



Renew Your Mind!

Romans 12;2

Message Notes by Dr. Mark Platt

Your mind is a terrible thing to waste, especially if you are in trouble. But sadly, many people waste their minds on things like worry, fear, and panic. When you are in times of trouble, these things will deplete your abilities to cope and find your way out of trouble.

As the Apostle Paul was in his final months before his execution, God inspired him to write a letter to the Christian church in Roman. It contains great theological teaching but also some very practical things about living the Christian faith.

Here is chapter 12:1, Paul tells us that God wants us to yield control of our bodies as a “living sacrifice” to Him. But the next verse is where God tells us not to be “*conformed*” to this world’s thinking but to be “*transformed by the renewing of our minds.*” God wants us to re-program our minds from “*stinkin’ thinkin’*” to supernatural thinking.

So, how do we renew our minds? The Bible teaches **12 ways** to renew your mind:

1. **Renew your mind with God** Isaiah 26:3; Colossians 3:2
2. **Renew your mind with faith** Jeremiah 17:7-8; Psalm 46:10
3. **Renew your mind with Scripture** Psalm 19:8; Proverbs 6:23
4. **Renew your mind with gratitude** Psalm 147:1; 1 Thessalonians 5:18
5. **Renew your mind with music** Acts 16:25; Psalm 92:1
6. **Renew your mind with creation** Psalm 19:1; Isaiah 40:26
7. **Renew your mind with Christ-likeness** 1 Corinthians 11:1; 1 Peter 2:21
8. **Renew your mind with solitude** Exodus 33:7, 11; 1 Kings 19:9, 12
9. **Renew your mind with wisdom** Proverbs 2:6-12; 3:13; 24:14

10. **Renew your mind with friendships**

Proverbs 17:17; 27:17

11. **Renew your mind with joy**

Proverbs 15:13, 15; 17:22

12. **Renew your mind with prayer**

Psalms 145:18; Hebrews 4:16

Your Response:

1. What are you putting into your mind? Is it current events, politics, television, sports, movies, or what? Are they creating peace, wisdom, and bring you closer to God? Does God have any part of your day-to-day schedule?
2. Do you have a daily time with God that includes at least 15 minutes of Bible reading and 10 minutes of prayer? If not, when do you plan to start?
3. Is there balance in what you are putting into your mind? Is there too much of any one thing? What needs to cut back?
4. What things do you need to put into your mind if you are going to handle the emotional and spiritual stresses of life? Make a plan now to put these things into your schedule.

Resources:

Habits of the Mind by Archibald Hart

The Power of Biblical Thinking by Ralph Keiper

Spiritual Depression by David Martyn Lloyd-Jones

Happiness is a Choice by Frank Minirth and Paul Meier

Conquering Depression by Bruce Hennigan and Mark Sutton