

# HOW TO RENEW YOUR MIND

## 1. IDENTIFY THE ALIEN THOUGHTS YOU WANT REPLACED.

You must name the fantasies, imaginations, and attitudes that you want to get rid of. To say, "I want to be a better Christian," or, "I want to be more joyful," will not do. Generalities are not good. Specifics are needed.

I assume that you know the sins in your life that won't budge. If you have never done it before, now is the time to identify them. Take a sheet of paper and jot down the thought patterns that have to go.

## 2. BE PREPARED FOR THE DISCIPLINE OF SPIRITUAL WARFARE.

The world, the flesh, and the devil do not surrender without a struggle. The person who is blessed by God is one whose "delight is in the Law of the Lord, and in his Law he doth meditate both day and night." (Ps. 1:2)

Sometimes we are told, "We are in a spiritual battle. As soldiers of the Cross, we must be disciplined; we must put forth effort and sacrifice into the Christian life." Then perhaps a week later, another Christian appears to say the opposite. "I was working too hard at being a Christian; God showed me I must just hang loose- rest in the Lord."

Though these view points appear contradictory, they really are not. Only a Christian who is disciplined in the Word of God can rest in the Lord. Yes, we can cease striving and learn to relax in the confidence that God is equal in every situation. But a lazy, undisciplined Christian cannot do this; he falls apart at the seams when tragedy strikes. The believer who is like a tree planted by the rivers of water is the one who meditates on the Law of God every free moment; his thoughts turn to the Word of God like steel to a magnet.

Declaring war on your thought life means you must set aside time every morning to begin your offensive attack. I suggest 20 minutes as a minimum. Meditation on the Scriptures requires effort; nothing worth having can be achieved without exertion.

You've heard the cliché "A chapter a day keeps the Devil away." Don't you believe it. You can read a chapter with your mind on tomorrow's business deal or with a heart full of revenge. Real meditation requires daily time. We must assimilate a passage and give it our unhurried attention.

## 3. BE PREPARED TO MEMORIZE THE WORD OF GOD.

"Thy Word have I hid in my heart, that I might not sin against Thee."(Ps. 119:11)  
Rather than memorize verses at random, take your list of troublesome thought patterns and find verses of Scripture that speak directly to them.

Specific examples are below.

Memorize these verses so that you have them at your finger tips during the day- you'll need them.

The only alternative that you can have would be to type the verses out on a small notecard so that you can have them for immediate reference. These are the passages that God will use to demolish the present strongholds of your mind and construct a new edifice.

The following Scripture reference can be used to begin the process of bringing your thoughts under the control of the Holy Spirit. Additional passages can be found through careful reading of the Scriptures along with the use of a concordance or Nave's Topical Bible.

#### COVETOUSNESS

Ps. 119:36; Lk. 12:5; Col. 3:1-2, 5-6; Phil. 4:11-12; I Tim. 6:6; Heb. 13:5

#### PRIDE

Gal. 6:3,14; Jam. 4:6; I Pet. 5:5-6

#### LACK OF DISCIPLINE

Rom. 12:1; I Cor.9:26-27; Phil. 4:12-13; Heb. 6:12

#### LUST

Rom. 6:11-12; II Cor. 10:4-5; Eph. 4:22-24; Phil. 4:8; I Pet. 2:11

#### ANGER

Ps. 37:8; Pr. 14:29, 16:32; Eph. 4:26,31; Co;. 3:8; Jam. 1:19-20

#### WORRY

Matt. 6:25-34; Phil. 4:6; I Pet. 5:7

#### BITTERNESS

Eph. 4:31-32; Heb. 12:15

#### GLUTTONY

Jdgs. 3:14-22; Pr. 23:20-21; I Cor. 9:27; 10:31-33; Phil. 4:12