

Eleven Ways to Renew the Mind

As we saw in the first three chapters, it is our right and privilege to be functioning with a sound, disciplined mind. In keeping with that truth, and in order to do this, we must always continue to do what the Apostle Paul describes as 'renewing the mind'.

*And do not be conformed to this world, but
be transformed by the renewing of your
mind, so that you may prove what the will of
God is, that which is good and acceptable
and perfect.*

Romans 12:2 (NKJV)

and be renewed in the spirit of your mind,
Ephesians 4:23 (NKJV)

**What is wrong with the human mind?
Why does it have to be renewed?**

The problem with our minds is not merely that we are finite, and don't have all the information. The problem is that our minds are fallen. They have a spirit, a bent, a mindset that is hostile to the absolute supremacy of God. Our minds are bent on not seeing God as infinitely more worthy of praise than we are, or the things we make or achieve.

- John Piper

Until our minds are renewed and brought under the Lordship of Jesus Christ, our thought life can run rampant with unhealthy, uncontrolled thinking! The results can be catastrophic!

The good news is this - we *can* win the battle in our minds! God has given us everything we will ever need to win! We have the Word of God, the blood of Christ, praise, worship, grace and the precious Holy Spirit to help us, undergird us and guide us as we embark on renewing our minds!

*Therefore if the Son makes you free, you shall
be free indeed.*

John 8:36 (NKJV)

Thanks to Jesus, and the price He paid at the cross for us; our minds can once again be sharp, clear, healthy, whole, and full of peace!

...and be renewed in the spirit of your mind,

...

Ephesians 4:23 (NKJV)

I have listed eleven ways to ‘Renew the Mind’ in this chapter. But before we get to those, let’s take a brief look at what ‘renewing our minds’ really means. To ‘renew our minds’ is not simply ‘changing what we think’ by using our own self-effort and/or thoughts. But as we see in Ephesians 4:22-24, we are actually doing an exchange.

We are ‘putting off’ our old corrupt thinking and ‘exchanging’ it for ‘new, saved redeemed’ thinking according to the Word of God!

*Strip yourselves of your former nature [put
off and discard your old unrenewed self]
which characterized your previous manner of
life and becomes corrupt through
lusts and desires that spring from delusion;
And be constantly renewed in the spirit of
your mind [having a fresh mental and
spiritual attitude],
And put on the new nature (the regenerate
self) created in God’s image, [Godlike] in
true righteousness and holiness.*

Ephesians 4:22-24 (AMPC)

Additional definitions of ‘being renewed’ (in the spirit of your mind) are:

Jamieson-Fausset-Brown Bible Commentary:

be renewed—The Greek (*ananeousthai*) implies "the continued renewal in the youth of the new man." A different Greek word (*anakainousthai*) implies "renewal from the old state." [Underline added for emphasis]

Gill’s Exposition of the Entire Bible:

And be renewed in the spirit of your mind—Or by the Spirit that is in your mind; that is, by the Holy Spirit; who is in the saints, and is the Author of renovation in them; and Who is the Reviver and Carrier on, and Finisher of that work, and therefore that is called the renewing of the Holy Spirit.

The Spirit renews the mind. It is first and decisively His work. We are radically dependent on Him. Our efforts follow His initiatives and enablings.

- John Piper

This is what transforms our lives. A renewed mind is one whose thought life has come under the Lordship of Jesus Christ. A renewed mind is under the government of Jesus Christ, at peace without turmoil or anxiety.

Behavior, actions, and lifestyles-begin in the mind. They cannot be changed with a snap of the finger. It takes *mind renewal* to affect permanent change. The renewal of the mind will allow us to receive wisdom from the Holy Spirit that will cause us to prosper in any circumstance.

These next eleven steps are the fundamentals that I have compiled and put into practice in order to renew the mind and maintain a sound mind. (Or, in Beth Moore's words: Reclaim, Replace, and Renew our minds!)

Eleven Ways to Renew the Mind

1. Re-surrender Your Life to the Lord.

So he answered and said, “ ‘You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind,’ and ‘your neighbor as yourself.’ ”

Luke 10:27 (NKJV)

It takes a conscious effort and spiritual discipline for you to present yourself to the Lord. Spend quiet time with Him. Re-surrender, re-submit, re-align your mind, will and emotions with and to the purposes of God.

2. Listen/Hear the Word of God.

Be aware of what you are listening to. What you listen to affects you. Guard your ears; they are the “eargate”.

- John Piper

So then faith comes by hearing, and hearing by the Word of God.

Romans 10:17 (NKJV)

What are you hearing? What are you listening to?

3. Read Your Bible.

Search for Christ. Search for revelations. Search for Scriptural truths concerning the areas of struggle you are facing. Search for truths that renew and transform your mind and your life. Truly study your Bible. The Scriptures were not given for our information, but for our transformation.

-D.L. Moody

There are differences in ‘Informational Reading’ and ‘Formational Reading’ of Scripture. ⁴

<u>Informational Reading</u>	<u>Formational Reading</u>
Seeks to cover as much as possible	Focuses on small portions
A linear process	An in-depth process
Seeks to master the text	Allows the text to master us
The text as an object to use	The text as a subject that shapes us
Analytical, critical, and judgmental approach	Humble, submissive, willing, loving approach
Problem-solving mentality	Openness to mystery

*Open my eyes, that I may see wondrous
things from Your law.*

Psalms 119:18 (NKJV)

*All Scripture is God-breathed [given by
divine inspiration] and is profitable for
instruction, for conviction [of sin], for
correction [of error and restoration to
obedience], for training in righteousness
[learning to live in conformity to God's will,
both publicly and privately—
behaving honorably with personal integrity
and moral courage]...*

2 Timothy 3:16 (AMP)

*Show me Your ways, O Lord; Teach me Your
paths. Lead me in Your truth and teach me,
For You are the God of my salvation; On You
I wait all the day.*

Psalms 25:4-5 (NKJV)

4. Meditate on the Word of God.

Form a Habit of Meditating. Chew, Ask, and Ponder.

*The law of his God is in his heart; None of
his steps shall slide.*

Psalms 37:31 (NKJV)

*Finally, brethren, whatever things are true,
whatever things are noble, whatever
things are just, whatever things are pure,
whatever things are lovely, whatever
things are of good report, if there is any
virtue and if there is anything praiseworthy—
meditate on these things.*

Philippians 4:8 (NKJV)

*Let the word of Christ dwell in you richly in
all wisdom; ...*

Colossians 3:16 (NKJV)

The word *meditate* literally means “to mutter,” which implies continually speaking God’s Word to yourself. **Meditation will increase your ability to believe.** God’s Word is digested in the mind. Then, it passes into the heart and spirit. Just as it takes time for food to digest and become part of your body, so it takes time for the Word of God to digest into your soul. That is why meditation on the Word cannot be rushed. The **key is to meditate on the Word** until it becomes part of your everyday behavior.

If you want to have the ‘mind of Christ’, you must frequently shut the door to EVERY other distraction in your life and get alone with Him because God does not and will not yell; He speaks in a still, soft, voice.

- Beth Moore

5. Speak God's Word Aloud.

Speaking the Word of God aloud is a powerful, Biblical principle that accomplishes many things.

It helps you to keep the Word of God alive in your heart.

It helps your faith to grow. Your spirit man hears the truth, thus causing your faith to grow and stay strong. "So then faith comes by *hearing*, and *hearing* by the Word of God. (Romans 10:17, NKJV) [Italics added for emphasis]

The Word can be applied like *medicine*. "My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, And ***health*** to all their flesh." (Proverbs 4:20-22, NKJV) [Bold and italics added for emphasis] There is a footnote in the KJV of the Bible that shows that the word ***health*** in this verse means *medicine*.

When struggling with a problem, speak the Word of God aloud that applies to that situation. You will bring life and truth to it!

Speak the Word of God aloud if you are having a hard time thinking correctly. Every time a thought comes to your mind that does not agree with God's Word, or puts you into confusion, despair or fear, declare the Scriptural truth aloud against that wrong thought. You will find the wrong thought disappearing. What you are literally doing when you do this is blocking or eradicating the ability for the wrong thought to continue down its familiar pathway in your mind. You are stopping it in its tracks! But here is a huge key: You must then REPLACE that wrong thought with the CORRECT thought/truth from the Word of God. You will then be creating a new pathway for your new thought to travel!

If the enemy has been able to lodge a *stronghold* in your mind, (**Stronghold**- Biblically - any idea, thought, principle, argument or reasoning contrary to GOD's Word. It **holds strong** in your mind, not wanting to let go), one of the most powerful things you can do to **demolish** that **stronghold**, is to speak the Word of God (that addresses that stronghold) over (and into) that situation. "For the weapons of our warfare are not physical [weapons of flesh and blood], **but they are mighty before God for the overthrow and destruction of strongholds**, [Inasmuch as we] refute arguments *and* theories *and* reasonings and every proud *and* lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought *and* purpose away captive into the obedience of Christ (the

Messiah, the Anointed One)” (2 Corinthians 10:4-5, AMPC) [Bold and italics added for emphasis]

Speak and pray the Scriptural truths over and over until you experience absolute and lasting freedom. Be firm. You are not trying to manage the stronghold; you are out to demolish it! (See “Speaking God’s Word” in the back of this book for some examples of Scriptural truths for you to speak and pray.)

God’s Word is a Sword! It is the Sword of the Spirit! It is double-edged. "For the word of God is living and powerful, and sharper than any two-edged sword." (Hebrews 4:12, NKJV) As one Bible teacher says, “One edge builds your faith, while the other defeats the devil”.

Another Bible teacher continues: The power of the Word of God is enough to create worlds and defeat devils. The weapon with which the devil is defeated is the Word of God. When we speak the Word, we are speaking Christ into that situation.

As you continue to speak the Word of God aloud over your life, believing what it says, you are setting yourself in agreement with God and for His plan to come to pass in your life. Begin to declare the Word of God over

your life until you see your situation change and it begins to ‘look like’ what you see in God’s Word. Jeremiah 23:29 describes the Word as being like a fire and a hammer!

*“Is not My word like a fire?” says the Lord,
“And like a hammer that breaks the rock in
pieces?”*

Jeremiah 23:29 (NKJV)

God’s Word backed by God’s Power and God’s Holy Spirit, will ‘break’ or ‘burn’ that thing that you are facing and replace it with the victory given in God’s Word!

6. Apply the Word of God!

After you are *listening/hearing* the Word of God (#2), *reading* the Word of God (#3), *meditating* on the Word of God (#4), and *speaking* God’s Word aloud (#5), you are now ready to *apply* the Word of God!

If you intend to profit by the Word, bring it home to yourself: A medicine will do no good unless it be applied.

- John Piper

There comes a point where all of the study, memorizing, and declaration of the Word of God has to be ‘acted upon.’ You eventually must begin to take steps ‘toward’ that ‘thing’ that has kept you back. Shift your focus from that ‘thing’ and onto Jesus. As you do, you will see that ‘thing’ getting smaller and the strength that comes from Jesus getting larger. You are becoming equipped. You

are full of God, His love and His Word. Take a step. Go forward in Jesus' name. All of heaven is backing you!

*But be doers of the word, and not hearers
only, ...*

James 1:22 (NKJV)

*But do you want to know, O foolish man, that
faith without works is dead?*

James 2:20 (NKJV)

*As you therefore have received Christ Jesus
the Lord, so walk in Him, rooted and built up
in Him and established in the faith, as you
have been taught, abounding in it with
thanksgiving.*

Colossians 2:6-7 (NKJV)

7. Reckon yourself as dead to old desires.

Do not feed your old desires. Feed your newborn spirit that now lives on the inside of you. Recognize the gains you have in Christ's love. Compare these to the empty promises offered by desires of the flesh.

*Likewise you also, reckon yourselves to
be dead indeed to sin, but alive to God in
Christ Jesus our Lord.*

Romans 6:11 (NKJV)

8. Halt negative conditioning from your past.

Recognize negative conditioning from your past. If you do not, you will simply repeat the past. If you see any negative conditioning, reprogram with the truth.

*Finally, brethren, whatever things are true,
whatever things are noble, whatever
things are just, whatever things are pure,
whatever things are lovely, whatever
things are of good report, if there is any
virtue and if there is anything praiseworthy—
meditate on these things.*

Philippians 4:8 (NKJV)

9. Pray.

Simply talk with God. To fully realize God's will, you must pray (talk with God).

*Be anxious for nothing, but in everything by
prayer and supplication, with thanksgiving,
let your requests be made known to
God; and the peace of God, which surpasses
all understanding, will guard your hearts
and minds through Christ Jesus.*

Philippians 4:6-7 (NKJV)

10. Resist conformity to the world.

Do not be conformed, but be transformed by the renewing of the mind.

*And do not be conformed to this world,
but be transformed by the renewing of your
mind...*

Romans 12:2 (NKJV)

*Don't become so well-adjusted to your
culture that you fit into it without even
thinking. Instead, fix your attention on God.
You'll be changed from the inside out.
Readily recognize what he wants from you,
and quickly respond to it. Unlike the culture
around you, always dragging you down to its
level of immaturity, God brings the best out
of you, develops well-formed maturity in you.*

Romans 12:2 (MSG)

*Don't copy the behavior and customs of this
world, but let God transform you into a new
person by changing the way you think. Then
you will learn to know God's will for you,
which is good and pleasing and perfect.*

Romans 12:2 (NLT)

11. Recharge your spiritual batteries.

God infuses new energy, vitality, and ideas to our minds when we are renewed by His Word, His Holy Spirit, and fellowship with other believers. You cannot get very far when you simply coast. (Picture coasting; you eventually stop!)

Recharging your spiritual batteries for effective mind renewal is crucial! How to recharge? One of the best ways is to do what the Psalmist says in the verses below. "*Lift your eyes up to the Lord!*" Run to God! Your help comes from Him! Take the time to sit and just saturate in the Lord's Presence. This will do so much with regards to helping you have the wherewithal to renew your mind! Psalm 121:1-7-is one of my favorite Psalms! Let's look at it together!

*I will lift up my eyes to the hills—
From whence comes my help?
My help comes from the Lord,
Who made heaven and earth.
He will not allow your foot to be moved;
He who keeps you will not slumber.
Behold, He who keeps Israel
Shall neither slumber nor sleep.
The Lord is your keeper;
The Lord is your shade at your right hand.
The sun shall not strike you by day,
Nor the moon by night.
The Lord shall preserve you from all evil;
He shall preserve your soul.*

Psalm 121:1-7 (NKJV)

While in the atmosphere of God's Presence, His Word can come alive to you once again! The Holy Spirit can bring you the comfort that you have been waiting for!

Other Suggestions for recharging your spiritual batteries for effective mind renewal, can be:

~Worship. Put on your favorite worship music! Really allow yourself to enjoy it and enter into God's Presence with it!

~How about enjoying a hobby or a talent or a gift that God has given you. Do you love to garden? Are you a painter? Go for it!

~Maybe simply taking a wonderful nap or sitting and reading, will help you to recharge.

~Taking long walks and breathing in God's fresh air, and enjoying His amazing creation can help you calm your thoughts, and enter into His rest.

~Sit and have a fabulous lunch or a cup of coffee or a cup of tea with a wonderful friend. Maybe it is time to reconnect and fellowship with long lost friends.

Whatever you feel drawn to do, in order to intentionally help get your mind in the right zone (strong, renewed, full of peace, disciplined thinking, free from anxiety, fear and other destructive thinking), make sure you carve out the needed time and do it!

Release Your Faith...God's Word Works!