

CHANGE YOUR LIFE BY CHANGING YOUR MIND!

Romans 8:1-17

INTRODUCTION: When you fall into anxiety, depression, worry, went to bed with your mind racing so bad you could not sleep most of the night or had fear in your heart you need to know that you are not alone. You if experience any of these things it does not mean you are weak, it simply means you have been weakened. Our Lord Jesus in His Word offers us real hope in our times of weakness. 2 Peter 1:3-4.

I. WHAT HAS GOD PROMISED US?

Today we are going to dive deep into one verse: Romans 8:6. We will look today at two different roads: the one road leads to eternal death, anxiety, conflict, fear and pain. In this life. The other road leads to life and peace in this life and to life eternal in the next life. The first road is a mind governed by the flesh. That mind is focused and is always thinking about what you want and the values of this world. 1 John 2:15-17. The second road is a mind governed by the Spirit of God. That means a mind that is focused on and is thinking about what God values. These roads are determined not by what we do but by what we think. What we do and how we live begins with how we think. We must learn that our thoughts determine our lives. Most of life's battles are won or lost in the mind: Ezekiel 38:10. Evil schemes always begin with evil thoughts: 1 Chronicles 29:17-19; Romans 12:1-2. The transformation of our lives begins with the renewing of our mind. Change your mind, change your life! Romans 12:2. The question is "How do we do that?"

II. RENEWING OUR MIND REQUIRES US TO DEVELOP DISCERNMENT!

Here is what discernment is: "Discernment is the ability to recognize what isn't obvious." If you look in the mirror and say "I'm worthless" that is unhealthy: Psalm 139:14. But other thoughts we have may take a little more discernment to want to change your mind: 1.) We need to pray for discernment: James 1:5. 2.) You can develop discernment by reading your Bible: Hebrews 4:12-13. The Word of God gives us all the tools we need for life and godliness. Proverbs 27:14: We must learn that timing is very important in what we say and do. 3.) We need to stay close to others who have discernment: Proverbs 13:20.

III. RENEWING OUR MIND REQUIRES REPLACING BAD THOUGHTS WITH GOOD THOUGHTS!

Renewing our minds requires replacing some of our thoughts with new, better, more healthy, more holy thoughts. It is much easier to replace our thoughts than to try to remove our thoughts. 1.) You must learn which thoughts have to go! 2.) You need something to replace those bad thoughts with: Philippians 4:8. 3.) The best place to find our replacement thoughts with is the Word of God. Psalm 1:1-3. 4.) You need the motivation to do the hard work. Often we must wrestle with our thoughts: Philippians 4:6-7. Before God told us in verse eight, how to think, god told us why changing our thinking is worth the hard work.

IV. HOW WILL YOU CHOSE TO RESPOND?

How are you going to cooperate with God in the renewing of your mind? Could it be time to turn to God and follow what He has said will bring you peace instead of worry? John 14:27. It might be very helpful to tell someone else you trust with the new commitment you plan to make in developing godly discernment. Tell someone else about your decision to begin replacing some destructive thinking with Spirit led thinking.