

# All in the Mind (Change Your Thinking, Change Your Life) Part 1- Fix/Renew Your Mind

## ICE BREAKER QUESTIONS

- 1.If you had to describe how you're feeling right now as an amusement park ride, what ride are you on?
- 2.How do you recognize when you're stressed?

## WORD

### **Romans 12:1-2**

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

Did you ever wonder what's happening inside your head? Someone probably told you before that something you thought, felt or feared was all in your mind

Paul summarizes the acts of worship which the grace of God should inspire in the life of the Christian, the presentation of our physical bodies to God as instruments of righteousness and the transformation of our minds from a mindset dictated by the world to that declared by the Word.

## DISCUSSION

What do we feed our mind each day? How often do we evaluate our thoughts?

## WORD

What is happening in our mind? Why is it that the target of the enemy is our mind?

The battle is in the mind. When did this battle begin? Where did this battle started? Who won the battle? The pattern of this world belongs to Satan, and it has ever since Adam and Eve fell into temptation. Because of this, we are born into sin, and so we sin, along with the rest of the world. The world, or “the dominion of darkness” has particular ways and goes around by certain means. Every Christian who is saved is saved out of that dominion, that pattern, and that way of thinking and doing things.

As followers of Jesus, we are taught that everything is exactly the opposite of what we once thought. Our renewed spirit is totally different and agrees with the ways of Heaven, but our flesh is not yet renewed, therefore it has embedded within it old habits that run according to the “elementary principles of the world.” In order for our old flesh to fall into line with our new spirit, and the Holy Spirit within us, our minds must be transformed by renewal.

### REASONS TO RENEW OUR MIND:

#### 1.Expired

*“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” 2 Corinthians 5:17 (NIV)*

## **2. Change of address**

*17 Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example.*

*20 **But we are citizens of heaven**, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior. **Philippians 3:17, 20 (NLT)***

## **3. Change of status**

*10 For since our friendship with God was restored by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son. 11 So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God. Romans 5:10-11 (NLT)*

## **DISCUSSION**

How can we take control of our mind? Share a practical/personal way to renew your mind?

## **LIFE APPLICATION**

Questions to Empower your mind this week.

#1. What does the inside of my mind look like right now?

#2. Do I spend enough time capturing my negative thoughts and replacing them with God`s Word?

#3. Are there areas of defeated thinking in my mind?

## **VERSE TO MEDITATE ON**

*Ephesians 6:17*

*Take the helmet of salvation and the sword of the Spirit which is the word of God.*

## **PRAYER**

Share your prayer request and answered prayer. Pray for one another and throughout this week.

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