

Opening Monologue

Welcome to the AVC APP, everyone! This is the Sermon and Commentary portion of the app. As you scroll down, you will receive spiritual insights, commentary, and devotional questions connected with this week's sermon. Enjoy and dive in to be better equipped in God's Word.

Welcome back to our sermon series: "Mind Revolution – Change Your Life!"

We are starting week 4 this week, so if you missed any of the previous weeks, take this YouTube link <https://www.youtube.com/@almontvineyardchurch> and listen to the one(s) you missed. Each sermon builds off the last in many ways.

Romans 12:2 is our key passage for this series: "...be transformed by the renewing of your mind..." Do I really mean your life and mind can be transformed—made new? Yes, I literally mean that, because I know without a shadow of a doubt that Jesus Christ will totally transform your mind and life, IF YOU ALLOW HIM TO.

So why do you have negative thoughts or behaviors? Here's why: Every thought, word, reaction, and habit travels along networks of neurons through your brain. When a pathway is used repeatedly, it becomes stronger and faster—just like a river carving a deep channel through land over time. The brain defaults to these routes. What we repeatedly think and do becomes the path our mind most easily follows, and eventually what flows out of us.

This week we are going back to the Garden of Eden, where we left off in Sermon Three. A big issue arose that affects humanity to this day—and every day. The snake slid into the garden and all hell broke loose... and I mean hell in the literal biblical sense.

God told Adam and Eve to work the garden, and everything was there for the taking except for the tree of the knowledge of good and evil. God gave them a clear command: do not eat from it or you will surely die. Genesis 2:15-17

Well, if they had obeyed, you wouldn't be listening to a sermon or reading an opening monologue today. Unfortunately, Adam and Eve entertained Satan's twisted words and fell prey to sin. They willfully decided what was best for their lives, and in return they became afraid. When fear takes up space in our brains, it grows into chaos, doubt, worry, anxiety, bitterness, anger, rage, and the like.

This week we are going to dive deep into God's Word so we learn not to entertain Satan's lies and the words that come at us like a roaring lion. The Lord does not want you living a twisted, wounded life.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7

Join us this Sunday as we learn how to fight back against the devil's attacks—especially on our

minds—and overcome the evil schemes of the devil. Let’s take our lives and minds back in the mighty name of Jesus Christ.

In Christ,
Rev. Brad Standfest

To Listen to this week’s Sermon: “Week 4 Mind Revolution- Change Your Life” Go to the Sermon tab here in our APP or use the links to our website or YouTube Channel where you can also listen to our Sermons:

Web: <https://www.almontvineyardchurch.org/media>

You Tube: <https://www.youtube.com/@almontvineyardchurch>

Key Sermon Text

Romans 12:2

<https://www.biblegateway.com/passage/?search=Romans%2012%3A2&version=NIV>

James

3:16 <https://www.biblegateway.com/passage/?search=James%203%3A16%20&version=NIV>

Genesis 2:15-17

<https://www.biblegateway.com/passage/?search=Genesis%202%3A15-17&version=NIV>

Genesis 3:1-10

<https://www.biblegateway.com/passage/?search=Genesis%203%3A1-10&version=NIV>

2 Timothy 1:7

<https://www.biblegateway.com/passage/?search=2%20Timothy%201%3A7%20&version=NIV>

James 4:7

<https://www.biblegateway.com/passage/?search=James%204%3A7&version=NIV>

1 John 4:18

<https://www.biblegateway.com/passage/?search=1%20John%204%3A18&version=NIV>

Commentary, Spiritual Applications, and Theological Reflections

Entertaining Negative Thoughts

In the Garden of Eden, God created humanity—male and female—and named them Adam and Eve. He gave them remarkable authority, commanding them to subdue the earth, rule over it, and name the animals and birds (Genesis 1:28; 2:19–20).

But here's the sobering reality: when we misuse, abuse, or distort the God-given authority we carry, it breeds chaos and disorder. And when chaos and disorder seep into our minds, they eventually take over our thoughts.

James 3:16 warns us:

“For where envy and selfish ambition exist, there is disorder and every evil practice.”

God was crystal clear with Adam and Eve. In Genesis 2:15–17, the Lord God placed them in the garden to work it and keep it. He told them they could freely eat of every tree—except one. He commanded them not to eat from the tree of the knowledge of good and evil, because doing so would lead to death.

Tragically, it did not end well. A crafty serpent slithered into the garden and, at the heart of his deception, challenged and twisted God's command: **“Did God really say...?”**

“You will not surely die... God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil” (Genesis 3:1–5, paraphrased).

Adam and Eve exchanged the truth of God for a lie. They entertained the serpent's deception, reasoned with it, and took a bite of the forbidden fruit.

When God commands something in His Word, the deeper message—when we peel back the layers—is this: this is what is best for you. Yet, just like Adam and Eve, we too can twist or compromise the authority God has given us. We can even exert our own authority against His, trying to rule over our situations, challenges, trials, or emotions in ways that defy His design.

Here's how the fall begins in our own lives:

We entertain Satan's lies.

That is one of the greatest mistakes we can make. Scripture is clear:

“Submit yourselves therefore to God. Resist the devil, and he will flee from you” (James 4:7).

We must resist immediately—not negotiate, not dialogue, not entertain.

When we entertain evil thoughts—whether they come directly from Satan, from the sinful nature within us, or even from the words and influence of people around us—we open the door. “Entertain” means we take the thought in, dwell on it, replay it over and over, reason with it, and eventually may even begin to believe it as truth.

As we see in Adam and Eve's story, this process ultimately produces fear.

After they sinned, Genesis 3:10 records Adam's confession to God:

“I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.”

Fear entered the human heart. And once fear takes root in our minds, it grows. It multiplies into chaos, doubt, worry, anxiety, bitterness, anger, rage, and more.

We must guard our hearts and minds fiercely. We must refuse to entertain any form of evil that tries to seep in.

Scripture gives us this powerful promise:

“For God gave us a spirit not of fear but of power and love and self-control [a sound mind]” (2 Timothy 1:7).

And again:

“There is no fear in love, but perfect love casts out fear” (1 John 4:18).

The Lord desires for us to have a sound mind—not to be enslaved to fear.

So let us take action:

- Put on the full armor of God (Ephesians 6:10–18).
- Take our stand against the devil’s schemes.
- Reject fear.
- Stand firm in the power, love, and victory of Jesus Christ.

Because in the end, fear drives bad decisions—and those bad decisions can shape the very reality we live in.

May we choose instead to believe God’s truth, resist the lie the moment it arrives, and walk in the freedom and sound mind He has given us.

(1, Rev. Standfest)

Faith over Fear

As we prepare to hear this week’s sermon, remember this powerful truth: Satan relentlessly attacks us through temptations, trials, and tribulations designed to shake our faith and erode our trust in the Lord. Throughout Scripture, we see how the enemy delights in instilling fear—of the unknown, of what others think, of failure, of harm, or even of ourselves. He will go to any length to paralyze and cripple our lives with anxiety and doubt.

Every word, every thought, and every whisper that comes our way ultimately traces back to one of two sources: God or Satan. Strip away the layers, and that’s the reality. As Christians, we are called to exercise the spiritual wisdom God provides to discern the true origin of those voices. When negative insults, condemnation, verbal abuse, or overwhelming dread bombard us, we must pause and ask: Is this how God speaks to His children? No—those harsh, fear-inducing messages are not from Him. That is the enemy’s tactic, not the voice of our loving Father.

Make no mistake: Our Lord does not inflict fear on His people. Everything about Jesus stands in direct opposition to fear and all the enemy's schemes. The Bible declares this clearly in 2 Timothy 1:7:

For God has not given us a spirit of fear, but of power and of love and of a sound mind. The Holy Spirit brings power to overcome, the love of Christ to sustain, and a sound, disciplined mind to think clearly amid chaos. We must stop, discern whose voice is speaking, and reject anything that contradicts God's character.

This truth is echoed in 1 John 4:18:

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

Satan's goal is to steal away the experience of Christ's perfect love from our lives. But when we cling to Jesus—who is perfect love itself—faith rises up and overpowers fear. Perfect love casts out torment, because fear is rooted in punishment and uncertainty, while God's love brings security, forgiveness, and peace.

Let us commit to constant discernment, keeping the Lord's spiritual wisdom at the forefront of our minds. Through prayer, we ask for His guidance and direction. We choose to walk daily in the love of Jesus Christ, allowing it to drown out every trace of fear.

Prayer: "Lord Jesus, we pray that You would remove all fear from our minds. Create in us new neurological pathways filled with Your perfect love, renewing our thinking and strengthening our faith. In Jesus' name, Amen."

(1, Rev. Standfest)

Genesis 2:15-17

Genesis 2:15-17 (ESV)

The Lord God took the man and put him in the garden of Eden to work it and keep it. And the Lord God commanded the man, saying, "You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

1. Purposeful Placement and Meaningful Work (v. 15)

"The Lord God took the man and put him in the garden of Eden to work it and keep it." Even before sin entered the world, God designed humanity for purposeful activity. Paradise was not a place of idle luxury; it was a place of stewardship and responsibility.

- **David Guzik stresses that work is not a curse from the fall but part of God’s good design:**

“God put Adam into the most spectacular paradise the world has seen, but God put Adam there to do work (to tend and keep it). Work is something good for man and was part of Adam’s perfect existence before the fall.” He cites H.C. Leupold: “The ideal state of sinless man is not one of indolence without responsibility. Work and duty belong to the perfect state.”

- **Warren Wiersbe echoes this:** Work is honorable and essential. Adam was a “royal tenant” in God’s world, given privilege but also responsibility. The verbs “work” (or “cultivate”) and “keep” (or “guard”) imply both creative labor and protective oversight. Even in perfection, human beings flourish through meaningful contribution.

- **Matthew Henry adds that this shuts out all boasting:** “Only He that made us can make us happy... Even in paradise itself man had to work. None of us were sent into the world to be idle.” The husbandman’s calling is ancient and honorable.

This verse shows God’s loving intention: He wants us to thrive by participating in His creation, using the authority He delegates wisely. When we later misuse that authority (as Adam did), we distort the very purpose for which we were made.

2. Abundant Freedom within Loving Boundaries (v. 16)

“And the Lord God commanded the man, saying, ‘You may surely eat of every tree of the garden...’”

God begins with lavish generosity. Adam had access to every tree except one. The phrase “you may surely eat” (or “freely eat”) emphasizes abundance and liberty.

- Life Application Study Bible notes highlight that the restriction was not a burden but a loving boundary.

It gave Adam the opportunity to choose trust and obedience voluntarily. Without a choice, love and obedience mean nothing.

- **David Guzik points out that real freedom requires the possibility of choice:** “For Adam to be a creature of free will, there had to be a choice, some opportunity to rebel against God... God wants our love and obedience to Him to be the love and obedience of choice.”

- **Matthew Henry observes:** “There was not only liberty allowed to man, in taking the fruits of paradise, but everlasting life made sure to him upon his obedience.”

God’s command starts with generosity because He desires our good. The boundary exists not to limit joy but to protect it.

3. The Clear Command and the Serious Warning (v. 17)

“...but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”

This is the first direct command in Scripture, and it comes with the first explicit warning of consequences. The tree represented the choice to live under God's definition of good and evil—or to seize autonomy and define it for oneself.

- **David Guzik explains the necessity of the test:** Adam had only one way to sin, while we face countless temptations. The command protected Adam's relationship with God and preserved the order of creation.
- **Warren Wiersbe teaches that God did not give this command to restrict man but to protect him:** "Obedience to God's will is the only path to true freedom and blessing." The covenant here (sometimes called the "covenant of works") placed Adam as federal head; his obedience would bring life, his disobedience death.
- **Matthew Henry warns strongly:** By disobedience, man would "forfeit his Maker's favour, and deserve his displeasure, with all its awful effects... he would become liable to pain, disease, and death. Worse than that, he would lose the holy image of God... The forbidding to eat of the fruit of a particular tree was wisely suited to the state of our first parents."

The Deeper Heart: God's Commands Are Always for Our Best

When God issues a command and attaches a warning, it is never arbitrary or cruel. Peel back the layers and the message is always the same: This is what is best for you. God knows the outcome of every path. His boundaries are not cages; they are guardrails protecting us from the cliffs of self-destruction.

Yet the tragedy begins right here: Adam (and later Eve) had God-given authority—to name animals, to rule the earth, to steward the garden. Instead of exercising that authority under God's loving rule, they asserted independence. They entertained the serpent's lie ("Did God really say...?"), reasoned with it, and chose to decide for themselves what was good and evil. They took the very authority God entrusted to them and turned it against His word.

This is the pattern that repeats throughout human history—and in our own lives. We misuse the freedom and authority God gives us. We take matters into our own hands. We entertain negative thoughts, doubts, fears, or justifications ("Surely God didn't mean that literally... Surely I know better in this situation..."). And the result is the same harvest: chaos enters the mind, fear takes root, relationships fracture, and spiritual death spreads.

Application for Today

- God still gives commands because He wants our best—protection, blessing, soundness of mind (2 Timothy 1:7).
- When we resist His word and seize control, we repeat Eden's mistake.

- The good news is redemption: Jesus, the last Adam (1 Corinthians 15:45), perfectly obeyed where the first Adam failed. In Him, we can return to trusting God’s voice above every lie.
 - Practical step: The next time a tempting thought arises—fear, bitterness, self-justification—resist immediately (James 4:7). Refuse to entertain it. Stand on God’s truth. His way is always best.
-

Genesis 3:1-10

Genesis 3:1–7 – The Serpent’s Lie and the First Bad Choice

What actually happened (in simple words)

A serpent—described as the craftiest of all the wild animals—starts talking to Eve. He twists God’s words:

“Did God really say you can’t eat from anytree in the garden?”

Eve answers, but she adds something God didn’t say: “We can’t even touch it, or we’ll die.”

The serpent immediately attacks that:

“You won’t really die. God just doesn’t want you to be like Him—knowing good and evil. Your eyes will be opened. You’ll be wise like God.”

Eve looks at the fruit. It looks good to eat, beautiful, and like it will make her wise. So she takes some, eats it, gives some to Adam (who is right there with her), and he eats it too.

Right away, their eyes are “opened.” They suddenly feel ashamed that they’re naked. They sew fig leaves together to cover themselves.

What God Was Really Doing in the Garden

God put Adam and Eve in a perfect place with almost total freedom:

- They could eat from every tree except one.
- That one tree was off-limits because God said, “If you eat it, you will die.”

God’s rule wasn’t mean. It wasn’t to keep something good from them forever.

It was protective—like telling a 10-year-old, “You can’t drive the car yet.” Driving isn’t bad; the timing is wrong.

God wanted them to grow into wisdom and independence His way, in His timing, while staying close to Him and trusting Him.

The Serpent’s Trick

The serpent didn’t say, “God is lying.” He just made God sound selfish and controlling: “God’s holding out on you. He doesn’t want you to be as smart and powerful as He is.”

That lie felt true because the fruit looked good, and who doesn't want to be wiser? But the serpent left out the most important part: disobeying God to grab that wisdom early would break their perfect relationship with Him.

What They Actually Got

They got what the serpent promised—they “knew” good and evil. But it wasn't the joyful, mature wisdom God planned to give them later. Instead it was the painful, shame-filled awareness that comes too soon—like a child forced to grow up overnight.

The first thing they “knew” was shame about their own bodies. They went from innocent and unashamed to embarrassed and hiding.

The Big Lesson for Us Today

Adam and Eve had authority and freedom from God. But they used that authority to go around God instead of staying under Him. They listened to the lie, thought about it, decided it sounded good, and acted on it. That's exactly how temptation still works in our lives:

- A thought comes (fear, anger, bitterness, lust, pride, “God's holding out on you”).
- We don't kick it out right away.
- We entertain it, look at it, replay it, start to believe it.
- Then we act on it—and shame, fear, chaos, and brokenness follow.

God's commands are never about ruining our fun.

They're always about what is truly best for us, even when we can't see the whole picture yet.

Spiritual Applications for Making Good Choices in Our Lives

Here are a few practical, everyday ways to apply this story so we can make better decisions and avoid repeating the Eden mistake:

1. Catch the lie the moment it shows up.

When a thought enters your mind that questions God's goodness, His timing, or His rules (“God doesn't really care... This won't hurt anything... I deserve this...”), treat it like a red flag. Don't replay it. Don't negotiate with it. Say out loud if you have to: “That's a lie. God's word is true.” Then replace it with Scripture (James 4:7 – “Resist the devil, and he will flee from you”).

2. Ask the timing question before you act.

Is this something God wants me to have right now? Even good things (a relationship, a promotion, more independence, certain freedoms) can become harmful if we grab them before

God's appointed time. Pray: "Lord, is this Your best for me today—or are You asking me to wait?"

3. Don't go it alone—bring someone with you.

Adam was right there and said nothing. Many bad choices happen because we isolate ourselves when temptation hits. Text a trusted Christian friend, call your spouse, talk to your small group leader. Let someone speak God's truth into the moment before you act.

4. Choose dependence over independence every day.

The world celebrates "doing what feels right to me," but real freedom comes from staying under God's loving authority. Start your day by surrendering your will: "Lord, not my way—Your way. I trust You know what's best." That simple choice protects your heart more than any self-made plan.

5. When you fail, run to God instead of hiding.

Adam and Eve hid and made fig-leaf coverings. We do the same with excuses, shame spirals, or pretending everything's fine. Instead, run straight to Jesus. Confess quickly (1 John 1:9), receive His forgiveness, and let Him cover your shame with His righteousness. He's not waiting to punish you—He's waiting to restore you.

The same serpent still whispers today, but the same God who walked in the garden still walks with us.

He wants to lead us into wisdom, freedom, and blessing—the right way, at the right time, with Him.

Choose His voice over every other voice. That's how we make good choices that lead to life.

2 Timothy 1:7

Why Timothy can be bold in using the gifts God has given him: God has given him a spirit of power and of love and of a sound mind

God has not given us a spirit of fear: Paul saw the timidity that was in Timothy; Timothy knew the fear he sometimes felt. God wanted Timothy to know that this fear wasn't from the God he served; God has not given us a spirit of fear.

We all face situations where we feel timid and afraid. For some, speaking in front of others makes them fear; others are afraid of confrontation, others of being made to look foolish, others are afraid of rejection. We all deal with fear.

The first step in dealing with such fears is to understand that they are not from God. It is a significant step to say, "This isn't God making me feel like this; God hasn't given me this."

Perhaps it is from personality, perhaps a weakness of the flesh, perhaps a demonic attack—but it isn't from God.

But of power and of love and of a sound mind: The second step in dealing with such fears is understanding what God has given us: a spirit of power and of love and of a sound mind.

God has given us a spirit of power: When we do His work, proclaim His word, represent His kingdom, we have all His power supporting us. We are safe in His hands.

God has given us a spirit of love: This tells us a lot about the power He has given us. Many think of power in terms of how much we can control others; but Jesus' power is expressed in how much we can love and serve others. On the night before the cross, Jesus, knowing that the Father had given all things into His hands—and what did He do with all that power? He humbly washed His disciples' feet (John 13:1–11).

God has given us a sound mind: The ancient Greek word here had the idea of a calm, self-controlled mind, in contrast to the panic and confusion that rushes in when in a fearful situation.

Not given us a spirit of fear, but of power and of love: We don't need to accept what God has not given us (a spirit of fear), and we do need to humbly receive and walk in what He has given us (a spirit ... of power and of love and of a sound mind).

Paul wrote this to Timothy because boldness matters; without it, we can't fulfill God's purpose for our lives. God's purpose for us is more than making money, being entertained, and being comfortable; it is for each of us to use the gifts He gives to touch His people and help a needy world.

Fear and timidity will keep us from using the gifts God gives. God wants us each to take His power, His love, and His calm thinking and overcome fear, to be used of Him with all the gifts He gives.

3. Using the boldness God gives, don't be ashamed of the imprisoned apostle

Therefore: Paul has just told Timothy about the spirit of power, love, and a sound mind, with courage, that is the birthright of every believer in Jesus Christ. Now he told Timothy how to let what God gave him guide his thinking.

Do not be ashamed of the testimony of our Lord: If Timothy took the courage God gave, he would not be ashamed of the testimony of our Lord. We often fail to understand that it wasn't easy to follow a crucified Master.

Today, we have sanitized Jesus, and disinfected the cross, making it all safe. But in the day Paul wrote this, it would seem strange indeed to follow a crucified man and call him savior.

Think of Jesus' teaching; if you want to be great, be the servant of all; be like a child, like a slave, like the younger, like the last instead of the first. This is a testimony some would be ashamed of.

Paul knew that the plan of God in Jesus Christ seemed foolish to many; but he also knew it was the living, active, power of God to save souls and transform lives. Paul would not be ashamed of it, and neither should Timothy—or us today.

1 John 4:18 Perfect Love Drives Out Fear: A Commentary on 1 John 4:18

1 John 4:18 — “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

This profound verse from the Apostle John addresses a common struggle among believers: the fear of judgment, punishment, or standing before God. In the context of 1 John 4, which emphasizes God’s love for us and our call to love one another, John explains how God’s maturing love in our lives brings confidence and banishes tormenting fear.

The Nature of Fear and Love

The “fear” John describes here is not the healthy reverence or awe we should have toward God (as in “the fear of the Lord is the beginning of wisdom,” Proverbs 9:10). Instead, it is a tormenting, slavish fear rooted in guilt, anticipation of deserved punishment, and dread of condemnation. This fear causes present suffering—a foretaste of future torment—and cannot coexist with genuine love.

Perfect love—God’s agape love, fully mature and complete—drives out this fear entirely. John uses emphatic language: love “has been perfected” (or “perfectly perfected,” from the Greek *teleioō teleioō*), meaning it reaches full maturity and completeness in us. Fear and love are opposites, like light versus darkness or love versus hate. Where God’s love reigns, tormenting fear has no place.

****Believers need not cower before God like fearful slaves awaiting punishment. ****Christ has already taken our punishment on the cross, delivering us from slavery to fear (Hebrews 2:14–15). As Paul writes in Romans 8:15 (NLT), “You should not be like cowering, fearful slaves. You should behave instead like God’s very own children, adopted into his family—calling him ‘Father, dear Father.’” Because Jesus bore the judgment we deserved, we are forgiven, accepted, and secure in God’s family.

Boldness in the Day of Judgment

John connects this truth to the future: love is perfected among us so that we “may have boldness in the day of judgment” (1 John 4:17). The day of judgment is fixed in God’s timetable—every person will stand before Him (2 Corinthians 5:10). Many in the early church trembled at this thought, and it remains sobering today.

Yet John offers freedom from dread. We can have boldness—not arrogance—because our identity is bound up in Christ. “As He is, so are we in this world” (1 John 4:17). Jesus stands glorified, justified, and righteous at the Father’s right hand. Through faith, we share that standing spiritually now, even if it’s in “seed” form awaiting full revelation. This confidence grows as we abide in Him.

The completeness of love means we no longer cower, dreading punishment. All judgment we deserved was poured out on Jesus. If tormenting fear persists, it reveals that love has not yet reached full maturity in us.

Practical Steps to Banish Fear

To drive fear from our lives:

1. Meditate on God’s unconditional love. Christ took our punishment; our sins are forgiven. We are completely accepted in Him. Understanding this truth brings freedom and quiets fears. Focus on Romans 8:38–39—nothing can separate us from God’s love.

2. Love others actively. If we spend our lives caring for others, putting their needs first out of joy (not duty), the judgment seat becomes a time of reward, not loss. We will hear, “Well done, my good and faithful servant” (Matthew 25:21 NLT). Loving others matures God’s love in us and demonstrates our confidence.

Fear of the future, eternity, or God’s judgment fades when we resolve it by focusing first on His immeasurable love, then allowing Him to love others through us. This quiets fears and builds assurance.

In summary, perfect love—God’s complete, maturing work in us—casts out tormenting fear because fear stems from punishment, and punishment has been satisfied in Christ. As we abide in His love and express it to others, we gain boldness now and in the day of judgment. Fear cannot coexist with the fullness of God’s love; it is expelled, leaving confidence, peace, and joy.

**

****Resources:** Rev. Brad Standfest, (1) Logos Bible Program: Factbook, Walter A. Elwell and Philip Wesley Comfort, Guzik, David. 2013. Romans. David Guzik’s Commentaries on the Bible, Barton, Bruce B., David Veerman, and Neil S. Wilson. 1992. Romans. Life Application Bible Commentary, Barton, Bruce B., and Philip Wesley Comfort. 1995. The Complaining Cure- Author and Pastor Bill Wahl, Good and Angry- Dr. David Powlison, Stop Your Complaining- Author and Pastor Ronnie Martin. Walton, John H. 2001. Genesis. The Life Application Commentary. Grand Rapids, MI: Zondervan, Matthew Henry Commentary, Warren W.Wiersbe Commentary

Sermon Notes:

Wk 4 – Mind Revolution: Change Your Life

Good Morning and Happy Sunday to Everyone... Welcome to our Online Family & Friends...

Well Praise God the Frigid Cold Spell has broke here in Michigan... — For Now & Into Next Week. I know it's not over but I Praise God for the warmth He sent...

We are in a Sermon Series Titled: Mind Revolution – Change Your Life...

We took a Break Last Week as we Baptized 13 people... Praise God!

Before we hop into God's Word here are the AVC Connections... YouTube, App, Facebook / Website

[Let's Pray]

We are in Week 4 of this Series... I realize not everyone has listened to them all... I would highly encourage you to go back and listen.

As a refresher... What is a Mind Revolution?

At its core a Revolution is a Sudden, Radical or Complete Change, often involving the Overthrow of an Old System and Establishing something New... A Mind Revolution involves rerouting negative thoughts & behaviors and making them obedient to Christ.

In a Mind Revolution we must eliminate any strongholds we have...

Our Key Passage says it Best: (PP) 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 will be able to test and approve what God's will is—his good, pleasing and perfect will.

Jesus Christ will totally transform your Mind & Life — If you allow Him to...

You may say: Why do I have Negative Thoughts and Behaviors? — Here's Why: (Scholarly Journal)

"Every Thought, Word, Reaction, and Habit Travels along networks of Neurons through your brain. When a pathway is used repeatedly; it becomes stronger and faster just like a river carving a deep channel through land. Over time the brain defaults to these routes. What we repeatedly think and do becomes the path our mind most easily follows — and eventually what flows out of us."

In our Last Sermon (#3) I talked about how God has given Humanity Authority... Authority to Rule & Subdue the Earth...

I closed Week Three's Sermon with this: When Humanity — or We — Misuse, Abuse, or Distort our God given Authority it Breeds Chaos & Disorder... When Chaos & Disorder seeps into our Minds it will overtake our Thoughts.

Scripture says: (PP) James 3:16: For where you have envy and selfish ambition, there you find disorder and every evil practice.

Let's go back into the Garden of Eden and learn some Valuable Lessons for our Lives...

(PP) **Let's Read Genesis 2:15–17**

Let's go deeper into this Main Text...Read Genesis 3:1–10

- V.6 — Entertained Evil Thoughts
- V.10 — Became afraid

Let me give you some serious lessons from Adam & Eve's mistakes we must heed... to keep our Minds Healthy.

1. Don't Entertain Evil Thoughts or Words that Attack You

Words are constantly coming at us... More than ever before... People, Social Media Posts, etc....

If you pull back the layers from the words coming at us... they have come from two sources...

Listen — very important — words are either coming from God or Satan... (Is that God talking to me?)

When we entertain or believe the enemy's words... it inflicts Fear into our minds...

When Adam & Eve believed Satan over God's Word, Scripture says: "They were afraid" Genesis 3:10

When Fear takes up space in our brains it grows... It grows into — Chaos, Doubt, Worry, Anxiety, Bitterness, Anger & Rage...

Let me give you some Power Punches to Combat Fear manifesting in our minds...

We are going to Power Punch with God's Word:

(PP) 2 Timothy 1:7: For God did not give us a spirit of fear (timidity), but a spirit of power, of love and of a sound mind.

(PP) James 4:7: Submit yourselves, then, to God. Resist the devil, and he will flee from you.

(PP) 1 John 4:18: There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

I want to close with this Truth Nugget... PP “Fear will cause us to make Bad decisions in our Lives... Those Bad Decisions can become the life we live...”

I want to close the service by Praying for Transformation in our Minds Today and Pray for fear to Flee...

Devotional Questions

1. The Origin of Fear in the Mind

In Genesis 3:1–10, Adam and Eve entertained the serpent’s twisted words (“Did God really say...?”), reasoned with the lie, disobeyed, and immediately became afraid, ashamed, and hid from God. How does this show that fear often enters our minds when we entertain Satan’s deceptions instead of rejecting them immediately? What recent “twisted thought” (doubt, worry, or self-justification) have you entertained, and how has it produced fear or chaos in your thinking?

2. Discerning the Source of Thoughts

The sermon stresses that thoughts and words trace back to God or Satan—negative, condemning, fear-inducing voices are the enemy’s tactic, not God’s. Drawing from 2 Timothy 1:7 (“God has not given us a spirit of fear, but of power and of love and of a sound mind”), how can you pause today to discern the origin of a fearful or negative thought? What practical step (e.g., speaking Scripture aloud or praying for wisdom) will help you reject it and replace it with God’s truth?

3. Refusing to Entertain Lies

Genesis 2:15–17 shows God’s generous boundaries were for Adam and Eve’s good, yet they entertained the lie and asserted independence, leading to fear and disorder (James 3:16 warns of envy and selfish ambition producing every evil practice). Where in your life are you tempted to “negotiate” with a lie instead of resisting immediately (James 4:7 – “Resist the devil, and he will flee”)? How would submitting fully to God right now protect your mind from fear taking root?

4. Renewing the Mind to Overcome Fear

Romans 12:2 calls us to “be transformed by the renewing of your mind” so we can discern God’s will. The sermon explains that repeated thoughts carve strong neural pathways—fear grows when we dwell on lies, but God’s truth can create new pathways of power, love, and soundness. What fearful pattern (anxiety about the future, others’ opinions, failure) has become a “default route” in your brain? What daily practice (Scripture meditation, prayer, or gratitude) can you start to renew your mind and build faith over fear?

5. Perfect Love Casting Out Torment

1 John 4:18 declares, “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment.” The commentary explains this tormenting fear (dread of judgment or punishment) cannot coexist with God’s maturing love—Christ took our punishment, giving us boldness as adopted children. How has fear of punishment or failure kept you from confidence in God? Spend time meditating on Christ’s perfect love—how does clinging to Him drive out that fear and replace it with peace?

6. Boldness Through God’s Gifts

From 2 Timothy 1:7 commentary, God gives a spirit of power (to overcome), love (to serve others), and sound mind (calm self-control) instead of fear. The sermon calls us to walk in these to fight Satan’s attacks on the mind. In what area (e.g., sharing faith, confronting sin, facing trials) has fear made you timid? How can receiving and using God’s power, love, and sound mind give you boldness today, refusing to be ashamed or paralyzed?

7. Practical Protection for the Mind

The sermon urges fierce guarding: resist immediately, don’t entertain evil thoughts, put on God’s armor, run to God instead of hiding when we fail. Combining Genesis (hiding in shame) with 1 John 4:18 (perfect love removes fear) and Romans 12:2 (mind renewal), what one actionable step will you take this week to protect your mind from fear seeping in—such as daily surrender, accountability with a friend, or replacing lies with truth? How will this lead to a transformed life in Christ?