

# THE BETTER PATH FOR CHANGE

Better: Part 3

August 20, 2023

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*“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.”  
(Colossians 3:1–2, NIV)*

*“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)*

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

## WHY I MUST MANAGE MY MIND

### 1) BECAUSE MY THOUGHTS CONTROL MY LIFE.

*“You used to do these things when your life was still part of this world. But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don’t lie to each other, for you have stripped off your old sinful nature and all its wicked deeds.”  
(Colossians 3:7–9, NLT)*

*“The way a sinful person thinks leads to death. But the mind controlled by the Spirit brings life and peace.” (Romans 8:6, NIV)*

*“Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony.” (Colossians 3:12–14, NLT)*

### 2) BECAUSE MY MIND IS THE BATTLEGROUND FOR MY SOUL.

*“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)*

### 3) BECAUSE MY STATE OF MIND DETERMINES THE STATE OF MY HEART.

*“And let the peace that comes from Christ rule in your hearts.” (Colossians 3:15a, NLT)*

UNMANAGED MIND	MANAGED MIND
Tension	Tranquility
Chaos	Calm
Stress	Strength
Pressure	Peace

*“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.**

*“For **YOU DIED**, and your life is **now** hidden with Christ in God.” (Colossians 3:3, NIV)*

*“**PUT TO DEATH**, therefore, whatever belongs to your earthly nature...” (Colossians 3:5, NIV)*

*“Let the word of Christ dwell in you richly...” (Colossians 3:16a, ESV)*

**HOW OFTEN?**

**AT LEAST AS MUCH AS I EAT!**

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

*“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 think about you before I go to sleep, and my thoughts turn to you **during the night**.” (Psalm 63:6, CEV)*

#### **2. I MUST FILTER MY MIND FROM TRASH.**

**THREE ENEMIES EVERY CHRISTIAN FACES**

##### **1) SATAN.**

*“I don’t want Satan to outwit us. After all, we are not ignorant about Satan’s scheming. ” (2 Corinthians 2:11, GW)*

##### **2) 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)*

### 3) MY OLD **NATURE**.

*“Put on your **new nature**, and be renewed as you learn to know your Creator and become like him.” (Colossians 3:10, NLT)*

*“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)*

*“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 to Demolish Devilish Thoughts**

- Capture them.
- **CORRECT** them!

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

### 3. I MUST **FIX** MY MIND ON TREASURE.

*“Since you became alive again...**set your sights on the rich treasures and joys of heaven** where he sits beside God in the place of honor and power.” (Colossians 3:1, The Living Bible, Paraphrased)*

*“So keep your mind on Jesus, who put up with many insults from sinners. Then you won’t get discouraged and give up.” (Hebrews 12:3, CEV)*

*“Remember that the Lord will give you an **inheritance** as your **REWARD**, and that the Master you are serving is Christ.” (Colossians 3:24, NLT)*

#### **ACTION STEP**

*Begin every day this week pondering the 6 truths card.*

#### **BETTER THOUGHTS I NEED TO PONDER EVERY DAY**

1. **I am perfectly loved** by my heavenly Father. I didn’t earn it, but I will choose to enjoy it.
2. **I am a new creation** in Christ. My past may explain how I got where I am, but by God’s grace, I get to choose where I’m going.
3. **I am a Masterpiece**. The only person’s approval that really matters is God’s and He fully accepts me because of Jesus.

4. **I am the hands and feet of Jesus.** Today I will use my life to bless someone.
5. **I am trusting God's goodness.** He is working all things together for my good and His glory.
6. **I am blessed.** I choose to be thankful for all God has given.

*“Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.” (Colossians 3:16–17, NLT)*