

CHANGE YOUR LIFE BY CHANGING YOUR MIND

50 Days of Transformation – Part 3

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“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.” (Romans 12:2a, NLT)

WHY I MUST MANAGE MY MIND

- BECAUSE MY THOUGHTS CONTROL MY LIFE.

“Be careful how you think; your life is shaped by your thoughts.” (Proverbs 4:23, GNB)

- BECAUSE THE MIND IS THE BATTLEGROUND FOR SIN.

“I love to do God’s will so far as my new nature is concerned; but there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me. In my mind I want to be God’s willing servant, but instead I find myself still enslaved to sin.” (Romans 7:22–23, The Living Bible)

- BECAUSE MY MIND IS THE KEY TO PEACE & HAPPINESS.

“So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.” (Romans 8:6, NLT)

3 DAILY CHOICES FOR A HEALTHY MIND

1. I MUST FEED MY MIND WITH TRUTH.

“But Jesus answered, ‘The scripture says, ‘Human beings cannot live on bread alone, but need every word that God speaks.’ ”” (Matthew 4:4, GNB)

WHEN? DAILY

“I rise early, before the sun is up; I cry out for help and put my hope in your words.” (Psalm 119:147, NLT)

“Oh, how I love your instructions! I think about them all day long.” (Psalm 119:97, NLT)

“I praise you, LORD, for being my guide. Even in the darkest night, your teachings fill my mind.” (Psalm 16:7, CEV)

2. I MUST FREE MY MIND FROM DESTRUCTIVE THOUGHTS.

THREE ENEMIES EVERY CHRISTIAN FACES

- MY OLD NATURE.

“Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.” (Romans 8:5, NLT)

- SATAN

“Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.” (1 Peter 5:8, NLT)

“...Satan will not outsmart us. For we are familiar with his evil schemes.” (2 Corinthians 2:11, NLT)

- THE WORLD

“For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world.” (1 John 2:16, NLT)

“For though we live in the world, we do not wage war as the world does. 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.” (2 Corinthians 10:3–5, NIV)

HOW TEMPTATION WORKS

“Temptation comes from our own desires...These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.” (James 1:14–15, NLT)

- Step 1: Desire
- Step 2: Doubt
- Step 3: Deception
- Step 4: Disobedience & Defeat

“I have made up my mind to obey your laws forever, no matter what.” (Psalm 119:112, CEV)

3. I MUST FOCUS MY MIND ON THE RIGHT THINGS.

- JESUS

“Keep your mind on Jesus Christ!” (2 Timothy 2:8a, CEV)

“Think about Jesus’ example. He held on while wicked people were doing evil things to him. So do not get tired and stop trying.” (Hebrews 12:3, NCV)

- **OTHERS**

“Don’t just think about your own affairs, but be interested in others, too, and in what they are doing.” (Philippians 2:4, The Living Bible)

“Let us think about each other and help each other to show love and do good deeds.” (Hebrews 10:24, NCV)

- **ETERNITY**

“Let heaven fill your thoughts; don’t spend your time worrying about things down here.” (Colossians 3:2, The Living Bible)

ACTIONS

CLASS 201

SMALL GROUP SESSION: TRANSFORMED MENTALLY