

# TRANSFORMATION

*begins with*  
the **RENEWING**  
*of* **YOUR MIND**

ROMANS 12:2



# YOUR BEHAVIOR

MAPS OUT A SMALL "ROAD" IN YOUR BRAIN THAT CREATES A BASIC PATHWAY FOR YOUR THOUGHTS.



AS YOU REPEAT A PARTICULAR BEHAVIOR,

YOUR BRAIN BUILDS A **BIGGER "HIGHWAY"** THAT ALLOWS FOR AN INCREASED (( VOLUME )) AND FREQUENCY OF THOUGHTS TO MOVE ABOUT.

THIS RESULTS IN YOUR **DAY-TO-DAY ACTIONS.**

IN ORDER TO **CHANGE YOUR BEHAVIOR**, YOU MUST REPROGRAM YOUR BRAIN.

YOU HAVE TO DECONSTRUCT AN EXISTING HIGHWAY AND REPLACE IT WITH A NEW ONE. THIS IS A PROCESS THAT TAKES TIME.



THE BIBLE TEACHES US TO BE TRANSFORMED BY THE **RENEWING OF OUR MIND** THROUGH THE POWER OF GOD'S WORD.

**IN TIME**, THE RESULT IS THE FORMATION OF AN ENTIRELY NEW NEUROLOGICAL ROADMAP.

LEADING YOU TO **FREEDOM FROM THE PAST** AND TO **THE BETTER LIFE YOU WERE MEANT TO LIVE.**

# RENEW YOUR MIND *through the* POWER *of* GOD'S WORD

## I. BATTLE PLAN

### A. ADMIT THE STRUGGLE

**JAMES 5:16** Therefore, confess your sins to one another and pray for one another, that you may be healed.

**PROVERBS 28:13** Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

**LUKE 15:7** [Jesus speaking] Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.

**ROMANS 3:23** For all have sinned and fall short of the glory of God.

**2 CORINTHIANS 7:10** For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

**GALATIANS 5:17** For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

**EPHESIANS 4:25** Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members of one another.

**1 JOHN 1:8-9** <sup>8</sup>If we say we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup>If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

\*Verses taken from ESV

## B. IDENTIFY THE LIE

**DEUTERONOMY 11:16** Take care lest your heart be deceived, and you turn aside and serve other gods and worship them.

**PROVERBS 4:23** Keep your heart with all vigilance, for from it flow the springs of life.

**PROVERBS 20:4** The purpose in a man's heart is like deep water, but a man of understanding will draw it out.

**LAMENTATIONS 3:40** Let us test and examine our ways, and return to the Lord!

**ECCLESIASTES 2:11** Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.

**JOHN 8:12** [Jesus speaking] I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.

**EPHESIANS 4:22** Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires.

**EPHESIANS 5:11, 13** <sup>11</sup>Take no part in the unfruitful works of darkness, but instead expose them. . . . <sup>13</sup>when anything is exposed by the light, it becomes visible.

## C. REPLACE WITH THE TRUTH

**ROMANS 12:2** Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

**DEUTERONOMY 8:4** Man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord.

**PSALM 1:2-3** <sup>1</sup>Blessed is the man . . . <sup>2</sup>[whose] delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither.

**PSALM 18:30** God—his way is perfect; the word of the Lord proves true; he is a shield for all those who take refuge in him.

**PSALM 119:9-11** <sup>9</sup>How can a young man keep his way pure? By guarding it according to your word. <sup>10</sup>With my whole heart I seek you; let me not wander from your commandments! <sup>11</sup>I have stored up your word in my heart, that I might not sin against you.

**PSALM 119:105** Your word is a lamp to my feet and a light to my path.

**PROVERBS 7:1-3** <sup>1</sup>My son, keep my words and

treasure up my commandments with you; keep my commandments and live; <sup>2</sup>keep my teaching as the apple of your eye; <sup>3</sup>bind them on your fingers; write them on the tablet of your heart.

**JOHN 8:31-32** <sup>31</sup>"If you abide in my word, you are truly my disciples, <sup>32</sup>and you will know the truth, and the truth will set you free."

**ROMANS 8:5-6** <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 set their minds on the things of the Spirit. <sup>6</sup>For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

**1 CORINTHIANS 14:20** Brothers, do not be children in your thinking. Be infants in evil, but in your thinking be mature.

**2 CORINTHIANS 4:16-18** <sup>16</sup>So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. <sup>17</sup>For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, <sup>18</sup>as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

**2 CORINTHIANS 10:4-5** <sup>4</sup>For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. <sup>5</sup>We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

**EPHESIANS 4:23-24** <sup>23</sup>Be renewed in the spirit of your minds, <sup>24</sup>and . . . put on the new self, created after the likeness of God in true righteousness and holiness.

**EPHESIANS 6:13** <sup>13</sup>Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.

**PHILIPPIANS 4:8** Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

**COLOSSIANS 3:1-2** <sup>1</sup>If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. <sup>2</sup>Set your minds on things that are above, not on things that are on earth.

**COLOSSIANS 3:10** Put on the new self, which is being renewed in knowledge after the image of its creator.

**HEBREWS 11:16** And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

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*We take captive*  
**EVERY THOUGHT**  
*to make it*  
**OBEDIENT**  
**TO CHRIST**

## II. FIGHTING SPECIFIC IDOLS

### A. FIGHTING AN IDOL OF CONTROL WITH THE TRUTHS OF TRUST AND STEWARDSHIP

#### TRUTHS OF TRUST:

**ISAIAH 41:10** Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

**JEREMIAH 17:7-8** <sup>7</sup>Blessed is the man who trusts in the LORD, whose trust is the LORD. <sup>8</sup>He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.

**PROVERBS 3:5-6** <sup>5</sup>Trust in the LORD with all your heart, and do not lean on your own understanding. <sup>6</sup>In all your ways acknowledge him, and he will make straight your paths.

**MATTHEW 6:25, 33-34** <sup>25</sup>“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? . . . <sup>33</sup>But seek first the kingdom of God and his righteousness, and all these things will be added to you. <sup>34</sup>Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

**JOHN 14:1** [Jesus speaking] “Let not your hearts be troubled. Believe in God; believe also in me.”

**PHILIPPIANS 4:6-7** <sup>6</sup>Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**1 PETER 5:6-7** <sup>6</sup>Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup>casting all your anxieties on him, because he cares for you.

#### TRUTHS OF STEWARDSHIP:

**GENESIS 2:15** The LORD God took the man and put him in the garden of Eden to work it and keep it.

**PSALM 24:1** The LORD owns the earth and all it contains, the world and all who live in it. (NET)

**LUKE 12:48** Everyone to whom much was given, of him much will be required, and from him to whom they entrusted much, they will demand the more.

**1 PETER 4:10** As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.

## B. FIGHTING AN IDOL OF SIGNIFICANCE WITH THE TRUTHS OF FEARING GOD AND HUMILITY

### TRUTHS OF FEARING GOD:

**PSALM 97:7** All worshipers of images are put to shame, who make their boast in worthless idols; worship him [the Lord], all you gods!

**PSALM 113:4-6** <sup>4</sup>The LORD is high above all nations, and his glory above the heavens! <sup>5</sup>Who is like the LORD our God, who is seated on high, <sup>6</sup>who looks far down on the heavens and the earth?

**PSALM 118:8** It is better to take refuge in the Lord than to trust in man.

**PROVERBS 1:7** The fear of the LORD is the beginning of knowledge.

**ECCLESIASTES 12:13** Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. (KJV)

**COLOSSIANS 3:23** Whatever you do, work heartily, as for the Lord and not for men.

### TRUTHS OF HUMILITY:

**1 SAMUEL 16:7** For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart.

**PSALM 34:2** My soul makes its boast in the LORD; let the humble hear and be glad.

**PSALM 147:10-11** <sup>10</sup>His delight is not in the strength of the horse, nor his pleasure in the legs of a man, <sup>11</sup>but the Lord takes pleasure in those who fear him, in those who hope in his steadfast love.

**JEREMIAH 9:23-24** <sup>23</sup>Thus says the LORD: "Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches, <sup>24</sup>but let him who boasts boast in this, that he understands and knows me, that I am the LORD who practices steadfast love, justice, and righteousness in the earth. For in these things I delight, declares the LORD."

**ROMANS 12:3** For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

**1 PETER 5:5-6** <sup>5</sup>Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble." <sup>6</sup>Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you.

## C. FIGHTING AN IDOL OF COMFORT WITH THE TRUTHS OF GODLY AMBITION, SELF-SACRIFICE, AND GOD HIMSELF

### TRUTHS OF GODLY AMBITION:

**COLOSSIANS 3:23** Whatever you do, work heartily, as for the Lord and not for men.

**HEBREWS 12:1-2** <sup>1</sup>Let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup>looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

### TRUTHS OF SELF-SACRIFICE:

**1 CORINTHIANS 9:24-27** <sup>24</sup>Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. <sup>25</sup>Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. <sup>26</sup>So I do not run aimlessly; I do not box as one beating the air. <sup>27</sup>But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

**1 TIMOTHY 5:8** But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.

### TRUTHS OF GOD HIMSELF:

**JOSHUA 1:9** Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.

**PSALM 16:11** You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

**PSALM 37:4** Delight yourself in the LORD, and he will give you the desires of your heart.

**PROVERBS 19:21** Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.

**PHILIPPIANS 3:8** Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ.

**\*See page 78 for Scripture to help you battle porn and sexual lust**

\*All verses are taken from ESV unless otherwise noted