your personal truth or do you allow your thinking to be shaped and sharpened by the Word?***

## **The Art of Thought Capture!**

### ***2 Corinthians 10:4-5***

*The weapons we fight with are not the weapons of the world. On the contrary, they 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.*

**Before we can get controlling thoughts out of our mind, they must become Christ controlled thoughts while *still* in our mind.** That is what it means to take every thought captive and making it obedient to Christ. Renewing the mind is about dying to yourself so the truth can be raised up within you. It is a conscious skill that needs to be learnt and put into practice.

1. **Ask yourself the right questions:** *What am I thinking? What are my thoughts revealing about my heart beliefs? Is this thought bringing life or death? Does it make me feel insecure, defeated, useless, proud? Is this negative, dishonouring, unproductive, ugly?*
2. **Capture that personal thought** that is full of falsehood and immediately replace it with real truth in the Word of God. *Faulty thinking needs to yield to God's truth.*
3. **Use the filter of the Word of God to capture what is a lie.** To use the Word as a filter- we need grow continually in knowing and loving His Word.
4. **Choose to meditate on a scripture** and speak it out over yourself as it has the power to break falsehood. Summarise that scripture in your own words. Make it **YOURS** and put your name in that scripture or verse. Use it with passion and conviction. Give it authority and a

voice. We fight thoughts with words. So interrupt your train of thinking and re direct it with the power of your own voice speaking out God's truth.

5. **Repent** when the Holy Spirit convicts you of believing in your personal truth and not God's truth.
6. **Flood your mind with positive thoughts** from His Word and from your spirit about your TRUE identity.
7. **Don't give up!** It can take weeks and months to renew your mind in an area that has a strong negative influence. But you will reap a harvest of beauty in your mind if you don't give up.

### **Example:**

***In your thinking:*** 'I did not handle that well. I spoke too quickly. I judged someone in front of someone else and I feel awkward. I am stupid. Why can't I shut my mouth- I am always putting my foot in it! Why don't I learn? I am so disappointed in myself. I am a poor leader....'

### ***Capture those thoughts- and start recreating them.***

'That was yesterday. And God's mercies are new every morning. And I can step into a fresh touch of grace every day. I chose the wrong pathway at that moment. I was too hasty and did not listen to that still small voice. Thank goodness that voice never leaves me so I am going to lean in more, have the courage to say sorry and and step out with the Holy Spirit to become more wise. God goes not condemn me so neither shall I. I am a work in progress!'

THIS IS FREEDOM

### **Remember**

When we affirm the truths of scripture does not mean that our natural mind will agree with what we are affirming. When we read Romans 8 we see the battle between our mind and our spirit is real.

**Romans 8: 22-3** In my inner being, I delight in God's law, but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.

But as you keep learning to submit to a higher truth, to choose to desire a spirit controlled mind, to keep mediating and proclaiming the truth of His word in your mind- you will begin to see the climate of your mind change and feel the victory that He has promised you.