



TRANSFORMED

How God Changes Us

TRANSFORM YOUR LIFE BY RENEWING YOUR MIND Mental Health

Jeff Loven, Pastor of Serving
October 19, 2014

Romans 12:2

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.

WHY I MUST MANAGE MY MIND

- BECAUSE MY THOUGHTS CONTROL MY LIFE
Proverbs 4:23
- BECAUSE THE MIND IS THE BATTLEGROUND FOR SIN
Romans 7:22-23
- BECAUSE IT'S THE KEY TO LIFE AND PEACE
Romans 8:6

3 DAILY CHOICES FOR A HEALTHY MIND

1. I MUST FEED MY MIND WITH TRUTH
Matthew 4:4

WHEN? ALL DAY, EVERY DAY

Psalm 119:147; Psalm 119:97 ; Psalm 16:7

2. I MUST FREE MY MIND FROM DESTRUCTIVE THOUGHTS

Romans 8:5; 2 Corinthians 10:3-5

HOW TEMPTATION WORKS

James 1:14-15

- Step 1: Desire
- Step 2: Doubt – “Did God really say...?”
- Step 3: Deception – Believing a lie of Satan
- Step 4: Disobedience & Defeat

Psalm 119:112

3. I MUST FOCUS MY MIND ON THE RIGHT THINGS

- THINK ABOUT JESUS
2 Timothy 2:8; Hebrews 12:3
- THINK ABOUT OTHERS
Philippians 2:4; Hebrews 10:24
- THINK ABOUT ETERNITY
Colossians 3:2; 1 Corinthians 2:9

Next Steps

- I will memorize Romans 12: 1 – 2 this week.
- I will fast from consuming unhealthy media this week.
- I will take every thought captive for Christ and keep a record of it this week.

SPIRITUAL HEALTH DEVOTIONAL THIS WEEK:

Monday, 10/20	Day 15
Tuesday, 10/21	Day 16
Wednesday, 10/22	Day 17
Thursday, 10/23	Day 18
Friday, 10/24	Day 19
Saturday, 10/25	Day 20
Sunday, 10/26	Day 21



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Play the weekly lesson from the *Transformation* DVD.

There is a war being waged for your mind because it is your greatest asset. The world, the flesh and the devil are enemies that want to rob, kill and destroy. You must choose each day to control your thoughts and resist temptation.

1. **Read Matthew 4:4.** Why is the truth of God's word so important for transformation? How are the things you are filling your mind with hurting or helping you achieve better mental health? How do you personally need to change the way you think?

2. **2 Corinthians 10:5 (NIV)** says "*We demolish any argument and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*" A stronghold or argument against the knowledge of God is a lie that we easily can believe. We have a choice, our mind has to listen to us; we **can** take it captive. Our thoughts can be obedient. So how do you make your mind obedient? Name a few "Strongholds" and then discuss ways to destroy the lies that we might be enticed to believe.

3. **Read Colossian 3:2.** We focus our minds on the right things by thinking about Jesus, thinking about others and thinking about eternity. Which one of these thought patterns represents the most difficult struggle for you? Pick one as a personal priority for the week. As a group name some specific ways to transform your mental health by concentrating on these right things.

4. **James 1:14-15 (NLT)** says "*Temptation comes from the lure of our own evil desires. These desires lead to evil actions, and then the evil actions lead to death.*" This verse shows us the progression of how temptation works: from desire, to doubt, to deception, to disobedience and defeat. Under what circumstances are you most tempted? What kind of bait does Satan use on you? What can you do in advance to ensure your victory over this type of temptation the next time it occurs?