

Harnessing Your Mind (part 2)  
4 Steps to Mind Renewal and Life Change  
12.1.2019

**Review**

All out assault to control your thinking today.

What we do with our thinking determines whether we live a spiritual life or a sin-filled life.

All spiritual resistance comes to the mind first.

2 Corinthians 4:4

1 Peter 5:7-8

2 Corinthians 2:11

Ephesians 6: 11-12

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!

30 Symptoms of an Unrenewed Mind:

30 Symptoms of a Renewed Mind

**Today - 4 Steps to Mind Renewal and Life Change**

**Quotes**

Gary Collins

*The quality of our lives is closely connected to the quality of our thinking.*

Kenneth Hagin

*You can't keep a bird from flying over your head. But you can keep him from building a nest in your hair!*

John G. Lake

*A man's life will be as the character of his thoughts. If he thinks evil, he will be evil. If he thinks holy, he will be holy. His outward life will be as his inner impulse is.*

Tim Lahaye

*You live the way you think- so what the mind feeds upon becomes the most influential force of your life.*

Smith Wigglesworth

*The devil knows that if he can capture your thought life, he has won a mighty victory over you...I come across people everywhere I go who are held bound by deceptive conditions, and these conditions have come about simply because they have allowed the devil to make their mind the place of his stronghold.*

Lester Sumrall

*You cannot have spiritual power without purity of mind.*

**The mind must be conquered before the spirit is free.**

Thoughts must change before you change!

We must choose NOT to believe our old carnal thoughts and feelings when they come back!

Romans 8:7 (Amplified Bible - 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,

Our thoughts have a life of their own, and we must slay them!

We have the mind of Christ! Our spirit is transformed!

When old thoughts return, they are only an echo of the old self you were. They are an old, practiced, habitual way of thinking.

## **4 Steps to Mind Renewal and Life Change**

### ***1. Locate the wrong thoughts.***

When we are pressured by life, we tend to regress to old familiar patterns of thinking (ruts)

We all have mental ruts (like the grooves on a vinyl record). These ruts come from thought patterns that come from years of living and experiencing certain things in life.

They also come from thought patterns that are built into us in infancy and childhood.

A rut is an automatic way of thinking about yourself and life that you naturally default back to

under pressure.

We *all* have mental ruts. We must choose to identify them, challenge them, and change them.

\* Years ago, before paved road, the roads were dirt roads, and ruts would form in the dirt roads. There was sometimes a sign posted on a long road - *Choose your ruts carefully, you'll be in them for seven miles!*

### My mental ruts

Nobody likes you. Nobody cares. You're not like everyone else. There is something wrong with you. Hair cut by my dad. Clothes too big. Rejection.

Do you think you can do anything right?

You will die young.

You are not worthy to have nice things.

So, what are your mental ruts?

Most people don't try to change their mental ruts!

Most people, even though educated, do not control their thoughts.

Philippians 4:8 - KJV

Finally, brethren, whatsoever things are **true**, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are **of good report**; if there be any **virtue**, and if there be any **praise**, think on these things.

Psalms 90:8 - AMP

Our iniquities, our secret heart and its sins [which we would so like to conceal even from ourselves], You have set in the [revealing] light of Your countenance.

Colossians 3:17- NLT

And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

For me, these mental ruts or grooves had been with me life-long.

I began to know that the ruts I was thinking in were wrong. I *knew* that I was a new creature

in Christ, that I was the righteousness of God in Jesus, that God loved me, that I was favored by God (Jer 29:11).

I found out that Jesus took my sins and my sicknesses, and that He promised me a long life!

But, my thoughts and feelings ganged up on me! They told me that I was worthless! If I had yielded to them, I would still be bound today!

But I made a choice to resist. I knew they were lies!

So I decided to...

## ***2. Find scriptures that refute the wrong thinking and feeling.***

I wrote them on a card..

Psalm 119:9 - AMP

How shall a young man cleanse his way? By taking heed and keeping watch [on himself] according to Your word [conforming his life to it].

Psalm 119:11 - AMP

Your word have I laid up in my heart, that I might not sin against You.

Psalm 37:31 - MSG

His heart pumps God's Word like blood through his veins; his feet are as sure as a cat's.

\*1 Corinthians 4:3-4 - J B Phillips Translation

But, as a matter of fact, it matters very little to me what you, or any man, thinks of me – I don't even value my opinion of myself. (4) For I might be quite ignorant of any fault in myself – but that doesn't justify me before God. My only true judge is the Lord.

1 Peter 2:24 - NKJV

Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.

Psalms 91:15-16 - NKJV

He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. (16) With long life I will satisfy him, And show him My salvation."

Matthew 6:33 - NKJV

But seek first the kingdom of God and His righteousness, and all these things shall be added

to you.

I refuted the thoughts and said out loud that they were wrong!

Then I chose to do the following:

### **3. Catch yourself when thinking and acting on the thoughts.**

\*Acknowledge to God that the thoughts have been a stronghold in your life. Ask the Holy Spirit to help you overcome the wrong thinking.

I acknowledged to the Lord that the thoughts and feelings of inferiority were strong, and I asked Him for grace to overcome them. I said out loud that I was accepted by God and was loved and favored by Him!

I said out loud that I was *not* going to get sick. I said out loud that I was not going to die young!

I said out loud that I was worthy to be blessed and have things as I sought first the kingdom of God!

I would confess out loud what God said about me, and I would thank Him for freeing me from it.

Then, I made a choice to:

### **4. Siege the thoughts.**

That is, I refused to allow my mind and emotions to rule my life. I acted contrary to what I thought and felt.

2 Corinthians 4:18 (NKJV)

18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

I made a decision to let God's Word rule me and not my carnal thoughts and emotions.

In Eastern culture in Bible days, an enemy army would *siege* a city that had high walls and was impenetrable. They would cut off the supply lines to the city that provided food, water, and materials necessary for life. The inhabitants would be worn down, and then they would breach the walls. It took longer, but the city would be conquered!

*I have been free for many years from the crushing thoughts and feelings of inferiority that come from fear-based thinking!*

I have been free for years from thinking that told me that I was going to get sick!

I have been free for years from thinking that told me I was going to die young!

I have followed this pattern in so many areas of life to become free from thinking that inhibits who I am in Jesus. It works every time.

Look at the pattern for freedom from wrong thinking again:

- 1. Locate the wrong thought.**
- 2. Find scriptures that refute the wrong thinking and feeling and meditate.**
- 3. Catch yourself when thinking and acting on the thoughts.**
- 4. Siege the thoughts.**

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.

**Action Points:**

1. Where do you struggle the most in your thoughts?
2. Is it guilt? Anxiety? Inferiority? Fear? Pride? Sickness? Fear of death?
3. Ask God to show you the root, then get busy saying what you believe!

