

Title: “Re-frame Your Mind, Reform Your Life”

2 Corinthians 10:3-5 NIV 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. 5 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.

Reframe - “to change the way something is expressed or considered.”

Reform - “to change to a better state; to cause (a person) to abandon wrong or evil ways of life or conduct.”

Cognitive bias - a mistake in reasoning based on personal experiences or preferences.

Numbers 13:1-2 NIV The Lord said to Moses, 2 “Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders.”

Numbers 13:27-28 NIV They gave Moses this account: “We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. 28 But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there.

Numbers 13:30-33 NIV Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it.” 31 But the men who had gone up with him said, “We can’t attack those people; they are stronger than we are.” 32 And they spread among the Israelites a bad report about the land they had explored. They said, “The land we explored devours those living in it. All the people we saw there are of great size. 33 We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them.”

***** A funny and false translation first, then to the real translation. *** PHILIPPIANS 1:12-13 NWV (NEW WHINERS VERSION)** *“Now, I want you to know brothers and sisters, that what has happened to me really sucks. As a result of all the hell I’ve been through, I’m quitting Life-group and never gone back to church.”*

Real translations Philippians 1:12-13 NIV 12 Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. 13 As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. 14 And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear. 15 It is true that some preach Christ out of envy and rivalry, but others out of goodwill. 16 The latter do so out of love, knowing that I am put here for the defense of the gospel. 17 The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. 18 But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice, 19 for I know that through your prayers and God’s provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. 20 I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death.

3 specific practices that can help Reframe our minds to Reform our lives:

1. Thank God for what DIDN’T Happen

Isaiah 55:8-9 NIV “For my thoughts are not your thoughts,
neither are your ways my ways,”
declares the Lord.

9 “As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.

2. Practice Pre-framing

3. Look for God’s Goodness

Romans 12:2 NIV Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.