

Study C: Renewing Your Mind

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."
Rom. 12:2

Why: Reasons for the study

- The only way to live as a follower of Christ is to think biblically.
- The battleground for transformation and ongoing obedience is in our minds.
- Many believers have very "undisciplined" minds and do not think biblically.

What: Principles to grasp

- Our attitudes, emotions and behaviors toward God and others is rooted in our "belief system."
- We choose what we believe.
- We are to believe truth regardless of how we feel.
- We are either controlled by God's truth or by the lies of Satan/self.
- The more we choose to believe truth, the more our feelings and actions will be aligned with truth.
- We are transformed by the renewing of our mind: Our role is to renew our minds; God's role is to transform us as we renew our minds with truth and praise.

How: Path to a changed life

- To see the importance of thinking biblically
- To learn practical steps to renewing their mind
- To develop the ongoing discipline of renewing their minds
- To choose to believe truth – not lies, regardless of their feelings

Tips: Helpful ideas

- Your disciples probably have undisciplined minds and are controlled by lies.
- Explain they are not controlled by their feelings or emotions, but by their thinking.
- Have them memorize and recite the five key words from the *Renewing Your Mind* outline. Ask again in future sessions.
- Have disciple regularly practice renewing their mind or it is easily forgotten.
- Ask for specific examples of how they renewed their minds each week until a new habit is developed.
- Ask, "What were you thinking before and at the time you chose to sin?" Ask, "What was the truth to apply in this situation?" If needed, correct wrong thinking.

Tools and additional resources:

- *Put Off and Put On* chart
- *The Battle of the Mind* diagrams
- *Steps to Releasing Fears to God (Releasing Fears)*
- *Daily Log* to record times they were aware of renewing their minds (ctousa.org/tools/resources/charts and outlines)