

Mind Renewal Recap

TRANSFORMATION IS AVAILABLE

- A. Just not automatic (*Romans 12:2 NKJ*)
 - 1. Transformation - the same word we get metamorphosis
 - 2. A function of repeating and replacing thoughts with truth
 - 3. Our repeated thoughts shape our inner life (*Proverbs 23:7 NKJ*)
- B. Our fight is in the mental, emotional realm (*2 Corinthians 10:3-5 NKJ*)
 - 1. Strongholds are false beliefs accepted as truth
 - 2. We have what we need to replace and pull down strongholds
 - 3. Truth breaks lies / light breaks darkness

THE MIND RENEWAL PROCESS

- A. Six steps to mind renewal
 - 1. Be still (*Isaiah 30:15 NKJ*)
 - 2. Meditate on God's truth (*1 Timothy 4:15 NKJ*)
 - 3. Affirm the truth out loud (*Proverbs 18:21 NKJ*)
 - 4. Practice consistently
 - 5. Utilize the optimal times (*Deuteronomy 6:6-7 NKJ*)
 - 6. Make renewing the mind a lifestyle (*Colossians 3:16 NKJ*)
- B. Recognize there will be opposition (*Ephesians 6:10-11 NKJ*)
 - 1. We have an enemy - and he is defeated
 - 2. Be aware, not afraid