

Be Transformed

Letting the Spirit Renew Your Mind

By Karen Baney

Why Change Our Thinking?

(Matt 15:16-19, Luke 6:45)

Can We Change Our Thinking?

(Romans 12:2)

How to Change Our Thinking?

(Prov 4:23, Eph. 4:22-24)

1. Guard your heart.

What have you or are you currently allowing to take root in your heart?

2. Put off your old self.

One negative thought pattern: false guilt.

False guilt is rooted in feelings and not facts.

Conviction is when we become aware that our behavior does not line up with God's truth. Conviction leads to repentance. (Acts 2:36-41)

3. Be made new in the attitude of your minds.

4. Put on your new self.

a. Personalize the verse.

But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation. –Colossians 1:22

Personalization:

But now he has reconciled me by Christ's physical body through death to present me, [your name], holy in his sight without blemish and free from accusation.

Or restating the verse with personalization:

I am free from accusation and I am without blemish because God reconciled me and made me holy in his sight because of Christ's physical death in my place.

Try it:

¹Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ²Set your minds on things above, not on earthly things. ³For you died, and your life is now hidden with Christ in God. –Colossians 3:1-3

b. Journal about the verse.

What can you observe from the verse? What questions do you have about the verse? How does this apply to you? What is God telling you? Then pray.

Example for Colossians 1:22:

- Observations:
 - Christ's died physically.
 - God reconciled me.

- Questions:
 - Why did Christ die?
 - Who is reconciled with God?
 - Who is holy in God's sight and without blemish or free from accusation? Could this mean me?
- Application:
 - If this verse is talking about me, then I guess God sees me as holy, without blemish, and free from accusation, but only because of Christ's death.
- Pray:
 - I don't understand how Christ's death makes me blameless. Spirit, show me how this applies to my life. Help me understand.

c. Memorize the verse.

- Put it on your phone. Read them often.
- Post them on your bathroom mirror and recite them out loud every morning.
- Think about how you personalized it or what you journaled about it.
- Try reciting the key points from memory. Then try reciting the whole thing from memory.
- Write the first letter of each word on one side of an index card and the full verse on the other side. Try to recite the verse by using just the first letter of each word.
- Set your computer or phone background images to verses.
- Write the verse by hand several times.
- Write the verse and add illustrations to help you remember it.

Exercise: Review the topics on the last page of the handout. Pick one of those topics and go through the following steps:

1. My topic is: _____
2. What negative thoughts do I have related to this topic?
3. In what ways do I not guard my heart?
4. What is one way I can put off my old self regarding this topic?

5. What are some verses that will help me be made new in the attitude of my mind?

6. Pick one:

a. Personalize one of those verses.

b. Journal about the verse (Observe, Question, Application, Pray)

c. Memorize the verse

Verses by Topic

Feeling: low self-esteem, false guilt, self-condemned (Identity in Christ)

- You are completely forgiven by God (Rom. 3:19-25, Col. 2:13-14)
- You are righteous and pleasing to God (2 Cor. 5:21)
- You are totally accepted by God (Col. 1:19-22)
- You are deeply loved by God (1 John 4:9-10)
- You are God's child (Rom. 8:15-16)
- You are a co-heir with Christ (Rom. 8:17)
- You have been made complete in Christ (Col. 2:10)

Feeling: powerless, helpless (Power lives in you)

- The Holy Spirit dwells in you (Rom. 8:9-11, 1 Cor. 3:16)
- You have direct access to God through the Holy Spirit (Eph. 2:18)
- You can do all things through Christ who gives you strength (Phil. 4:13)

Feeling: lonely (God is with us)

- Christ will never leave us (Matt. 28:20, Heb. 13:5)
- You are a member of Christ's body (1 Cor. 12:27)
- You will find God when you seek him (Jer. 29:13)

Feeling: out of control, worried (God provides)

- He will abundantly provide for our needs (Phil. 4:19, Acts 17:24-25)
- He will give us His peace (John 14:27)
- He will accomplish His purposes (1 Thess. 5:24)
- You are born of God and Satan can't touch you (1 John 5:18)
- You belong to the kingdom of Christ (Col. 1:13)
- God is in control. (Isaiah 45:7)
- God never leaves us (Heb. 13:5-6)

Feeling: condemned, guilty, unworthy (Justified)

- You are justified (Rom. 5:1)
- You are completely forgiven (Col. 1:14)
- You are blameless (Col. 1:22)
- You are free from any condemning charges against you (Rom. 8:31)

Feeling: unloved, unloveable (Loved)

- You are tenderly loved (Jer. 31:3)
- You are a child of God (John 1:12)
- You are chosen by God and dearly loved (Col. 3:12)

Feeling: overwhelmed by life, stressed, anxious (Trust)

- The Lord is close to the broken-hearted and crushed (Ps 34:18)
- Trust God (Isaiah 26:3-4)
- Believe God (John 14:1)
- Cast your anxiety on God (1 Peter 5:6-7, Ps 55:22)
- Pray when you are anxious (Phil. 4:6-7)

Feeling: weary (Strength, rest)

- God is your strength when you feel weary (Isaiah 40:29)
- God gives new strength when you are weary (Isaiah 40:31)
- God gives you rest and joy (Jer. 31:25)
- Jesus calls us to him for rest (Matt 11:28-30)
- God is your refuge and help (Ps 46:1-2)

Feeling: uncertain, indecisive (Direction, wisdom)

- God teaches you what to do (Ps 32:8)
- God gives wisdom when you ask (James 1:5)
- God answers (Ps 34:4, Matt. 7:7-8)
- Commit your plans to God (Prov 16:3, Ps 37:5-6)

Feeling: fear (Trust)

- Trust God when you are afraid (Ps 56:3-4)
- God is with you, there is no need to fear (Isaiah 41:10, Deut. 31:6)
- Seek Him (Ps 34:4)