

# RENEWING YOUR MIND

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**CATCH** your thought or attitude as sinful. (2 Cor. 10:5)



**CONFESS** your sinful thought or attitude to God. (1 Thess. 5:8; Eph. 5:20)



**CLAIM** the Holy Spirit's power to overcome the sinful thought or attitude. (Phil. 4:13)



**FORCE** your mind to change from the sinful thoughts or attitudes to godly ones. (Phil. 4:8-9)



**REPEAT** this outline when sinful thoughts or attitudes occur again. (Gal. 6:9)

*“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.”*  
—Romans 12:2

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As you continue to progress through the CTO Studies and are renewing your mind on a regular basis, it may be helpful to think more deeply about the heart issues behind your sinful attitudes and actions. These become new things to *catch* and *confess*.

Here are some questions to help you discover the “why” behind the “what”:

- What sinful thoughts or attitudes are reoccurring?
- What am I fearing right now or what do I frequently fear?
- What *perceived rights* or *perceived needs* am I demanding?
- What are my sinful responses when my demands are not being met?
- What prompts me to respond with anxiety or anger?
- Where am I responding in unbelief and why?
- In what specific areas am I not trusting in God’s sovereignty?
- Where am I not trusting God for my past, present or future?
- Which of the 4 Gs am I not believing? (God is Glorious, Great, Good, Gracious)
- What idols do I need to acknowledge, confess and flee?