



## Part 3: *New Mind*

### *Renew our mind with God's truth*

#### INTRODUCTION – My playlist

Genesis 3:6

Base	Patterned or Reactive State	Rehearsed thoughts
Fear	Anxiety/panic	Worst case scenarios
Anger	Bitterness/frustration/rage	Blame, betrayal, judgment
Sadness	Depression/despair	Hopelessness, loss, pain
Security	Peace/hope	God will provide
Caring	Love	God is love
Happiness	Joy	God always wins

What half-truths do we tell ourselves?

Exposing a culprit: “the victim in me”

#### DINE IN – New mental focus: the Truth Spirit

**Ephesians 4:11-25**

John 14:16-18, 26; 16:13; Romans 6:5-6; Romans 12:1-2; I Corinthians 10:5

Jesus' truth ⇔ know Christ through Spirit ⇔ grow in faith & knowledge ↘

**Renewed Mindset**

1. We are responsible for our thoughts.
2. God's truth is discovered in a relationship with Christ: Spirit is Christ in us.
3. God uses a diverse leadership to equip/mend his people.
4. Renewing our minds is a process done in community as we speak truth in love to each other.

#### TAKE OUT – Reprogramming Strategy – back to school!

1. Find teachers who can help with your patterns
2. Get to class: study, underline, memorize Scripture in community

2 Timothy 3:14-16; Acts 17:10-12

#### 3. Support your classmates – speak the truth in love

- Listen without judgment: “quick to listen, slow to speak, slow to react” (Jam 1:19)
- Ask questions: “Where is God in all of this?”
- Share your own journey and what God has shown you – without preaching
- Anchor everything back to Jesus and Scripture – remember whole truth
- Pray with them to experience truth in love – the Spirit does the work
- Give space for God to share something through you – the gifts of the Spirit are one of the ways God speaks his truth in love to our brothers and sisters
- Remember that tone is critical – truth is only God's truth when it is said in love
- Follow-up with ongoing care, dialogue, and check ins

#### CONCLUSION – Mental habits that honour God - WWJT

1 Corinthians 2:16

#### Memory Verses:

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform 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 12:1-2 NIV)

Q & Eh? Text 647.330.2789 or email [ask@themeetinghouse.ca](mailto:ask@themeetinghouse.ca)

#### HOME CHURCH QUESTIONS

#### Warming Up...

1. What is one thought you sometimes have that can send you into a bad place?
2. See if anyone can share a memory verse.

#### Look to the Book...

3. Read **Romans 12:1-2**. A) Paul begins with the phrase, “in view of God's mercy.” How does focusing on God's mercy help us as we work to renew our minds? B) What examples of “the patterns of this world” can you identify which seem to run counter to God's patterns? How challenging do you find it to resist those patterns? C) Give examples (real or theoretical) of how Christ-followers might miss out on God's will for their lives if they don't renew their minds? D) What do you think are the biggest challenges people face when trying to change their mental habits?

#### So What?...

4. **Group Exercise** – Have each person identify which of the three darker emotional patterns (fear, anger, sadness) they are most likely to fall into when they are in a bad space. Break into groups around each of these patterns. Have each group come up with a list of the most common thoughts (deceptive half-truths) that go through their minds when they are in a bad space that reinforce that basic emotion of fear, anger or sadness. Then have each group go through their list and write down God's whole truth in response to each thought on the list. Once the groups are done, have each group share their list. A) Discuss any common parallels that you notice between the groups. B) As a group, brainstorm any next steps you can take to support each other with developing new God-honouring mental habits. C) See if each person can identify one or two people he/she feels comfortable sharing their own list with to receive support. D) Pray for each other to have the courage and commitment to start the process of renewing their minds with God's truth.

**The Meeting House | Sunday, January 23 / 30, 2011 | Tim Day**

Additional resources—notes, recommended reading, online videos, podcasts and more—are available online at [themeetinghouse.ca/teaching](http://themeetinghouse.ca/teaching)