

LESSON ONE: RENOVATING YOUR MIND

Which type of change do you think is most important: outside or inside change?

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

Romans 12:2 NKJV

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

Romans 12:2 NLT

“And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].”

Takeaways:

- Our blueprint comes from God and his word.
- This concept of renewing the mind jumps out. “Renewing” translates: as a renewal, renovation, or complete change for the better.
- Renovating our mind implies change
- Change begins in the brain.
- Change is a process
- As we change or renovate our minds, we can discern/prove/measure/examine the will of God for our lives

Our thinking must be changed (transformed) from old, ungodly ways of thinking into new, godly ways of thinking. What we know in our minds to be true forms a conviction in our hearts of that truth, and that conviction in our hearts translates into action. Therefore, we must first renew our minds.

STAGES OF CHANGE

Change is a process. Change takes time. (Remember, Pastor Ball’s butterfly analogy.) Discipleship takes time. We can focus on outward behavioral change as

the standard and miss the fact that there have been major mindset shifts and tons of internal change.

Five official stages are described in Carlo DiClemente and James Prochaska's Stages of Change Model, including pre-contemplation, contemplation, preparation, action, and maintenance. An unofficial 6th stage, relapse, is popularly included because occasional slips are inevitable in the change process.

PRE-CONTEMPLATION

In the pre-contemplation stage, people may not recognize the consequences of their actions. They are typically not considering changing their behavior. They show ignorance or denial of problems.

It is super important to have compassion for self and others. At first, we are often unaware of our need to change. We don't know what we don't know.

People change for two reasons: because they want to / have to.

You don't have to want to change at first. Simply start with seeing how you, your thoughts, and your behaviors are impacting yourself and those around you.

- Pushing people away or drawing them close?
- Harming others or helping others?
- Harming yourself or caring for yourself?
- Building up or tearing down?
- Are your thoughts/beliefs serving you or hindering you?
- Positive or negative?
Empowering or disempowering?