

FAQ's

How Do I Change My Thoughts? Part 1

10-10-21

Romans 7:15 – I do not understand what I do. For what I want to do I do not do, but what I hate I do.

Romans 7:21-23 – So I find this law at work: When I want to do good, evil is right there with me.²² For in my inner being I delight in God's law;²³ but I see another law at work in the members of my body, waging war against the law of my **mind** and making me a prisoner of the law of sin at work within my members.

Self-destructive Thoughts:

1. Shame
2. Thoughts about yourself
3. Inner desires
4. Fear
5. Hopelessness
6. Bitterness
7. Insecurity

Romans 7:24-25 – What a **wretched** man I am! **Who** will rescue me from this body of death?²⁵ Thanks be to God—through Jesus Christ our Lord! So then, I myself in my **mind** am a slave to God's law, but in the sinful nature a slave to the law of sin.

Good Intentions – Willpower – Failure – Guilt – Shame

Habits That Change My Thoughts:

1. I must _____ on what Jesus did for me.

Romans 8:1-4 – Therefore, there is now **no condemnation** for those who are **in Christ** Jesus,² because **through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.**³ For what the law was **powerless** to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man,⁴ in order that the righteous requirements of the law **might be fully met in us**, who do not live according to the sinful nature but **according to the Spirit.**

*His righteousness is imputed to us, so our shame is _____ by Jesus.

2. I must _____ the Holy Spirit to change my thoughts.

Romans 8:5-8 – Those who live according to the **sinful nature** have **their minds set** on what that nature desires; but those **who live in accordance with the Spirit** have their **minds set** on what the **Spirit desires.**⁶ The mind of sinful man is death, but the mind controlled by the Spirit is life and peace;⁷ the sinful mind is hostile to God. It does not submit to God's law, nor can it do so.⁸ Those controlled by the sinful nature cannot please God.

*The principle of _____.

3. I must _____ that I have a new power to say "No."

Galatians 5:16 – So I say, live by the Spirit, and you will not **gratify the desires** of the sinful nature.

Romans 8:9-12 – You, however, are controlled not by the **sinful nature** but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. ¹⁰ But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you. ¹² Therefore, brothers, **we have an obligation**--but it is **not to the sinful nature**, to live according to it.

*Behind every self-defeating thought in my life is a _____
that I believe.