

Reset

Reset Your Mind

Text: Romans 12:1-2 (NKJV/NLT)

The Renewed Mind:

A new beginning always starts in the mind before it shows up in your life.

Spiritual transformation (Eph. 4:22-24).

- In Greek, transformation means “*to change form*,” similar to the English word “metamorphosis.”

The New Testament describes this as an inward renewal of our minds, letting go of worldly values and embracing the kingdom's values, which are reflected in our lifestyle.

- The salvation of the human spirit happens instantly, but the transformation of our mind is continuous (Joshua 1:8; 2 Cor. 3:18).

Washing our minds (Eph. 5:26).

- The Word of God cleanses your mind and emotions of worldly contamination and Satan's lies.
- When you embrace the devil's mind games and perceive them as truth, you give power to them! – Rick Renner

(Is. 43:18-19) Let go of mental patterns that keep you tied to old seasons.

- Stop rehearsing the past and start renewing your mind.
- You can't walk into what's next if you're still tied to what was.

Steps to Resetting Our Minds:

1. Brokenness and humility (Ps. 51:17).

- Humility is a heart posture that recognizes the need for God and dependence on Him.
 - Humility precedes repentance.
 - Humility draws God's attention and gives us greater access to grace (**James 4:6**).

- It's impossible to become all that we want to be while living in *inferiority, guilt, condemnation, selfishness*, and everything else that is contrary to Scripture.
 - Brokenness is an act of surrender.
 - **(Ps. 19:14)** David's life modeled brokenness. Having prayed for protection from sin, he now asks God to govern and sanctify his words and thoughts.
2. A healthy atmosphere (John 15:5).
- Live in union with Christ (Col. 2:6-7).
 - Creating and maintaining a healthy atmosphere requires spiritual disciplines (1 Pet. 2:2; 1 Thess. 5:18; Ps. 92:12-13).
 - Consistently studying God's Word, praying, worshiping, engaging in church and small groups, attending Freedom in Christ and DBTC, and applying Scripture daily are essential to a healthy spiritual life (Acts 2:42).
 - Guard your thoughts (Phil. 4:8).
 - It is vital to protect your mind from negative influences, including the media, music, and literature.
 - Guard your relationships (Prov. 13:20; 1 Cor. 15:33).
 - The Scriptures highlight the importance of wise associations and caution against negative influences.

Call to Action:

1. Watch what you're feeding your mind.
 - Pay attention to what you listen to, watch, and dwell on, and be willing to cut off anything that keeps pulling you back into old ways of thinking.
2. Spend time daily in God's Word on purpose.
 - Don't rush it. Read it, think about it, and let it challenge how you see yourself, others, and God.
3. Surround yourself with the right voices.
 - Stay connected to people and environments that push you toward growth, faith, and truth, not backward into old patterns.