

Year of Supernatural Overflow
Series: Righteous reset
Title: Your Mind

6-7-2026

Romans 12:1-2 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

² 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.

I believe this message is going to help those that are going through struggles and battles in their mind.

You're born again, but your mind is still fighting you.

What if the problem isn't your faith, but your thinking?

You have heard it said: "Change your mind and you change your entire life."

Why does your mind still struggle even after you are born again?

Listen closely because this is where many believers miss the greatest truth of redemption.

You have been recreated in your spirit, but your mind has not yet been renewed.

And until your mind is renewed, it will continue to think like the old man, even though that old man is gone.

You see, when you were born again, something radical happened.

God did not improve your old nature. He did not repair it. He replaced it.

You became a new creation in Christ Jesus, a new species that never existed before.

2 Corinthians 5:17 Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here!

But your mind, your intellect, your reasoning was not automatically transformed.

It still carries the memories, the patterns, the fears, the habits of the old life.

And this is where the conflict begins.

In your spirit, you are united with Christ.

In your spirit, you are the righteousness of God, victorious, complete.

But in your mind, there can still be doubt, fear, confusion, and even defeat.

That is why you can be born again and still feel weak.

Now listen carefully. This struggle does not mean something is wrong with your salvation.

It means something is unfinished in your thinking.

The Apostle Paul said, "Be transformed by the renewing of your mind."

He did not say be transformed by being born again because that has already happened.

He said the transformation continues through the renewing of the mind.

And this renewing is not automatic.

It is intentional. It is daily. It is a deliberate alignment of your thinking with God's Word.

You must begin to think in harmony with what God says about you.

Not what you feel, not what your circumstances say not what your past tells you.

If you only knew what Jesus really delivered you from, you would stop agreeing with those old thoughts.

He delivered you from sin's dominion.

He delivered you from Satan's authority.

He delivered you from fear, condemnation, and spiritual death.

But if your mind is still unrenewed, you may continue to live as though you are still bound.

This is the tragedy of the church today.

People are free yet they think like prisoners.

They are victorious yet they speak defeat.

They are righteous yet they feel condemned.

Why? Because their mind has not caught up with their spirit.

Let me make this plain.

Your spirit is not the problem.

Your spirit is perfected in Christ.

Your struggle is in the arena of the mind.

And the mind must be trained. The mind must be disciplined. The mind must be fed with truth, not feelings.

You cannot allow your mind to wander in the wilderness of doubt and expect to walk in the victory of faith.

Faith is not of the mind. It is of the spirit.

But the mind must come into agreement with the spirit for faith to dominate your life.

When your mind agrees with your spirit, there is power, there is boldness, there is unshakable confidence.

But when your mind is filled with old patterns, it resists the truth even though the truth lives inside you.

That is why you may hear the word and still struggle to believe it.

Not because it is not true, but because your mind has been trained by the world for so long.

Now, here is the key.

You do not fight your mind by force.

You renew it by replacement.

You replace wrong thinking with right thinking.

You replace lies with truth.

You replace fear with faith. How?

By meditating on the word of God.

Not casually, but deeply, consistently, deliberately.

The word must become your new way of thinking.

It must shape your imagination, your reactions, your expectations.

You must begin to see yourself the way God sees you.

Not as a struggling sinner, but as a victorious son.

Not as someone trying to be free but as someone who already is free.

This is not positive thinking. This is divine reality.

When you say I am weak, but God says you are strong, your mind must be corrected.

When you feel condemned, but God says there is no condemnation, your mind must yield to the truth.

And this takes time. It takes repetition. It takes discipline.

Every time you choose to believe the word over your feelings, your mind is being renewed.

Every time you reject a negative thought and replace it with truth, you are aligning your soul with your spirit.

This is how transformation happens. Not in a moment, but through a process.

Now understand this.

Your spirit cannot be touched by Satan. But he will attack your mind.

He will send thoughts, suggestions, doubts.

Not because he has authority over you, but because he hopes you will agree with them.

If he can influence your thinking, he can influence your life.

But he only has access through agreement.

And agreement happens in the mind.

That is why the battlefield is not your spirit. It is your mind.

If he can keep your mind unrenewed, he can keep you living below your inheritance.

But if your mind is renewed, if your thinking is aligned with the word, then his influence is broken completely.

You begin to live from the inside out, not from circumstances, not from emotions, but from the truth of who you are in Christ.

And when that happens, everything changes.

You no longer react to life the same way.

You no longer speak defeat.

You no longer accept limitations that God has not placed on you.

You begin to walk in authority.

You begin to think like a victor.

You begin to see yourself as God sees you.

And that vision transforms everything around you.

Now, let me take you a step deeper because this is where most people stop.

And this is where true victory begins.

Now let me take you further because understanding this will change how you live every single day.

The renewed mind is not merely thinking better thoughts.

It is thinking in agreement with divine reality.

It is the mind becoming a servant to your recreated spirit instead of a master that controls your life.

For years your mind has been trained by the senses, by what you see, what you hear, what you feel.

But the life of faith is not governed by the senses.

It is governed by the unseen realities of God's Word.

This is where the struggle intensifies because your mind will resist what it cannot see.

It will question what it cannot feel.

It will doubt what it has not experienced before.

But your spirit knows the truth.

Your spirit recognizes the voice of God instantly.

Your spirit does not struggle to believe because it was born of the word.

The conflict then is between what your mind has learned from the world and what your spirit now knows from God.

And here is the danger.

If you continue to side with your mind, you will silence your spirit.

You will begin to live by reasoning instead of revelation.

You will measure your life by circumstances instead of promises.

But if you train your mind to yield to your spirit, something powerful begins to happen.

Your thoughts start to align with truth.

Your reactions begin to change.

Your words carry authority instead of fear.

You see, words are the expression of your thinking.

And as long as your thinking is unrenewed, your words will betray you.

You may confess faith for a moment, but when pressure comes, your words will reveal what truly dominates your mind.

This is why many believers speak faith on Sunday and speak defeat on Monday.

It is not hypocrisy.

It is unrenewed thinking.

But when the word saturates your mind, your speech changes naturally.

You no longer try to speak faith.

You speak it because it is how you think.

And this is where faith becomes effortless.

It flows from within instead of being forced from without.

Now understand this clearly.

Renewing the mind is not memorizing scriptures alone.

It is allowing those scriptures to redefine your identity. It is seeing yourself inside of the word, not outside of it.

When the word says you are righteous, you must begin to think yourself as righteous, not based on your performance, but based on His word.

When the word says you are healed, you must begin to think like a healed person, even before your body confirms it.

When the word says you are victorious, you must reject every thought that contradicts that truth.

This is not denial of reality.

It is alignment with a higher reality.

God's Word is greater than what you feel.

It is greater than what you see.

And when your mind agrees with that word, your life begins to reflect it.

But here is something many do not realize.

You cannot renew your mind occasionally.

It must be consistent. It must become a lifestyle.

The thoughts you entertain daily will shape the life you experience continually.

If you feed your mind with fear, fear will grow.

If you feed it with doubt, doubt will dominate.

But if you feed it with the word, faith will rise effortlessly.

And as faith rises, the influence of the old thinking begins to weaken.

You will notice it gradually.

Situations that once shook you no longer move you.

Thoughts that once controlled you lose their power.

Reactions that came naturally begin to disappear.

This is the evidence of a renewed mind.

Now, let me show you something deeper.

Your imagination plays a critical role in this process.

Many believers ignore this, but it is one of the most powerful parts of your mind.

What you consistently imagine, you eventually believe, and what you believe, you eventually live.

If your imagination is filled with failure, fear, and limitation, your life will follow that pattern.

But if your imagination is filled with God's promises, your life will begin to align with those promises.

You must begin to see yourself free.

See yourself strong.

See yourself victorious, not as a wish, but as a present reality.

This is how the mind is retrained.

You are giving it a new picture to replace the old one.

And over time, that picture becomes your default way of thinking.

Now listen carefully.

This is not something that happens overnight.

Do not become discouraged if your mind resists.

Do not become frustrated if old thoughts try to return.

This is part of the process.

Every time you reject those thoughts, you are weakening them.

Every time you choose truth, you are strengthening your new identity.

And little by little, the old way of thinking loses its hold.

Until one day, you realize something has changed.

You are no longer fighting the same battles.

You are no longer struggling with the same thoughts.

You are no longer reacting the same way.

And that's when you know your mind is being renewed.

But let me warn you, if you neglect this process, your mind will drift back to its old patterns.

It does not stay neutral.

It either moves towards truth or towards deception.

That is why discipline is essential.

You must guard what enters your mind.

You must be selective about what you listen to, what you watch, what you meditate on.

Because everything you allow in is shaping your thinking and your thinking is shaping your life.

Now, here is the final truth I want you to grasp in this moment.

You are not trying to become something.

You are learning to think like who you already are.

This changes everything.

You are not pursuing victory.

You are learning to think like a victor.

You are not trying to be free.

You are learning to think like someone who is already free.

This removes the pressure.

This removes the struggle because now it is no longer about striving. It is about alignment.

And when your mind aligns with your spirit, there is rest.

There is confidence.

There is unshakable peace.

But there is still one more dimension to this truth.

Something even deeper than most believers have never fully understood.

And once you see it, it will completely transform how you walk with God every single day.

Now we step into a dimension that many believers hear about, but very few truly walk in.

It is the life where you no longer live from the outside in, but from the inside out.

This is the secret of spiritual dominion.

And it begins when you recognize that your spirit, not your mind, not your body, is the true source of your life.

For too long, men have been governed by what is outward.

They look at circumstances and then decide what to believe.

They feel emotions and then determine what is true.

But the man who walks with God learns to reverse this order.

He does not start with circumstances.

He does not start with feelings.

He starts with what God has said and from there he shapes everything else.

This is what it means to live by faith.

Faith is not hoping something will happen.

Faith is living from what is already true in your spirit, even when your mind and body have not yet caught up.

And here is where the greatest shift must occur.

You must learn to trust your spirit above your senses.

Your senses will tell you what is visible.

Your mind will try to interpret what is happening around you.

But your spirit carries revelation from God.

And that revelation is always higher, always greater, always more accurate than anything your senses can perceive.

When you begin to live this way, your decisions change.

You are no longer moved by fear.

You are no longer controlled by pressure.

You are no longer shaken by what appears to be happening because your confidence is no longer rooted in the external.

It is rooted in the internal reality of who you are in Christ.

Now listen carefully.

This is not ignoring reality.

It is establishing a greater reality.

God's Word becomes the foundation and everything else must align with it.

This is how Jesus walked on the earth.

He did not respond to situations as they appeared.

He responded to what he knew from the father.

When lack appeared, he did not agree with it.

He spoke provision.

We find this in Matthew 14:13-21 When Jesus fed the 5000

When sickness appeared, he did not accept it.

He spoke healing.

We find this in Luke 17:11-19 when Jesus healed the 10 lepers.

When storms arose, he did not fear them.

He commanded them.

We find this in Matthew 8:23-27 when Jesus calmed the storm.

This was not power coming from effort. 4

It was authority flowing from identity.

And this is what you must understand.

You have that same life inside of you.

But if your mind is not renewed, you will never fully walk in it.

You will look at your life through the lens of limitation instead of the lens of truth.

You will wait for things to change before you believe instead of believing first and watching things change.

But the moment your mind aligns with your spirit, everything shifts.

You begin to respond instead of react.

You begin to speak with authority instead of uncertainty.

You begin to expect results not because of who you are in yourself but because of who you are in Him.