

RENEWING THE MIND ONE THOUGHT AT A TIME: HOW TO CHANGE SINFUL THOUGHT PATTERNS

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A Transformed Life by Gaining More of the Mind of Christ
Romans 12:2; Colossians 3:9-10

A. WHAT DOES IT MEAN TO RENEW THE MIND?

1. The Mind (Heb 4:12; Luke 5:22)
2. Keeping the Heart (Prov 4:23)
3. Renew (Phil 2:5; Ro 12:2; Col 3:5-10)

B. WHY MUST WE RENEW THE MIND?

1. Because the heart/mind (our inner woman) is God's greatest concern for us (Deut 10:6; 1 Sam 16:7; Matt 5:8)
2. Because God has commanded it for our good and His glory (Eph 4:22; Ro 12:1-2, Deut 6:24)
3. Because we think so much! (Prov. 23:7; Ps 15:2)
4. Because of the things that help corrupt or our thinking (Jer 17:9; Col 2:8; 1 Pet 5:8; 2 Cor 10:3-5; 2 Cor 11:3)
5. Because our thoughts are so powerful, so crucial to our living and critical to bringing God glory (Prov 23:7; Ja 1:14-15; Ro 12:2)

C. HOW DO WE RENEW THE MIND?

1. By God's grace (John 15:5; Heb. 4:16; Phil 2: 12-13; Ja 4:3; Ps 119:173)
2. By purposing to pay attention to and evaluate our thinking (Ps 119:59; Ps 19:14)
3. By working to repenting of ungodly thinking in the ways that God has told us (2 Cor 7:9-11; Is 66:2; 1Pet 1:13; Phil 2:12; Col 1:29; Phil 4: 6-9; Ezz 7:10)

- a. Confess (Ps 32:5; 1 Jn 1:9)
- b. Keep our heart with all diligence (Prov 4:23)
 - i. Put off and put on in a specific and concrete way (Eph 4:23)
 - ii. Practice and do not stop (1 Tim 4:6-7)
 - iii. Some practical ideas (Ja 1:25)

D. WHAT CAN KEEP US FROM RENEWING THE MIND?

1. Wrong presuppositions about God (Ps 145; Is 40: 25-29)
2. Wrong presuppositions about the Word of God (Ps 19:7-11; 2 Tim 3:16; 2 Peter 2:2)
3. Too little of the Word (Jn 17:17; Ps 119:16)
4. Too Busy, Laziness (1 Cor 4:2; Rom:11)
5. Excuses (Is 66:2; Heb 4:13)
6. Weariness (Ps 46:1; Ps 68:35; Ps 73:26; Ps 119:28; Ps 38:22)

E. WHAT GIVES US ENCOURAGEMENT TO KEEP RENEWING THE MIND?

1. God's grace is more than sufficient (2 Cor 9:8; 2 Cor 12:9; Rom 5:20; 1 Cor 10:13)
2. God's expectation is not burdensome (2 Cor 3:18; Ps 103:14; 1 Jn 5:3; Phil 1:6)
3. Changing long standing thought patterns is possible (Ps 119:45; 2 Tim 4:7)
4. Consequences (Gal 6:7-8; Ps 119:2)
5. Heaven and reward (Rom 8:18; Gal 6:9)