

A DAILY DISCIPLINE FOR RENEWING THE MIND

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind." Romans 12:2a

RECOGNIZE lies, negative thought patterns accusation, doubts, feelings of rejection/inferiority, etc., as being UNTRUE, NO LONGER VALID to you as a new creation in Christ (2 Cor. 5:17). Objectify these thoughts and feelings, verbalize or write them down ("God will never really forgive me," "I'm not worth loving," "you are a loser," "you're just crazy, and will never change").

REPENT of all lingering sinful reactions of resentment, anger, hatred and bitterness held against people who have hurt, disappointed, or sinned against you. Actively, by choice, FORGIVE, that God may freely forgive you (Mark 11:25). As long as these feelings linger, continue daily to release them to God until they subside.

REJECT continually, the above specified lies as literal enemies of your growth and freedom in Christ. "Put off your old self" (Eph. 4:22). "Demolish arguments and every pretension that sets itself up against the knowledge of God" (2 Cor. 10:5). DO THIS VERBALLY, TRULY BELIEVING THESE PRETENSIONS ARE INDEED LIES, rooted in your humanity. Pray in the authority of Jesus' name to BREAK THE POWER of these impressions; example, "In Jesus' name, I reject the lie of rejection" (see Matt. 18:18-20).

RE-AFFIRM the absolute truth of God. "Camp out" on portions of Scripture that speak truth to your soul - claim these promises personally, by faith. Ask God, alone or with a trusted friend or counselor, to MAKE THE TRUTH OF HIS UNCONDITIONAL LOVE REAL AT ALL LEVELS OF YOUR BEING. Affirm, and keep affirming, the following promises: "You will know the truth, and the truth will set you free" (John 8:32).

EXAMPLES

Ps. 119:25-32 ASK the Holy Spirit to apply the truth
Ps. 27:7-10 to you with His power. BELIEVE, and keep
Rom. 8:28-39 believing, you will change, based on the
Eph. 3:14-20 authority of the Word of God, not your
thoughts/feelings.

RECEIVE the ministry of the Spirit, by faith, to strengthen your identity Carve out quiet time to sit quietly and soak in His love, or to listen to anointed praise songs. THANK HIM for what He is doing (Eph. 5:20). Develop the practice of PRAISING HIM - He honors this, and will release His blessing and power to you (Ps. 16:7; 34:1; Heb. 13:15). Claim and receive the promise of Luke 11:13!

REST in the assurance of hope that in due time, HE WILL DO THE WORK of renewing your life. Choose to believe that Philipians 1:6 and 2:13 are true for you.

REPEAT the previous as long as it takes to break mental and emotional strongholds. KEEP AT IT! (Luke 18:1-8)

There are TWO ADDITIONAL ELEMENTS of scriptural truth that apply directly to his process of putting off the old mind and putting on the new identity in Christ.

--GET YOUR EYES OFF OF YOURSELF: John is clear in his first epistle, chapter 3, that we realize personal assurance of God's love for us, and find "rest in His presence," when we actively, obediently practice love for others. God, he states, is "greater than our hearts," and over-rules our own self-condemnation, if we are obedient to honor Him by loving others! Indeed, His love is made complete in us" (1 John 4:12). The simple point here is this: FORSAKE INDULGENCE IN RE-OCCUPATION OF YOURSELF, YOUR IDENTITY, YOUR PROBLEMS. GET IN TOUCH WITH GOD'S HEART, AND MAKE YOURSELF AVAILABLE FOR MINISTRY. He then will perform and perfect His love and will for you.

Note in this regard the point at which God turned the apparent cursing of Job into immediate blessing:

"After Job had prayed for his friends, the Lord made him prosperous again and gave him twice as much as he had before."
Job 42:10

--GET YOUR EYES ON JESUS: Paul is clear that the manner of inner transformation is not rooted in struggle and self-effort, but in simply seeing Jesus as all-sufficient. 2 Corinthians 3:18 states that it is OUR RESPONSIBILITY TO BEHOLD JESUS, to be occupied with Him, in the words of Hebrews 12:2, to "fix our eyes on Jesus, the author and perfecter of our faith." The RESULT is that the Holy Spirit will then work to transform us into the very likeness of Jesus, to literally reflect His glory. My part is to believe and surrender; His part is to touch and transform. Note that this occurs with increasing glory." No instant miracles here--this is a process of growth, and takes time. The quicker and more thoroughly I yield, the quicker and more deeply He transforms.

"If I am to be like Him, then God in His grace must do it, and the sooner I come to recognize it the sooner I will be delivered from another form of bondage. Throw down every endeavor and say, I cannot do it, the more I try the farther I get from His likeness. What shall I do? Ah, the Holy Spirit says, You cannot do it; just withdraw; come out of it. You have been in the arena, you have been endeavoring, you are a failure, come out and sit down, and as you sit there behold Him, look at Him. Don't try to be like Him, just look at Him. Just be occupied with Him. Forget about trying to be like Him. Instead of letting that fill your mind and heart, let Him fill it. Just behold Him, look upon Him through the Word. Come to the Word for one purpose and that is to meet the Lord. Not to get your mind crammed full of things about the sacred Word, but come to it to meet the Lord." Norman Douty, Principles of Spiritual Growth, p. 26