

Your Mind

Small Group Lesson

“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect” (Rom. 12:2, NASB1995).

Your mind is the connection between your body and spirit. Your thoughts are the voice of your mind. Imagine your mind being like a screen on which the images of the spiritual world are played. We know that Satan wants our mind to be connected to the “world” (the culture of sin, fear, doubt, hatred, etc.). We are bombarded by images and a culture of noise that seeks to flood our minds with the junk of this world. God’s will is that your thoughts be connected to the Holy Spirit: The Holy Spirit wants to put thoughts of “life and peace” on the screen of your mind.

“Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.” (Rom. 8:5–6, NLT)

1. God’s will is for your mind to be DELIVERED:

“Taking every thought captive to the obedience of Christ” (2 Cor. 10:3, NASB1995). Your mind is like a computer hard drive. Stored in your mind are images, memories, and ideas. The brain is “grooved” to contain patterns of thought, speech, and actions. Pictures of past scenes and events are recalled and played on the screen in your mind and often bring back the same emotions and feelings you experienced in those events, good or bad. The unsaved man has no power to control these images and falls back into those patterns with almost no resistance. As a man of God, you have the power to “take thoughts captive.” Bring every negative thought and experience of your past to the cross of Christ and remove its control from your life: addictions, habits, fears, bitterness, pride, and lust must be put to death on the cross. **Question:** We can be “slaves” to our thoughts. Is there one particular thought or picture in your mind from which you would love to be set free?

2. God's will is for your mind to be RENEWED:

"be renewed in the spirit of your mind" (Eph. 4:23). a. Satan is a liar and the father of lies. Jesus said in John 8:44, "He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies" (NLT). b. Our minds are renewed with truth. God's Word is absolute truth (John 17:17). As you read the Word, old lies, falsehoods, traditions, and deceptions are removed. We "reprogram" our minds like new software by "meditating" on God's Word (that word means to "mutter"). Memorizing, quoting, and thinking on God's Word will completely reprogram your mind to become truthful, positive, and forgiving. *"This book of the Law shall not depart from your MOUTH, but you shall meditate on it day and night...for then you will make your way prosperous and then you will have success" (Joshua 1:8 NASB1995)* **Question:** Jesus quoted three verses from memory against Satan in his temptation in the wilderness. Is there one particular verse you have memorized that helps you in times of difficulty?

3. God's will is for your mind to be PROTECTED:

"Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things" (Phil. 4:8). Every day your mind is exposed to brand new thoughts the enemy "shoots" at your brain. There must be a "filter" in the same way your computer has virus protection software. Praying daily for the Holy Spirit to set a guard around your mind is a good place to start. You should also limit the exposure of your mind to media. We want to be knowledgeable of the events of the world, but we are picking up the continual indoctrination of the world in the process. Limit the exposure of your mind to gossip and filth. Walk off from conversations where people are discussed, where profane images and stories are being exposed. Limit the exposure of your mind to negativity. Satan paints a picture of disaster, doom, and gloom. Think of Heaven, on God's power, on Satan's defeat, and on the beauty of the life God has given you! **Question:** Television, movies, social media, and negative conversations affect our minds and attitudes. What actions have you learned to take in order to protect your mind from gossip, filth, and media propaganda?

Application Point

If you have not read Life 01, now would be a great time to learn more about who Jesus is and what He did for you. Many men have been exposed to, and even participated in, immoral practices and need a time of cleansing. The Freedom Encounter is a great place to receive healing and deliverance from your past. Ask your B-Group Leader about attending at the end of this semester. Do you have another man with whom you are accountable? If not, would you like one, or is that a future step for you?

Leader: Take a few minutes and lead your group in a new commitment to practice the will of God for their life. Challenge them to have an accountability partner that they can trust to encourage them through their challenges.