

G R O W T H N O T E S

Scriptures: 2 Corinthians 10:3-5 & Others

**Series:
WHAT DO YOU SEE? – Part 3**

*Message:
“HOW TO RENEW YOUR MIND!”*

- *There’s an INVISIBLE WAR going on around you—AND—in in you 24/7/365—and whatever gets your mind gets you!*
- *Your mentality and your spirituality are deeply interconnected!*
- *Whatever is in your mind will find its way into your life! (Romans 7:25...)*

1 Corinthians 10:3-5/New International

Version: ³ For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

WHAT IS A STRONGHOLD?

- Literally—a soldier and a fort built around the soldier.
- In the text, a stronghold would be a group of ideas, true or false, that gradually and progressively dominate our outlook and control our lives.
- A mental frame of reference.
- Scripture warns against a stronghold built on false ideas.
- Because worry, fear, and anxiety, can become strongholds.
- Guilt, bitterness, and resentment can become strongholds.
- Jealousy, impatience, and envy can become strongholds.
- Prejudice, racism, and white supremacy can become strongholds.

- False ideas that collect themselves together and dominate progressively and gradually the outlook of people.
- We must tear them down—demolish them—if we are to develop into who God intends for us to become.

5 WAYS TO RENEW OUR MINDS

1. DON'T BELIEVE EVERYTHING YOU THINK!

- Because not everything we think is the truth just because we think it!

Jeremiah 17:9: “The heart is *deceitful* above all things, who can understand it?”

- Everybody in this room has a mental illness called sin (nobody has a perfect mind or thinks clearly all the time)!
- We have an amazing ability to lie to ourselves!

2. GUARD YOUR MIND AGAINST GARBAGE!

- Garbage in—garbage out!

Proverbs 15:14: “A wise person is hungry for the truth, but a fool feeds on trash!”

- 3 basic kinds of food: brain food, junk food, and toxic food.
- 3 kinds of food that can fill my mind: Things that build me, bind me, and things that break me!

Psalm 101:3: “I will not set before my eyes anything that is worthless.”

How Do I Guard My Mind?

- ***Conversational prayer (talk to God with your eyes open).***

- *Concentrated focus.*

Philippians 4:6-7: “Don’t worry about anything, instead pray about everything, tell God what you need and thank God for what God has already done.

THEN—If you do this—if you don’t worry, but pray, if you tell God about what you need, and thank God for everything—IF you do this—

THEN—you will experience God’s peace which is far more wonderful than the human mind can understand.

God’s peace will guard your heart and mind as you live in Christ Jesus.

THEN—Fix your thoughts on what is true, honorable, and right, pure, lovely, and admirable, think about the things that are excellent, and worthy of praise...”

- You get peace when you give up trying to understand why God does what God does—and just accept what God allows!
- I do know that I can trust God!

- I do know that God is going to work it together for good.
- I do know that joy is going to come in the morning!
- I do know that no weapon formed against me is going to be able to prosper.
- Because while I’m trying to figure it out—you’ve already worked it out!
- The way to eject bad thoughts is NOT to resist them—BUT—to replace them (because what you resist—persists)!
- Think of what you want—not what you don’t want!

3. NEVER LET UP ON LEARNING!

- Make learning a life-long habit—because nobody knows it all!
- The word DISCIPLE means learner—and to follow Jesus is to be a learner (Matthew 11:28-30)!

- Leaders are learners!

Proverbs 20:5: “Counsel in the heart of a person is like deep water, but a person of understanding will draw it out!”

James 4:6: “God resists the arrogant, but God gives grace to the humble.”

Proverbs 18:15: “The mind of a smart person is eager to get knowledge. The wise person listens to learn more.”

Proverbs 10:14: “Wise persons store up knowledge...”

HOW? Through Reading—individualized input—AND—Relationships—communal input!

Proverbs 19:8: “Those who get wisdom do themselves a favor!”

4. RENEW YOUR MIND DAILY!

Psalm 23:4a: “Yea, though I walk through...”

- All change starts in the brain—and not in the behavior!

- Until you change your mind—you cannot change your life!

Romans 12:2: “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind, then you’ll be able to test and approve what God’s will is, the perfect and pleasing, and good will of God!”

5. LET GOD STRETCH YOUR IMAGINATION!

- You must have a vision, a dream, goals because God cannot fulfill a dream that you don’t have!
- God cannot manifest a vision that you do not possess!

Proverbs 29:18: “Without a vision, the people perish!”

Acts 2:17: “In the last days, I will pour out my Spirit on all people, your sons and your daughters

