

## Romans part 26

### “two minds”

So welcome again this morning, we are in a series in the book of Romans and it is fantastic...

When we give our life to Christ, we get a new spirit, but as we have talked we are still saddled with the same old mind, our thinking has not changed, we are still wrestling with our thoughts, our instincts and our habits.

Over and over in this passage, Paul contrasts two minds, the mind of the flesh and the mind of the spirit and then he appeals to us to follow the one and cautions us of what happens when we follow the other. I first have to learn to distinguish the difference, I think there are people who cannot tell the difference and that becomes a real problem.

One mind leads to freedom, the other back to slavery to whatever I am already dealing with, the other draws me closer to Jesus and to listen and trust. Now all of us want to be free from all the junk that tries to drag us down, but old habits or old ways of thinking and living die hard.

Last week we talked about some real practical ways of breaking the cycle of, just for the sake of recap, let's look real quick:

- **Recognize** what is happening. My mind is controlled by my flesh, so I am going to face the truth and not make excuses.

- **Refuse** to keep going. Don't continue to look at the pictures or go where you are going to be tempted etc. there is "inertia" that is going to resist the change!
- **Redirect** my thoughts onto truth. What is God's will here and what is God's promises concerning the situation?
- **Repeat** these steps as often and as much as needed. The mind will drift back to the negative before I even realize it.
- **Repent** tell the Lord exactly what just happened, don't excuse or blame, ask God for help and then obey.
- **Remember** to follow Him, we need to die to ourselves and that is not speaking about religious persecution, it is a lifetime of decisions to crucify the flesh.

*There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. <sup>2</sup> For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. <sup>3</sup> For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh, <sup>4</sup> that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit. <sup>5</sup> For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. <sup>6</sup> For to be carnally minded is death, but to be spiritually minded is life and peace. <sup>7</sup> Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. <sup>8</sup> So then, those who are in the flesh cannot please God.*

*<sup>9</sup> But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. <sup>10</sup> And if Christ is in you, the body is dead because of sin, but the Spirit*

***is life because of righteousness. <sup>11</sup> But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.***

***<sup>12</sup> Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh. <sup>13</sup> For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. <sup>14</sup> For as many as are led by the Spirit of God, these are sons of God. <sup>15</sup> For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.” Romans 8:1-15***

So here is where we want to go today;

### **1. God has already done His part.**

As a Christian, the point is not to beg God to help me, please do not turn me off right here, He has already done His part, there is no point in begging Him to help me. HE, has already given to me everything I need to change and live in victory. Change is only going to come when I Believe and Learn to access these resources.

***as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, <sup>4</sup> by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust. 2 Peter 1:3-4***

everything I need to defeat, depression, addiction, heal my mind from memories, reprogram my mind...

**Truth is what sets people free; deception holds people in bondage.**

## **2. I do my part.**

I can't simply sit by and wait for God to change me, I need to do my part, quit making excuses, I can't just pray for God to do the work and then just sit around...

The problem is, some of us are content to be the way we are, we're okay with being angry, lusting, gossiping... let's face it, if we really wanted to live a life of forgiveness, we would forgive. Jesus has given us the example and the power. If we really wanted to be generous, we would...

## **3. Restored authority.**

Remember in verse 15 it says, ***for you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."***

When we are born again, Jesus restores to us our authority that was surrendered in the garden. Remember, Jesus did not set us free from one form of slavery to make us slaves to God, we are servants by choice, we are asked to voluntarily follow Him, and the new birth makes it possible to reign over our own bodies and minds and I can exercise the authority and live how God intended...

Here is the thing though; if I am truly free, then I am also free to sin, I can still say yes to sin. I can still allow my flesh and old thinking to dominate me, to stay free I have to remember, it is not will power that makes me free, it is God's power.

The truth is that it is neither the flesh or the devil that prevents us from walking in the spirit; the biggest problem we face is our own attitudes!

#### **4. Two minds**

So I am going to give you some more practical steps, but before I do I want to explain these two minds, and I think when we explain them we will also see their source.

- **The mind of the flesh.**

In all of us, when we are born again we still have all the old thoughts that don't come from our spirit, the born again, brand new spirit, but from our brain.

We are programmed, by things in our past, or what we have been taught or by experiences and circumstances, those thoughts actually make "path ways" in our brain, think a super highway, and the longer we think a certain way, the deeper those pathways become.

Remember last week I told you it takes 7 seconds for our brains to catch up to our mouths or actions? Well, that is the highway and the only way to get off the old highway is a concerted effort to re-train the old brain.

***And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God Romans 12:2***

This is called;

**Programmed thinking.** It is the way are trained to think...

Then there is a part of your brain that records reality, from your perspective, whether true or false. It doesn't filter what is real from what is pretended, so here is where all the toxic memories and distorted reality are, and they constantly influence your thinking and choices, without you even being aware of it!

This is where wounds reside and cause all the struggles. This is called your;

**Subconscious mind.**

Then there is;

- **The mind of the spirit.**

Now listen, this is where it gets real exciting. After we are born again, we become aware of new thoughts and feelings that are new to our mind. Listen; the closer we are to Jesus, the louder and greater these thoughts are going to

be. When we are close in worship and the word, the stronger the mind of the spirit is going to become.

Now, a new thought comes along and hope arises, we know God is going to answer and help us, direct us and answer us, and frankly, everything looks different. The right decision will come along, we will hear the voice of God, the word will come alive, conviction will settle in, and my spirit is now thinking God's thoughts!! I am following the mind of the spirit...

The process of following the spirit requires daily saying yes to the presence and waiting, thinking in the presence of God...

So, let me give you some practical ideas, again, these are not a formula, but these two things will give you a starting point...

**a. Acknowledge Him.**

***Trust in the LORD with all your heart,  
And lean not on your own understanding;  
<sup>6</sup> In all your ways acknowledge Him,  
And He shall direct your paths. Proverbs 3:5-6***

I choose to direct my mind to the Spirit at the beginning of every day and every situation. What would Jesus do, what would He say...

**b. Recognize.** Understand that my old mind and way I thought my whole life is going to snap back in a moment. My "flesh mind" is going to take

over faster than I want or like... so when that happens. I want to be humble enough to admit it, don't hide it and get the help I need if I need too...

And then, I will quickly refocus on the Spirit! By deliberately turning my attention to the Spirit , I can monitor my thought, I can take things captive and submit to the power, grace and mercy of my Father!