

## Harnessing Your Mind (Part 1)

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### **Intro**

The mind is under tremendous assault today.

To have a strong walk with God means that we MUST harness our thoughts.

2 Corinthians 4:4 - NLT

Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this message about the glory of Christ, who is the exact likeness of God.

Ephesians 2:1-3 - AMP

And you [He made alive when you] were [spiritually] dead and separated from Him because of your transgressions and sins, 2 in which you once walked. You were following the ways of this world [influenced by this present age], in accordance with the prince of the power of the air (Satan), the spirit who is now at work in the disobedient [the unbelieving, who fight against the purposes of God]. 3 Among these [unbelievers] we all once lived in the passions of our flesh [our behavior governed by the sinful self], indulging the desires of human nature [without the Holy Spirit] and [the impulses] of the [sinful] mind. We were, by nature, children [under the sentence] of [God's] wrath, just like the rest [of mankind].

### **Four things to know:**

#### **1. You are a spirit, you have a soul, and you live in a body.**

1 Thessalonians 5:23 - NLT

*Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.*

### **Spirit**

The part of your person that relates to God; your conscience, intuition, the inner knowing that you have, a gut sense. All of this comes from the spirit of man and is deeper than thought.

Job 32:8 - NKJV

But there is a spirit in man, and the breath of the Almighty gives him understanding.

John 4:24 - AMPC

God is a Spirit (a spiritual Being) and those who worship Him must worship Him in spirit and in

truth (reality).

## **Soul**

The part of your person that relates to the world around you. The predominant voice of the soul is reasoning. The soul is made up of three parts - intellect, emotion, will.

The combination of the spirit of man in a human body created the soul...

Genesis 2:7 - NLT

Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person.

## **Body**

The "earth suit" that you live in. The primary voice of the body is feelings. It is the seat of the five senses.

When Adam was first created, his spirit flowed in harmony with God. His soul was in unison with his spirit, and was the servant of his spirit life. His body was in harmony with the earth from which it came.

His entire being flowed in complete agreement and harmony, each part complementing the other.

## **2. The new birth transforms the spirit nature.**

2 Corinthians 5:17 - AMP

Therefore if anyone is in Christ [that is, grafted in, joined to Him by faith in Him as Savior], he is a new creature [reborn and renewed by the Holy Spirit]; the old things [the previous moral and spiritual condition] have passed away. Behold, new things have come [because spiritual awakening brings a new life].

1 Peter 1:23 - AMP

For you have been born again [that is, reborn from above—spiritually transformed, renewed, and set apart for His purpose] not of seed which is perishable but [from that which is] imperishable and immortal, that is, through the living and everlasting word of God.

## **3. The mind must be renewed for the spirit to be free.**

The soul must be conquered before the spirit can be free.

Romans 12:1-2 - NKJV

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 2 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 - TPT

Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes.

Our life will now go the direction of our thoughts. The mind is now the pivot point between spiritual living and carnal living for the Christian.

What you do with your mind every day will determine what kind of life you will live.

Romans 8:5-8 - HCSB

For those whose lives are according to the flesh think about the things of the flesh, but those whose lives are according to the Spirit, about the things of the Spirit. 6 For the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace. 7 For the mind-set of the flesh is hostile to God because it does not submit itself to God's law, for it is unable to do so. 8 Those whose lives are in the flesh are unable to please God.

#### **4. The mind resists change! You have to force it to obey God!**

Romans 8:7 - AMP

The mind of the flesh [with its sinful pursuits] is actively hostile to God. It does not submit itself to God's law, since it cannot,

Romans 8:7 - HCSB

For the mind-set of the flesh is hostile to God because it does not submit itself to God's law, for it is unable to do so.

The soul has a life of its own. It makes the unreal seem real, and strictly opposes any movement to unseat its control!

The mind has a default set on self-centered living. It naturally opposes any control by the Holy Spirit and the Word!

James 1:21 - NLT

So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.

### 30 Symptoms of an Unrenewed Mind:

1. Little interest in the Word.
2. Little understanding of who you are in Christ.
3. Thinking only of the negatives in your life.
4. Lack of joy.
5. Lack of personal freedom and liberty to be yourself.
6. Constantly dwelling on past thoughts, feelings, and actions.
7. Lack of godly love and forgiveness.
8. Fear of openness and honesty.
9. Impure thinking and living.
10. Lack of humility and submission - stubbornness.
11. Weak faith in God and His Word.
12. More concerned with what people think than with what God thinks and wills.
13. Motivated by feelings more than God's Word.
14. Fear of financial failure.
15. Fear of sickness and disease; obsession with symptoms.
16. Fear of God and others.
17. Fear of closeness and intimacy with others.
18. Fear of exposure, of letting people know who you really are...
19. Inferiority.
20. Loneliness.
21. Easily hurt and offended/overly sensitive.
22. Inability to accept criticism.
23. Fault finding - reading bad motives into what others do.
24. Pessimistic attitude.
25. Sinful physical habits.
26. Self-pity.
27. Inability to give and receive love.
28. Chronic marriage problems.
29. Gossip.
30. Looking for negative thoughts and traits in others.

### **Symptoms of a Renewed Mind**

1. Genuine love and concern for others.
2. Joy.
3. Inward Peace.
4. Patience with people.
5. Patience in circumstances.

6. Seeing the best in others.
7. Sense of fulfillment.
8. Sense of acceptance with God.
9. Lack of personal inferiority.
10. Knowing your place in Christ.
11. Forgiveness.
12. Unconditional love.
13. Purity in thought and life.
14. Ability to be comfortable revealing yourself to others.
15. Ability to enjoy close relationships.
16. Thoughts of health and healing.
17. Knowing you are materially provided for.
18. Optimism even in tough circumstances.
19. Believing the best of others.
20. Faith in the Word over feelings.
21. Confidence in God.
22. Proper sense of personal boundaries.
23. Freedom to be open and honest.
24. You treat others with kindness.
25. Lack of worry.
26. You use words that bless and heal.
27. Honesty.
28. You keep your word.
29. You do your best in all you do.
30. A thankful attitude, even when life is hard.

Next time, we will talk about how to renew the mind...

Remember:

1. You are a spirit, you have a soul, and you live in a body.
2. The new birth transforms the spirit nature.
3. The mind must be renewed for the spirit to be free.
4. The mind resists change! You have to force it to obey God!

### **Action Points:**

1. Can you differentiate within you your spirit, your soul, and your body?
2. How do you know that you've been born again?
3. Do you have symptoms of an unrenewed mind?