



Embodying Renewal

Easter Tide

Renewal of the Mind

Romans 12:2

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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.



1. The Purpose of a Renewed Mind
2. The Practice of Renewing Your Mind
3. The Outcome of a Renewed Mind

The Purpose of a Renewed Mind

Matthew 17:1-2

After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light.

Titus 3:5

He saved us through the washing of rebirth and renewal by the Holy Spirit.

I command you to keep letting yourself be transformed by the Spirit.

“In the last few decades, we have learned more about the workings of the human brain than was known throughout all history prior to that time. We now know that by an incredibly complex physiological mechanism, a joint effort of body, brain, and ‘mind,’ we become the living result of our own thoughts.”

- Shad Helmstetter Ph.D., *What to Say When You Talk to Your Self*

“The subjects for whom spirituality and religion were highly important had a healthier neural structure than did those for whom spirituality and religion held medium, low, or no importance...For spiritually aware people, the brain appeared able to protect itself from the long-standing neurological structures of depression.”

- Lisa Miller Ph.D., *The Awakened Brain*

Matthew 5:22-23

“You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ But I tell you that anyone who is angry with a brother or sister will be subject to judgment.”

The Practice of Renewing Your Mind

1 Timothy 4:7

Train yourself to be godly.

“We Christians may be very disciplined and industrious in our business, our studies, our home, or even our ministry, but we tend to be lazy when it comes to exercise in our own spiritual lives. We would much rather pray, ‘Lord, make me godly,’ and expect Him to ‘pour’ some godliness into our souls in some mysterious way. God does in fact work in a mysterious way to make us godly, but He does not do this apart from the fulfillment of our own personal responsibility. We are to train ourselves to be godly.”

- Jerry Bridges, *The Practice of Godliness*

The Replacement Principle

1. Remove the Lie
2. Replace it with Truth

“A lie believed as truth will affect your life as if it were true.”

- Craig Groeschel, *Winning the War in Your Mind*

“The most convincing way of disputing a negative belief is to show that it is factually incorrect.”

- Martin Seligman Ph.D., *Learned Optimism*

Psalm 119:11

I have hidden your word in my heart, that I might not sin against you.

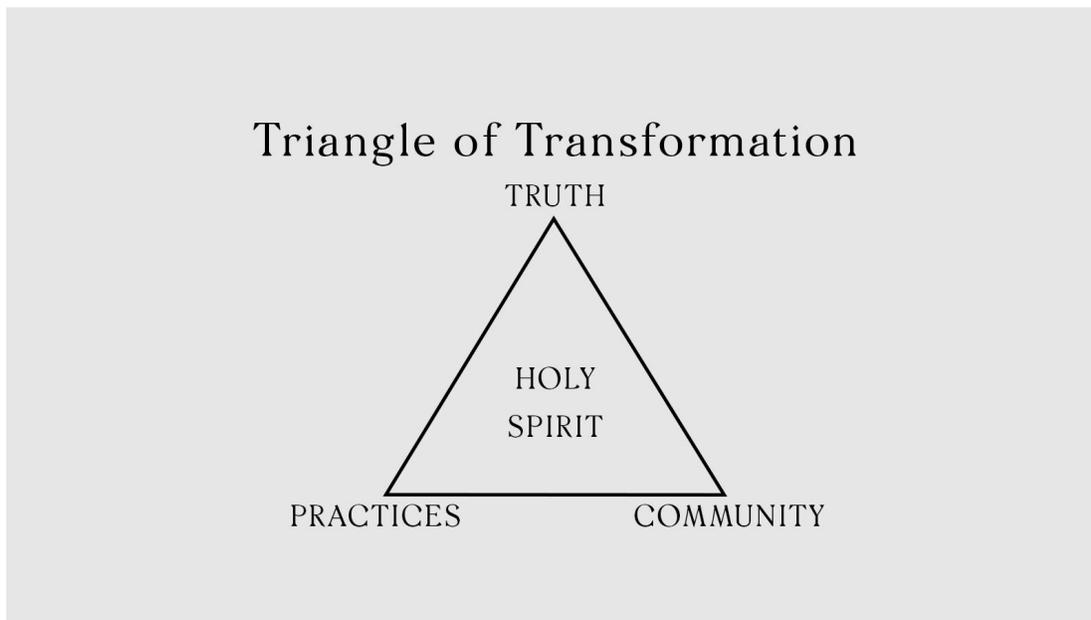
“When Scripture is stored in the mind, it is available for the Holy Spirit to take and bring to your attention when you need it most...A pertinent scriptural truth, brought to your awareness by the Holy Spirit at just the right moment, can be the weapon that makes the difference in a spiritual battle.”

- Don Whitney, *Spiritual Disciplines for the Christian Life*

The Outcome of a Renewed Mind

James 3:13

Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom.



<http://realitysf.com/bread>

<http://navigators.org/resource/topical-memory-system/>