Mind Renewal Mastery

WORKBOOK



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Revelation Within

WORKBOOK

MIND RENEWAL MASTERY

Type your text

Do not conform any longer 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 12:2

Heidi Bylsma-Epperson

Welcome to our study of Revelation Within's Mind Renewal Mastery

We are so glad that you have joined us for this journey through Revelation Within's Mind Renewal Mastery, formerly known as Mind Renewal 101.

The content is still the same, though we have edited the lessons a bit. The videos, however, are from the first round through and you will hear mention of this being a "new course." You can rest assured, however, that this course has been tested and tried by numerous participants and, at this point, we know that what we teach about Mind Renewal really does enable people to master their minds. You get to choose what you think about.

You have probably heard it said that we often can't change our circumstances, but we *can* change our responses to our circumstances. Mastering our minds through mind renewal is a big part of that!

If you have any questions or comments as we travel this path together for the next eight weeks, please don't hesitate to reach out!



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Foundations Intro Part 1 - Mind Renewal Mastery

Let's lay some groundwork at the very beginning of our Mind Renewal Mastery course. You may have been a Christian a while, studied God's word in either Community Bible Study, or maybe Bible Study Fellowship, or Precept Upon Precept, or done some other kind of an inductive study on your own. You may have learned under really good Bible teaching for a number of years. For many of the people who come to our courses, that's what we have found to be true.

Describe in the space below your history with God's Word and various Christian disciplines like bible study.

In light of the solid bible experience many people have, you may wonder why we are encouraging people to use Mind Renewal Tools in order to be able to truly renew our minds. Our foundational verse is Romans 12:2:

> *Do not be conformed to this world, but **be transformed by the renewal of your mind,** that by testing you may discern what is the will of God, what is good and acceptable and perfect. (ESV - Emphasis added)*

God promises transformation if we renew our minds. So, it stands to reason, *if I'm not experiencing transformation, then I may not truly be renewing my mind.*

Does that mean I need to study the Bible more? Does that mean I need to memorize Scripture more? Does that mean I need to pray more? What is it that is will truly renew my mind because I ***want*** the transformation that's promised?

Let's consider scripture memorization for an example. Years and years ago, I participated in the Navigators Topical Bible Memorization Program, and I learned all of the verses they could throw at me! I can still quote a lot of them. But what ends up happening, so very often, when we memorize Scripture is something like this:

I memorize a verse, say, Philippians 4:13 for example: *I can do all things through Christ who strengthens me.*

In a situation, that verse may pop into my mind, "I can do all things through Christ who strengthens me." It's a wonderful verse to hang my hat on, to depend on and lean into. But ***do I reel it in and let it impact the things that I'm struggling with*** in that *moment*? So, for instance, *I can do all things . . .*

. . . like stopping eating these chocolate-covered almonds, through the strength that Christ gives me?

. . . like stop griping at my kids and going off at them when I'm frustrated through the strength that Christ gives me?

. . . like stay within a spending/saving budget through the strength that Christ gives me?

Do you see how this approach takes the verse I have memorized to the place and situation where I'm living? When I renew my mind with scripture, the truth comes home to my heart *practically*. It changes my actions.

Think of the many verses that you have studied, memorized or read. Consider if you "reeled that truth in" and allowed it to impact you in the moment. How often has it affected what you think, feel, believe, and do?

In the space below, consider a favorite bible verse. Write it down in the space. Then write down 2 ways that this truth can impact you in your current experience, thinking, or living.

Foundations Intro Part 1 - Mind Mastery Blueprint

Scripture says in Hebrews 4:12 that the Word of God is sharper than any double-edged sword, able to divide soul from spirit and joints from marrow. It's able to do that. But do I welcome God's Word to do that? Or do I keep God's Truth at arm's length? That's what *my* temptation is—to keep God's Word and the power that it holds at arm's length and let it fill my mind with *facts*, but not reel it in. If you are like me, we don't necessarily do this on purpose.

Letting it really impact my life takes a lot of work, vulnerability, humility and a lot of openness to the Spirit of God's movement in my life.

Most of us will admit that we don't have it all together. But how quick are we to say "I don't have it all together and I watch far too many R-rated movies." Or "I don't have it all together and I have this temptation that I can't seem to overcome..." and even name that temptation.

Most of us don't go that far.

We're not as likely to get specific about the struggles we have. Mind renewal requires that I go the extra mile and look honestly with the Lord at details in my life. True mind renewal is going to target those areas of our lives and more. Chances are, as you have been reading this, something in your own life has come to mind. An area of repeated struggle...a stronghold, perhaps.

Knowing that you don't have to share the answer to this with anyone else or in our class unless you choose to, summarize the struggle that you know God may want to target with His Truth in the next 8 weeks.

Foundations Intro Part 1 - Mind Renewal Mastery

One of the most important things to realize is that none of this happens in a vacuum. It only happens against the backdrop of God's grace. In this class, we're going to look at all of this, understanding that ***the backdrop of all of it is the cross of Christ.***

> If God never had before, He settled once and for all the issue of His love for us. He who did not spare His own Son, how will he not also along with him graciously give us all things? (Romans 8:32) We have so many treasures every spiritual blessing in Christ. (Ephesians 1:3)

We know that whatever God wants to work on in my life, in your life, is done not with a condemning spirit, but with a spirit of love. And with a desire to demonstrate His esteem for us. We were made for more. Think about some verses:

Romans 8:1 tells us that *there is no condemnation for those who are in Christ*. If you have a sense of condemnation, as you walk through this class, please target that lie with God's TRUTH. The enemy is who condemns.

John 3:17 God sent His Son into the world not to condemn the world, but so that the world might be saved through Him. You can refute condemnation with the truth that "God delights over me with singing. He comforts me with His love, He who is mighty to save is not condemning me. **Zephaniah 3:17**

Refute condemnation with "it is his kindness that leads mr to repentance." **Romans 2:4**

And I know if I am burdened by a weight of condemnation, it is ***not*** from God. **Do you struggle with condemnation at all? In the space at the top of the next page, please respond to God's Word of truth referenced previously (above) in Romans 2:4, John 3:17, Romans 8:1 and Zephaniah 3:17.**

We're going to be looking more at God's character later in our course. But for now, let's just keep in mind that if you have a spirit of condemnation that hits you, it is not from God. In fact, the difference between condemnation and conviction is conviction IS from the Lord. It is very **specific**. Conviction is **not** "I am my sin," it is I *have* sinned, and I need to confess it and repent. It is very specific and brings hope of restoration and newness. There is a sense that the Lord's own kindness is inviting me to draw closer.

Condemnation is from the enemy and brings an overarching sense that I *am* my sin, I *am* my wrong. Condemnation is saturated with shame.

But, child of God! That is **not** who we are! Our identity is so much better and defined by our God and King. We will be talking about our identity later on in this course as well.

If you are like me, over the years, when I have studied the Bible, it has been more about getting all my study blanks filled in and learning *intellectually* what the Bible says so much more than allowing it to really impact me and change me. I'm not sure why that is. It might just be part of my flesh that puts up those barriers that keeps Him and His Word from coming in close.

Of course, then there's other times when I've been brought to my knees, filled with godly sorrow and repentance. And that's a beautiful thing.

Let's start now to ask God to help us catch ourselves when we are turning our Bible study or Bible reading plans into check boxes and filling in the blanks, because that alone will *not* renew our minds. Therefore, it may not lead to transformation.

A lot of people have cast their Bible study and their Bible reading plans aside, because they felt like it didn't "work." Question I would ask is did they *bring it in close*?

Going Deeper

Please get your bible handy for this part of the study.

Open to Ezekiel 2:8 and Ezekiel 3:1,2. In these passages, the Word of God speaks about taking the scroll and eating it, chewing on it. God wants Ezekiel to chew on the scroll, saying: "Son of Man, eat what is before you, eat the scroll, *then* go and speak to the people of Israel.

Please open to Revelation 10:8-10.

There, we are told John, the Apostle, heard a voice tell him, "Take this scroll and eat it, take it in, it's going to taste sweet as honey, but it's going to turn your stomach sour."

The illustration of eating the Word of God is a beautiful way of looking at the fact that we need to do more than just read, or just memorize, or even fill in our workbook blanks. ***We need to take in the Word of God.***

Open to John 1:1,2, and verse 14. Look carefully at what these three verses say.

The Word made flesh is Jesus.

Considering what God says about the scroll (the Word) in the passages in Ezekiel and Revelation.

Open your bible and read John 6:53-58. "Very truly I tell you, unless you *eat the flesh of the Son of Man and drink his blood*, you will have *no life* in you. He goes on to say: "Whoever feeds on this bread will live forever."

In verse 60, many of His disciples say, "This is a hard teaching—who could possibly accept it?" Then in verse 66, many of His disciples turned back and no longer followed Him.

Review: In **Ezekiel and Revelation**, God initiated the invitation to _____ the scroll (His Word).

In **John 1**, then, the Word became flesh in the person of _____. Now, we see that this Word, Jesus Himself, invites people to eat His flesh and drink His blood. To truly appreciate what Jesus is saying, when He invites us to eat his flesh and drink his blood, we have to consider the process of eating and drinking.

Eating and drinking are very intimate experiences when you think about it. If you have any reason not to trust somebody, if they feed you a meal or give you something to drink, you're not going to want to ingest whatever it is. When you eat or drink, you willingly take in something *internally* to your body's systems. It's an extreme example of being physically vulnerable. You are taking in whatever it is and trusting that your body will be able to process it all the way through your digestive system, until whatever it is is broken down into the component nutrients, and everything is sent to the different parts of the body that need it.

Of course, if we eat or drink poison, our body's going to be damaged by that process. If we eat foods that are nutrient rich, and beneficial, if our body is working properly, we're going to glean all the nutrients needed to build muscle to replenish blood cells and all kinds of other cells and to give the vital organs what they need. So how do we then apply this to what Jesus is talking about? When He commands His listeners to "eat my flesh and drink my blood?" What does that even mean?

Think and pray about this for a moment. In the space below, write what YOU think it means. Be practical. How can YOU do what He means?

For me, it isn't being content filling in workbook blanks and going no further. Bible "study" like that isn't going to qualify as eating his flesh or drinking his blood for me. And just memorizing Scripture may not be ingesting His flesh, the living Word and allowing it to give health to my whole entire body, mind, soul and spirit. I have often said that what we're talking about in this course, is wallpapering our minds with truth, but now, I see that's kind of an incomplete metaphor. We need **not** to be content with what's on the surface. To do that would be almost like just *tasting* the food and not eating it. But Jesus tells us "***eat*** my flesh and ***drink*** my blood." We have to take it ***in***.

We are called to take Him *in*, to take His Word in deeply, to take in the nutrients that are there and allow them to give life where life is needed.

This isn't superficial. Eating Jesus's flesh and drinking his blood means I allow, welcome, and open myself wide with all vulnerability to His teaching, His scrutiny, to Him and the Word of God literally. Not just memorizing His Word verbatim and having it off the top of my head and filling in the blanks. Really, the only reliable way of being transformed like Romans 12:2 says is taking his truth in deep and letting it penetrate. I have to be intentional to do that. I have to be willing to see that I may believe a lot of lies or things that Jesus doesn't want me to believe!

In the space below, share how this strikes you. Is it different than what you have done until now? How so?

Foundations Intro Part 1 - Mind Renewal Mastery

It may be a lot more work than just reading a Bible plan and checking the boxes off or filling in a blank. It takes a lot more intention. It takes a lot more time when we are first learning how to do this. You could spend a week on just one verse! Try it and see! Take a week to ask God to show you what it means to "eat" that single verse, digest it through and through, and to address what needs to be addressed with it.

On the lines below, what verse will you "chew on" this week?

_____

_____

_____

_____

Wrapping it Up (Part 1 of the Intro)

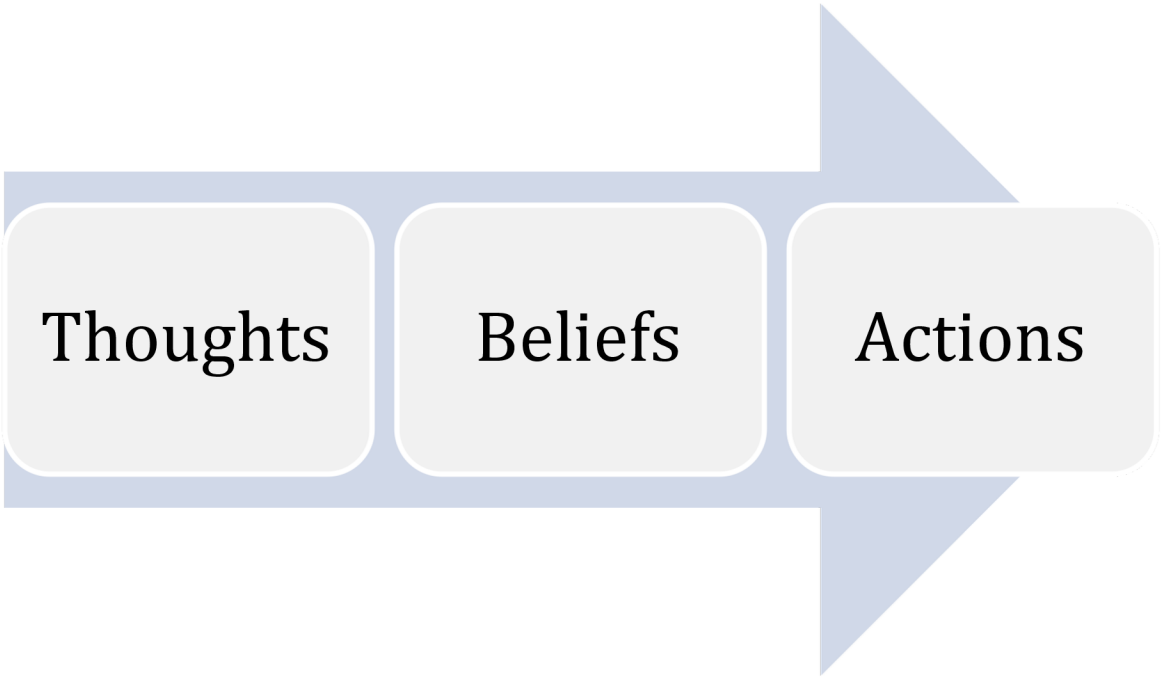
So you're going to find in this course that the Mind Renewal Tools that we share with you won't merely be addressing the surface, but will go deep and be there when trials come, when difficult people challenge you, when you have a situation that takes you by surprise or when an old situation resurfaces—all those things in our lives that we react to when we have been renewing our minds with truth and truly ingesting it and allowing him to target what needs targeting with His truth. You will find *then* is when you are transformed.

Your responses will change and the way that you think about life will change. Maybe even the way you think about counterfeit coping mechanisms (like overeating or overspending) will change. Maybe you'll find that certain things that you once thought you needed in order to make it through the day will be hollow now.

That is what mind renewal promises us:
Transformation!!!

Foundations Intro Part 2 - Mind Renewal Mastery

There's a premise that we hold regarding mind renewal and being transformed. You can see it in the diagram below:



Whatever I choose to **think** about will establish my **beliefs**. My **beliefs** are going to direct my **actions**. So it makes sense that I want to back up to my thoughts and, and really address what am I allowing in my mind? What am I thinking on?

We want to have a corral (or boundaries) around our thoughts.

In your bible, look up 2 Corinthians 10:4,5. Please write the passage on the lines below.

Foundations Intro Part 2 - Mind Renewal Mastery

The weapons of our warfare are **not** of this world, but they have **divine power to demolish strongholds**. So we take captive our thoughts and surrender them to obedience to Christ. I like to think of this as taking captive my thoughts before my thoughts take me captive.

Have you ever thought about something that hurt you or affected you negatively in some way...or you told a friend or friends about it and the more you thought about it, the worse it seemed to be?

Describe an example of that in the space below:

So often, when we have those thoughts that are kind of negative, whether they're true or not, these thoughts that I have chosen to think on, tell me a story, truth or lie.

We will address this a lot in the next eight weeks. So we want to get it out there at the very beginning, our thoughts—what we choose to think about—can impact us profoundly! We must establish boundaries around our thoughts.

What we **think about** is going to drive our **beliefs**.

Said another way, our **thoughts** are going to establish our **beliefs**. Sometimes that belief can be established over a long period of time. Sometimes it's not so long. But before you know it, the story that I have told myself seems more than ever to be true...and my beliefs about it cause me to take an action. Sometimes it is to isolate, no longer attend bible study or church or to write a letter that will wound someone.

I can't tell you over the course of my Christian life, how many times I have heard of offenses like this. Really, this is the kind of stuff that makes up many of our lives, little things become big things become bigger things. We want to allow God's word to target beliefs, right where they come into play, even before they become beliefs.

Again, what I choose to think about will establish my beliefs.

Years ago, I stopped listening to secular music when I first became a believer in Jesus in the mid 70s. I realized that the songs that were going through my head 24/7 were causing me to even inadvertently think on thoughts that weren't helpful. You know how you wake up middle the night with a song going through your head? I realized I didn't like the way those lines of songs going through my head all hours of the day and night were impacting my thinking. Do you remember "Poor, poor pitiful me"? This was sung by Linda Ronstadt in the 70s. Did I really want the thought of "poor, poor pitiful me to go through my head all the time? Well, no, of course not. And so for me, it wasn't a far leap to say okay, I'm going to close that corral gate. And I'm not going to allow myself to think those thoughts because the song gets caught in my head and goes through it again and again, even in the middle of night.

The same is true of Christian music. For me, I remember there was a season when I'd been a Christian for quite some time. But I was angry at God and the song that was going through my head all day and all night was one line, "I need Thee oh, I need Thee every hour, I need Thee" over and over and over again, in my mind.

I believe God placed that thought in my mind. Whatever we think on is going to drive our beliefs, and our beliefs are going to drive our actions.

This class is about backing up to the thoughts we allow to access our minds, and handling them in a way that will ensure that the subsequent beliefs will line up with what God says is true.

What does God have to say about this?

So, if I have a rogue thought that says so and so didn't call me. So and so must not like me. So and so is probably talking about me to so and so . . . **Hold everything!....**

. . . I will put a corral around my thoughts and take those thoughts captive. Because if I don't, before you know it, I will have beliefs based on the story I am telling myself that is actually rooted in lies!

Then, I'm going to say, **"Okay, what are *your thoughts, God,* about that?"** What is the mind of Christ about that? I can invite Him to show me His thoughts. The Lord Himself will show me other thoughts to help me to stop thinking thoughts that are going to become beliefs that will drive actions that I do not want. What we want to do as we begin this class, is recognize the value of our thoughts, the thoughts that we turn over and over in our heads. These should be scrutinized and evaluated and we need to ask "God, what do YOU think about that?" With the psalmist in Psalm 139: 23 we pray: "Search me [thoroughly], O God, and know my heart;Test me and know my anxious thoughts;" (AMP)

Look up Philippians 4:8 in your bible and write it in the space below:

Consider your life right now. What are three thoughts that you sometimes think that don't pass the Philippians 4:8 test?

Now, ask the Lord what His thoughts are about each and write down what you sense He may be saying to you.

Only thoughts that pass the Philippians 4:8 test—are noble, excellent, praiseworthy, true—are what I will allow myself to think about. If my thoughts don't pass the "Philippians 4:8 Test," then maybe they need to go. What does God have to say about each? Let's bring this home to what we've been talking about: How does what I do in my quiet time, or my Bible study or my prayer time actually change me? If my thoughts are going to determine my beliefs and my beliefs are going to determine my actions, hopefully, the time I spend in Bible study and prayer and scripture memory and so on, are going to affect my thoughts, right?

During the time ahead, we're going to be looking at how I can program my mind with thoughts that will establish beliefs rooted in God's beautiful truth.

Foundations Intro Part 3 - Mind Renewal Mastery

Romans 12:2 says that we are transformed by the renewing of our minds, rather than by new programs to teach us how to use our money better, or how to eat more wisely. (These programs may help, but they are not a substitute for renewing our minds for true, lasting transformation.) We *are* transformed by the **renewing of our minds**.

If I look at my life, and I see an area that still needs transformation then maybe it is time to *target* that aspect of my life. Just so we are clear, reading the Bible, studying the scriptures, praying, memorizing all are important and have huge benefit!

> **But we each have very specific limiting beliefs that need to be targeted with God's very specific targeted *Truth*.**

An illustration that helps to understand is on the web. Internet marketers target you (and me) based on our online behavior—what we click on. They target us for what they conclude we're likely to click on or buy based on our previous behavior. Once I got a new dog and purchased dog toys online, I started receiving all kinds of emails and ads for similar dog products on unrelated pages I visit. My husband gets emails and ads on his computer screen that are targeted for dietary supplements, reflecting what he has clicked on previously. I have not shown any interest in supplements, so I get no such emails or ads on my screen. He hasn't purchased dog toys, so he gets no emails for dog toys or ads on his screen featuring similar products.

The enemy uses this same tactic. He watches our tendencies, behaviors, and choices all our lives long. *He's not omniscient. He's not omnipotent.* He and his minions can only observe our lives—watch and learn what we do. Then target us with **lies** that we are likely to believe based on our past behavior and our past experiences.

Foundations Intro Part 3 - Mind Renewal Mastery

The lies that the enemy tells *me* are specific and believable to *me*, like the ads for a new dog toy or puppy obedience program. He won't bother with lies that I am not likely to believe just like an online marketer isn't likely to try to sell me supplements or a lawn mower.

The lies that the enemy pitches out to each one of us are extremely specific and are targeted for us based on our previous experience and behavior. To not allow these lies to "morph" into beliefs that will affect our actions, we need to refute each lie very specifically with God's Truth.

Mind Renewal Mastery is built on the assumption that we all have targeted lies that are extremely specific and only targeted Truth will work for establishing the mind of Christ in that area.

Again, if these lies pitched to us by the enemy become a part of our belief system—because they are believable, or we just haven't scrutinized them—***we may not even realize just how many beliefs we hold that don't agree with God's Word or the mind of Christ.***

One of the areas that the enemy loves to use is my ***experience*** in my past.

What has happened to me in my past often directs my beliefs now. But **my past experience does *not* dictate what will happen now or in the future. The enemy wants me to think it does.**

For example, if I was raised in an environment where I rarely felt the approval and love of my parents, I may believe that I can't ever quite measure up to *anyone's* standards. I may keep striving for perfection. Many of us who struggle with perfectionism have this in our history.

What God says about me, though, is vital. Who He says I am, is Truth. God's Truth is not necessarily based on my behavior! It's based on what Christ did at the cross. The mind of Christ about who I am, is not based on my previous history. It's not based on what the enemy pitches out to me. It's not based on what I've always done before. It's based on what God says is true about me! The cool thing is, when I take in what God says is true...the mind of Christ about who I am and my value in this world based on what He says . . .when I consider, ponder, and think on **these** things, they, too, become beliefs which, in turn become actions! That is really good news!

Foundations Intro Part 3 - Mind Renewal Mastery

It's important that I shine the light of truth from God's Word and what He says is true about me into my life, and on any of the perceptions that I hold about myself. Many of us allow our past experiences to dictate what is going to happen now and in the future. This is applicable whether you want to release weight, walk in freedom financially, be free of bad habits, develop new habits, or act lovingly toward co-workers.

In our coaching groups, participants often come into the class hoping they're going to lose weight. They are fired up, planning to learn and practice the 5 Intentions of Spirit-Led Eating, Look and Learn, fully planning to do all of the things that that are laid out in the program.

But there may be a belief they hold that undermines all their best intentions. If they don't realize this, it may cause them to quit before they really gain any momentum. It is a belief rooted in their history.

I have always gained the weight back before...

What is implied by this statement?

"Why should I bother trying now?"

"I probably will gain the weight back this time, too."

If in your past, you have historically gained back all the weight that you have lost, or always gone back into debt after you've climbed out, or you've always ended up in a relationship that was toxic, it's easy to think that's just the way it's going to be this time, too. I'm going to just do the same old, same old.

"So, why bother trying now?"

Implied in this statement rooted in my past is that this time will be the same as every time that came before. This is a predictive thought...it is foretelling the future or, as one of my pastors referred to it, practicing "twisted omniscience."

To believe that my past determines the present and the future is to believe a **lie**.

- *Nothing has the power to predict my future except God.*
- *My past does not have that power unless I give it that power.*

In my past, after I lost weight, I may have gained the weight back again (or gotten into debt again, or into another toxic relationship, or smoked the cigarettes again, or people pleased again). What is in my **past** is not the lie. **I know that it really happened or is true.**

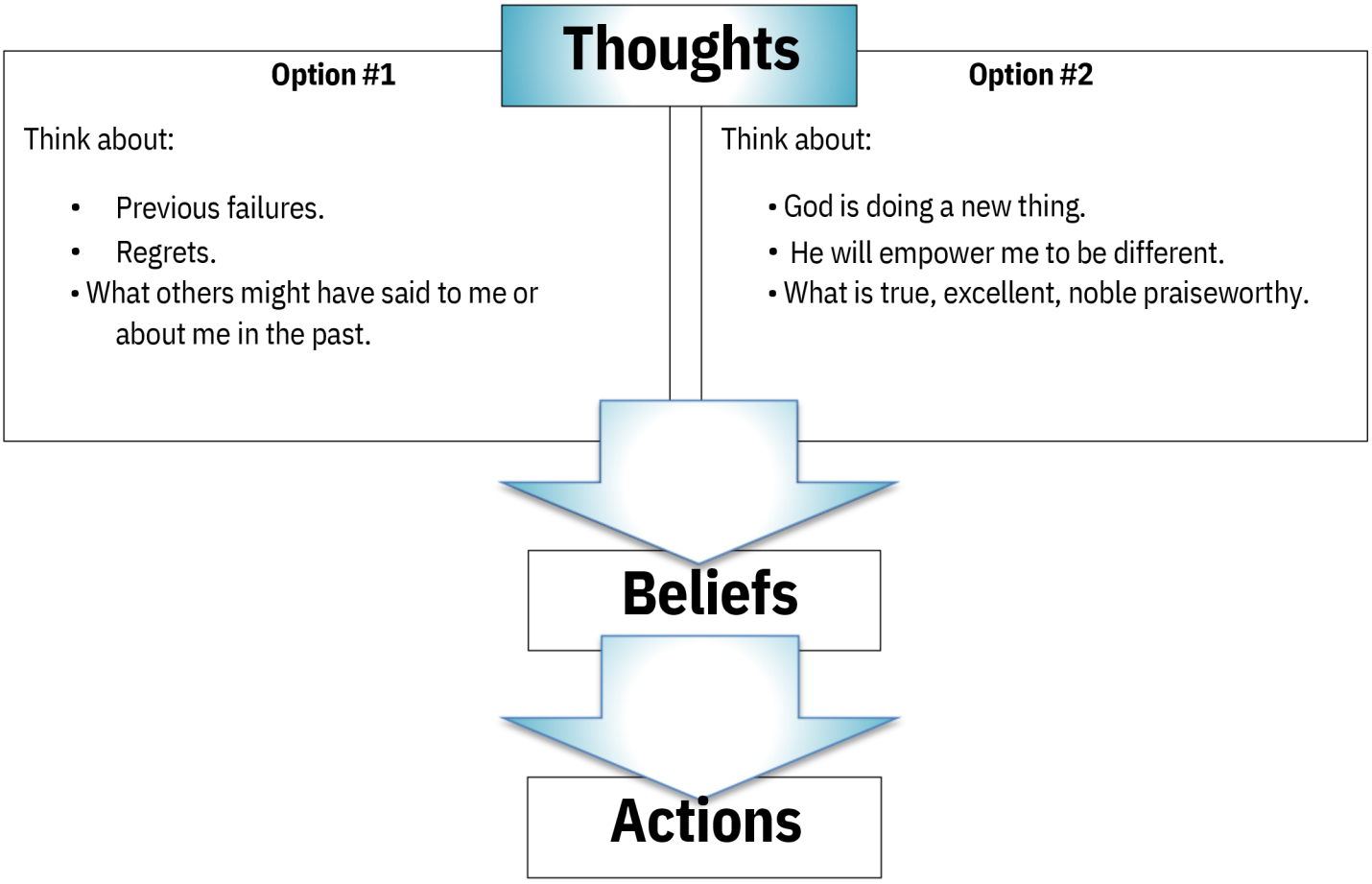
But wrapped deep inside my experience is an assumption that ***because whatever-it-is happened before, it will happen again now...or if not now, then soon. As soon as I give the past the credit to predict, it becomes a lie I believe.***

> ***When I credit my <u>past</u> with the ability to predict the <u>future</u>, I believe a lie.***

It may be a lie wrapped inside of my past experience that really happened, but it is still a lie if I let it tell me what will happen now. It doesn't have that power. We want to disconnect our **past** experience from what is true **now** and going forward into the **future**.

Forget the former things. Do not dwell on the past!
See, I am doing a new thing, do you not perceive it?
Behold, it springs up!
I'm making a way in the wilderness and
streams in the wasteland.
Isaiah 43:18,19

I have a choice. I have a choice about what I will think about and what I will allow into my mind. On the next page, we have a diagram that shows what this may look like.



I can give the thought that "I'm just going to end up being like I always have" airtime. If so, it will develop into a belief that there is no reason to try again. I may then act on that belief and quit before I even get started! Does the thought "I will just end up like I always have" pass the Philippians 4:8 test? Is it noble, true, excellent, praiseworthy? It may *feel* true because of my experience in the past, but what is *more* True is that God is at work here and now. I have *never* had this support system in place! I have never known what I know now! I have never been in this exact space in my life.

The thoughts that are rooted in my past experience, if they're left to run rampant in my mind, are going to become limiting beliefs now and in the future. **The past must stay in the past.** It is true that, previously, I allowed myself to gravitate back toward old habits. I can't call that a lie. **But if I am allowing that fact to define me NOW or going forward, that is giving it power that *it does not have.* It is a lie.**

There is nothing that has the power to define me NOW or going forward except God Almighty. What He says is true. My past does not have the power to define me now, or going forward, unless I give it that power! Let's choose not to give our pasts that power!

Check out the image on the next page...



Right now, are you thinking about previous classes you have taken, your track record with good intentions, classes, goals, your starts and stops and previous mess-ups and failures? You have a choice to make right now and probably each day you are in this course.

Your past experience may be real and true, but not always good. As soon as you allow it to speak to you about what will happen now or in the future "That is the way it will always be now and going forward," that the truth is harboring a rogue lie. If we let the truth of the past define what happens now, we have believed a lie!

What will you think about your past experiences? Will you allow your past experiences to define what happens now and in the future? **Or will you speak Truth to yourself and choose to think on the fact that God's mercies are new each morning (Lamentations 3:23). He is, in fact, doing a new thing right now!**

Do you see how that Truth, (which we call a "Big T Truth"), is from God? (Lamentations 3:23; Isaiah 43:18,19; Philippians 4:13; Philippians 4:8, etc.) A Big T truth **eclipses** the "little t truth" from my past. If what I think I *know* is actually rooted in my *past* and allowed to define me *now* and in the *future*, that's the lie part. Believing that lie will influence what happens!



In the image above, God's Big T Truth trumps any so-called "truth" that I may think I know...no matter the source, but definitely if the source is my past and "what has always happened before."

In the chart below, we show the difference between Big T Truth, lies, and little t truths.

Big T Truths	**Lies**	**little t truths**
Source is God	Source is Satan	Source is our past experience
Always true	Never true	True only in the **past**
Answers "What does God have to say about that?"	**Answers**: "What does the enemy want me to believe?"	Assumes what has *been in the past* will happen now or in the future. **Answers**: "What does my experience have to say about that?" Experience is never a reliable indicator of what God says is true.
May seem impossible, but God is in the business of "impossible!"	May be obvious when considered	Is *rarely obvious* as being anything but true because of my experience that really has happened. NOTE: a little t truth is a lie when it is ***predictive***

Foundations Intro Part 3 - Mind Renewal Mastery

I want to take the Big T Truths, that God is at work doing a new thing right now, that I am not defined by my past, and refute the little t truth or the lie with what God says is true right now.

I am attributing far too much power to my experience, if I think it is going to predict what I do now or in the future!!

While it may be understood that those of us who tend to have had experiences repeatedly tend to repeat those again, going forward, the ultimate Truth--the Truth that trumps all other truth--is that God is at work in me and I'm going to let that Truth—that God is at work in me and can do whatever He says He can do—impact me now.

- God is at work.
- I'm going to let Him work.
- I'm going to *welcome* His work.
- There is nothing about my past that ties God's hands when it comes to doing a new thing in me.

Now ***that*** is **Truth!**

Do you see how doing this will target the little t truth that is wrapped around the lie that predicts I will fail like I have in the past? It addresses very specific lies that I believe. I refute the lies that are wrapped in my experience with the powerful Big T Truth that *I can do all things through Christ Who strengthens me like:*

- . . . finish a class.
- . . . lose weight and not gain it back.
- . . . stay out of debt.
- . . . not spend money that I don't have.
- . . . pay cash only.
- . . . eat only when I am hungry.

> ***"I can do all things through Christ who strengthens me"*** **becomes a very personalized, powerful application to refute the lies that I believe either based on my past or some other source.**

We want to put the Big T truth into place in our lives and allow it to refute anything that we believe that doesn't agree with the *mind of Christ*. My past behavior or experiences might influence me, now, but they don't define me. With the power that Christ provides, I can break that habit, that tendency, I can reject that pattern of behavior in my life.

This is where mind renewal makes all the difference. Only God has the power to define me going forward. He wants me to renew my mind to **tell myself His truth again, and again**. I am not defined by my past. I am not the person who is always in debt. I'm not the person who is owned by food. I am not that person. **I am so much more.**

We are being redundant because we find that this is a very challenging point to understand. The implications are so amazing, when we begin to see where we are believing something rooted in our past that doesn't get to determine what we do now!

Please cultivate the habit of asking God, "What am I believing here?" Sometimes we tell ourselves things that others have told us. Sometimes these folks tell us the same thing again and again. The very fact that what they said is going through our minds or we tell others "Can you believe what ____ said to me?" is going to influence my beliefs. Remember, what I think about is going to establish my beliefs and subsequently my actions.

Let's tenaciously fight to use this standard:

"God, what do you say about that?"

and then wait on Him to give us His Big T Truth.

This has been a lot of information. Look back at the diagram on the top of page 21. **In your own words, in the space below explain that diagram.**

What are two examples of a little t truth from your past experience that you have allowed to have too much power . . . that you have believed can predict what *will* happen?

What does God have to say about each? Ask Him, wait prayerfully and then write down what He impresses on you.

Foundations Intro Part 3 - Mind Renewal Mastery

Sometimes God gives us a Bible verse for the Big T Truth. Sometimes it's a personalized Bible verse. Sometimes it is just a remarkably practical Truth with His authority behind it. It can also be an impression that He lays on your heart. **It will *always* agree with the Bible.** It doesn't need to *feel* true to me since my *feelings* may lie. **If God has said it, it's true merely because He says it's true.** And the Big T Truth always trumps my experience or the little t truths and lies that I believe and anything else that I might depend on to predict what will happen. Anything that I allow to predict the future that isn't the mind of Christ has to go. It's got a lie wrapped inside of it, no matter how true it seems.

What we tell ourselves repeatedly is what we will believe. These beliefs will become actions. If we want actions that honor God and our God-honoring goals, then we want to back up to our beliefs and the things we think about that determine our beliefs.

We're going to renew our minds again and again and again with God's big T Truth.

At the heart of it all are these marvelous Big T Truths:

- God has given me His Spirit
- I can do all things through Christ who strengthens me
- God is *now doing* a new thing. He ***is*** making a way in the wilderness and streams in the wasteland.

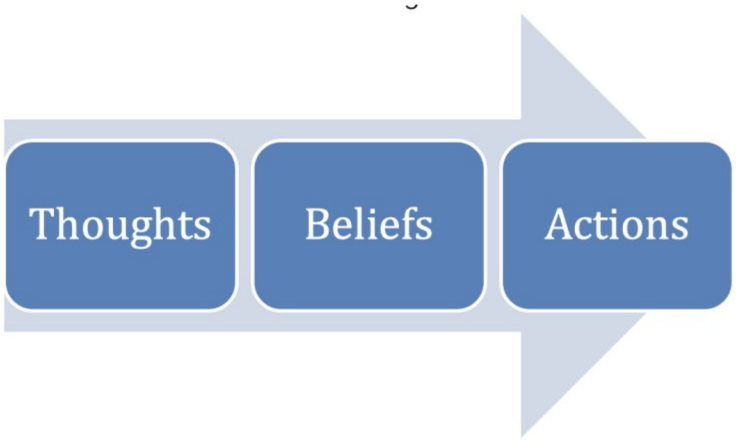
There are so many more. This is going to be fun!



Lesson/Week 2 - Mind Renewal Mastery

The Value of the Bible in Renewing Our Mind

REVIEW OF WEEK 1 FOUNDATIONS What I think about, what I allow to go on in my brain, what I ponder, even what I sing and what I say—those are the things that are going to establish my beliefs, whether I want them to or not, or whether they're true or not.



What I think about is going to establish my beliefs. My beliefs will fuel my actions. If I don't like what I see myself choosing to do, I want back up all the way to what I am thinking about.

More and more I want to be intentional to think with the mind of Christ like the Bible says in 1 Corinthians 2:16.

> Do not conform any longer 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 12:2

Our part is to renew our minds. And His part is to do the transformation.

Lesson/Week 2 - Mind Renewal Mastery
The Value of the Bible in Renewing Our Mind

> For the word of God is **alive** and **active**. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. – Hebrews 4:12

We want to allow the Word of God to penetrate our lives, not just to wallpaper or coat our minds and our thinking because that doesn't go deep enough. Many of us do that and we don't experience the very transformation we long for. ***The challenge is not necessarily more Bible study or to pray more, but different. We need to take it further. Take it in deeper, chew on it, really digest it.***

Review of "little t truths"

We often take the truth from our *pasts*, what *really* happened in our experience. We then allow it to shape what we think will happen *now*. And going forward in the future. We spoke of these as little t truths and claimed that we need to be circumspect, and to disconnect my past experience from what I think will happen now.

What I've done in the past does not have the power to predict what will happen now and in the future.

Only God does. If I think my past experience predicts what will necessarily happen now or in the future, *there is a lie wrapped inside the truth that I've experienced*. And that's why we call it a little t truth.

We want you to know that YES, the Bible plays a VITAL, CRITICAL, IMPORTANT part in renewing our minds. We just need a way to bring it off the page or study blanks and into our lives and experience the "living and active" part of God's Word that Hebrews 4:12 speaks of. Please don't throw out your Bible reading plan, memorization plan, or bible study. Please don't think you need to do MORE. Instead, we hope to give you some strategies for ***different.***

If I want to foster the mind of Christ within me, if I want to think God's thoughts after him, if I want to know what His thoughts *are* about anything at all, there are two obvious sources:

Lesson/Week 2 - <u>The Value of the Bible in Renewing Our Mind</u>

- The Bible

  And

- The Holy Spirit

This week, we will focus on the Bible and ways of allowing it to penetrate soul and spirit, joints from marrow!

> All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.
> – 2 Timothy 3:16,17

Let's look at the high value and esteem we have for the Word of God. How will we get our "nourishment" from it, bring it in close, chew it up, and digest it? We have some tools that are going to help us with that, in addition to the God List, which you used in this previous week's homework. These tools are right out of the Bible. There is nothing additional that you need.

It's never that the Bible isn't enough!

It's often what we *do* with the Bible that doesn't take it deep enough.

<u>Scripture Word Focus</u>

In our Foundations lesson on page 9, you were asked to "chew" on one verse for a week. "Scripture Word Focus" is a great way of chewing a passage of scripture thoroughly! This week, I will elaborate on how this tool works for me and walk you through doing so for yourself.

After you watch the video where I actually do this with Romans 12:2, come back here and pick up with the next activity.

If you would like, you can take notes in the space on the next page of anything that you notice in the video that might help you with practicing this tool.

Lesson/Week 2 The Value of the Bible in Renewing Our Minds

If you just finished the part in the video where I shared how to use Scripture Word Focus, you can either finish the video if you haven't yet, or continue reading below.



A trip to the emergency room in 1996, when I was suddenly horribly sick, was the setting for this well-learned lesson. Doctors couldn't figure out what was wrong with me and, after being admitted to the hospital, they rolled me on a gurney to "Nuclear Medicine" for a CT scan or an MRI, perhaps. I had to lay flat on a table for a very long time. I don't remember anyone coming in or out. Honestly? To keep from being *bored,* I meditated on one of those verses from the Navigators' Topical Memory system that I mentioned to you in Week 1:

Do not fear, for I am with you;
Do not be afraid, for I am your God.
I will strengthen you, I will also help you,
I will also uphold you with My righteous right hand.'
Isaiah 41:10 NASB 2020

Lesson/Week 2 The Value of the Bible in Renewing Our Minds

As you heard in the video, the Scripture Word Focus tool acts as a vehicle for meditation and prayer as each word or short phrase of the verse receives your focus. God intentionally included each word in the original languages and if you have a translation that you trust, you can lean on it to be reliable for this activity!

Prayerfully, invite God to show you how each word or phrase may impact the meaning of the passage.

On that table in Nuclear Medicine that day, I began my meditation on this passage by mulling over the entire verse in my mind first...You can do this, too, inviting God into this from the beginning. As I do this, I might even say the entire passage again with special emphasis on the word or phrase that I am focusing on. (In the video I edited that out for brevity.)

"**Do not** fear, for I am with you..."

I then go on to pray and meditate... It might look like this (I say it in my head or out loud or write it in my journal):

*Lord, you have said "**Do not**." I thank you for clarity.*
Lord, this is a directive. I feel like you want to be super clear and so you aren't mincing words.
When you say "do" or "do not," you are blessing me with clarity. Thank you for clarity.

Then, I go on to the next word or phrase.

"Do not **fear**, for I am with you..."

Lord, there are so many things that cause me to fear. You have commanded me not to fear.
You are the answer to my fear. Fear about the state of our world. Fear about my marriage,
Fear about my kids. Fear about my health or the health of someone I love.
You call me not *to fear. I know you speak to how I can release fear.*

(You can speak to God here about any fear you have release it to Him.)

Lesson/Week 2 The Value of the Bible in Renewing Our Minds

"Do not fear, **for** I am with you..."

Lord, you have a reason that I can be free from fear. The word, "for," will tell me how and why. It is like the word "because." Thank you that You do not command me not to fear in a void. I am so grateful that you know me so well that you know I need a reason why I can let go of fear. In my own strength I know I can't. But with your divine "because," that "for" in this passage, I know there is a way.

"Do not fear, for **I am** with you..."

Oh! Lord! I never noticed this before! Your very own name that you told Moses in Exodus 3:14! Wow! You encourage me NOT to fear because of your amazing Name, Your Power. All that is wrapped up in your Name is the reason for me not to fear.

You can speak of His power applied to all the fears that you spoke about previously. For extra study, do a word study of the Name "I Am" from Exodus and the appearance of this in scripture. Jesus also claimed to be "I am."

"Do not fear, for I am **with you**..."

*This is wonderful, Lord. You, in all your glory, beauty, majesty and power promise to be with me. Emmanuel, God with me. I Am is **with me**! This passage brings peace because you don't tell me not to fear all on my own! You tell me not to fear because the great I AM—the God of the Universe—is with me! Thank you!*

Now, it is your turn. There is a lot left in this verse to ingest, to chew on, to swallow. We are doing so much more than tasting! Continue in the pages that follow.

"Do not fear, for I am with you...

Do not be afraid, for I am your God."

What are your thoughts about this phrase, similar to the previous sentence? Why do you think God repeats a similar thought, but with a slightly different word chosen?

Lesson/Week 2 The Value of the Bible in Renewing Our Minds

"Do not fear, for I am with you;
Do not be afraid, **for I am your God**."

Continue your meditation/prayer, asking God to show you anything He wants you to receive from the chewing on His Word.

"**I** will strengthen you, I will also help you,
I will also uphold you with My righteous right hand."

Who is speaking? Consider and speak to the Lord about the fact that the God of the universe is aware of you, promising you anything at all, let alone such personal care.

Lesson/Week 2 The Value of the Bible in Renewing Our Minds

"I **will** strengthen you, I will also help you,
I will also uphold you with My righteous right hand."

"*What is the significance of the word, "will?" How has it felt when someone said they "will" do something that you needed them to do and they didn't. Meditate on God's promise that He will ...*

"I will **strengthen** you, I will also help you,
I will also uphold you with My righteous right hand."

"*Meditate on God's promise to give strength. What value does "strengthen" offer you if you are to let go of fear?*

Lesson/Week 2 The Value of the Bible in Renewing Our Minds

"I will strengthen **you**, I will also help you,
I will also uphold you with My righteous right hand."

"*Who is it that God promises to strengthen? How does that thought affect you? Tell Him about it.*

"I will strengthen you, **I will also help you**,
I will also uphold you with My righteous right hand."

Consider the various aspects of life where you can enjoy having God's help. Again, note the personal nature of this promise.

"I will strengthen you, I will also help you,
I will also uphold you with My righteous right hand."

"*Tell the Lord what His personal "upholding" of you means to you. In what ways will that offer you support?*

"I will strengthen you, I will also help you,
I will also uphold you with **My righteous** right hand."

Consider the value of the word, "righteous" in this context. How does that impact you? How does it give you hope? Speak to Him about it.

"I will strengthen you, I will also help you,
I will also uphold you with My righteous **right hand**."

You are upheld by I Am! He holds you in His righteous right hand even as He invites you not to fear or to be afraid.

"Do not fear, for I am with you;
Do not be afraid, for I am your God.
I will strengthen you, I will also help you,
I will also uphold you with My righteous right hand."

*Finish your prayer or meditation by considering the entire passage again. I like to look at repeated words...He uses "will" three times. He WILL **strengthen** you, He WILL help you, He WILL uphold you...where can you use the blessing of this promise most in your life? How will doing so impact you?*

Lesson/Week 2 The Value of the Bible in Renewing Our Minds

You can write in a journal for Scripture Word Focus or you can pray your thoughts and meditation out loud or silently in your mind. It is a marvelous way of reeling in the truth and beauty of God's Word and applying it in the here and now.

Now, you can go back to the video if you haven't finished it yet.

Praying Scripture

After you have watched the example of praying God's Word that is in the video, select a passage like Ephesians 1:17-23 or Colossians 1:9-12. You can pray any scripture you like, of course, but, if you have never prayed scripture before now, these offer a great place to start as they are prayers that the Apostle Paul prayed for others. If you want to write your prayer, you can do so below or in your journal. We would love to see it in our Community Discussion space, too!

Personalizing Scripture

You just basically insert your name into the passage. As we begin to do this more and more, we begin to see God's thoughts toward us in wonderful ways. Later on, when we need to be able to capture His heart for us in one of our other tools, we will have a better idea of how to do that!

Here is another example: (From Colossians 2:6-10)

So then, just as Heidi received Christ Jesus as Lord, she should continue to live her life in Him, rooted and built up in Him, strengthened in the faith as she was taught, and she should overflow with thankfulness. Heidi should be cautious that no one takes her captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ. Heidi will want to keep at the forefront of her mind that in Christ all the fullness of the Deity lives in bodily form. In Christ, Heidi has been brought to fullness. Jesus is the head over every power and authority.

Your turn!

Select any verse you like and personalize it by inserting your name into it. You can use the space provided or your own journal, of course.

How'd you do?

The Combo Approach

In the video, I demonstrate praying a personalized scripture for myself. I love doing this, too. When I use the scripture as a guide for my prayers for others AND for myself, I know I am can't go wrong. If you haven't finished the video yet, go ahead and do that now. Check out the example of combining personalizing and praying scripture.

This is the example I prayed in the video, using Romans 12:1,2 to pray for myself as I personalized it:

Lord, you urge me by your own wonderful mercies that are new each morning to present my body as a living and holy sacrifice acceptable to you. Lord, I choose to give myself to you today. My body, my mind, my thoughts, my speculations, the people dear to me. I give it all to you, Jesus. Thank you that you receive this. It is an acceptable offering to you and worship of you, Lord, you call me not to be conformed to this world. This world is trying to influence me at every turn. The things I watch, even the video games I play. The conversations I have with other dog owners at the dog park—all of those are sources of the world trying to influence me. And there's so many more! I reject being conformed to the values of this world, the thoughts, the pursuits of this world. Instead, I choose to renew my mind and experience your transforming power in my life. I don't need to wonder what your will is. When I live this way, I live it instead! It is good and acceptable and perfect. Thank you, Lord.

Now it is YOUR turn again! Select a scripture and personalize and pray it. Use it to ask the Lord for what you need or want. You can use the space below if you like or your own journal if you prefer.

Lesson/Week 2 The Value of the Bible in Renewing Our Minds

I hope you feel the freedom to experiment with Scripture Word Focus, Praying Scripture, Personalizing Scripture, and using a combination of any of them.

Feel free to take more time adding to your God List this week, if you think that would be helpful. We can't go wrong praisefesting! Just do what you feel ***God*** wants you to do!

Remember our goal is to think God's thoughts after Him and to begin to chew, swallow, and digest the beauty and truth of God's Word!



Lesson/Week 3 The Holy Spirit is In You

REVIEW

As we saw in Lesson 2, we have two primary sources for knowing the thoughts of God. One is the Word of God. I hope you enjoyed trying the Scripture Word Focus, Praying Scripture, and Personalizing Scripture tools. In this way we really do go from milk to meat, ingesting and digesting the truth of God's Word.

In Lesson 1 and in our Zoom calls, we talked about **little t truths and how important it is to identify them**. Hopefully, you have been able to identify some little t truths that have been subtly undermining your desire to think differently and act differently. Little t truths often determine beliefs we hold based on our *past* experience. To experience *new* thoughts that will lead to *new* beliefs that will, in turn, result in *new* actions, we must recognize these little t truths and corresponding beliefs and refute them with God's Big T Truth.

Here in California, we got a ton of rain in January of 2023 (during the time I was writing this curriculum). National news reported "sinkholes" that had opened and swallowed cars! Sinkholes happen when the integrity of the softer ground beneath the asphalt street erodes and is compromised, usually due to underground water. It is often impossible to see from the surface that the street or highway is no longer supported, and the weight of a car driving on the previously reliable street causes the road to give way and break, opening up a huge hole that cars and busses fall into!

Consider a street that we intend to use to "drive" into a new "future" of **freedom** from **old coping strategies** that have harmed us or new ways of responding to challenging circumstances. Yet beneath the surface of the "street" is an underground river of beliefs—little t truths—that we hold that we haven't yet scrutinized and evaluated with "What does God have to say about that?" We must refute them with God's beautiful Big T Truth. The source of this underground river is our past. It is flowing beneath the street, slowly (or quickly!) eroding the structure and support for the street leading to our hoped-for future. Sometimes, the Big T Truth that is needed to refute these little t truths (which we must remember are hiding or harboring lies) may come in the form of a scripture or personalized scripture. Thus, the reason we must start with the Word of God as we did in lesson 2.

In lesson 3 we will look at the person of the Holy Spirit and how He is in you who have proclaimed Christ.

Lesson/Week 3 The Holy Spirit is In You

If you are in Christ, you have the Holy Spirit in you!

THE HOLY SPIRIT IS IN YOU!

We've been encouraging you to ask the Lord "What are *Your* thoughts about that?" Some may be thinking, "How do I know what God's thoughts are?" When it comes to truth, we want to start with the Word of God, so we are going to do that today. Let's take a deep dive into the Word of God for this lesson! This lesson parallels the video, so you can use this as sort of a listening guide if you like. Pause the video if you need to as you go.

Please grab your bible and a pen and journal if you are using one.

Deep Dive – 1 Corinthians 2

Paul is writing to the Corinthian believers—Greeks—who valued wisdom. He points out that when he came to speak about the gospel, he came ***simply***. He didn't come with all kinds of elaborate arguments about God.

> IMPORTANT: In the first six verses of 1 Corinthians 2, we see the words "**wise**" or "**wisdom**" used at least five times (depending upon your translation).

Paul points out that he didn't try to be like all the Greek teachers and philosophers they were accustomed to. His audience admired "wisdom" and fine-sounding arguments. But Paul's message was ***simple***.

He knew nothing except Jesus Christ and Him crucified.

In your opinion, why is this enough?

Lesson/Week 3 The Holy Spirit is In You

Paul's visit was made with weakness and trembling—*not* with the confidence that might have characterized the Greek philosophers that were so popular. While Paul lacked the demonstration of confidence that his audience may have valued, he reminded them that his message came to them with **evidence** of **God's power and His Holy Spirit.** In verse 6, he drives home a point that the wisdom he shared is for those who want to be mature in Christ.

> *". . . but we impart a secret and hidden wisdom of God,*
> *which God decreed before the ages for our glory."*
> *- 1 Corinthians 2:7*

In the space provided, write your thoughts about the "secret and hidden wisdom of God." What do you think this is? What does it mean? Why did Paul use this phraseology?

When and why did God decree it (please see verse 7)?

> *"No eye has seen, nor ear heard, nor the heart of man imagined what God has prepared for those who love Him." 1 Corinthians 2:9*
>
> *These things God has revealed to us through the Spirit, for the Spirit searches, everything, even the depths of God. 1 Corinthians 2:10*

In the space below, answer this question: What is the significance of the comment in verse 10 following the quotation from Isaiah found in verse 9? What does it mean to you *personally*?

Lesson/Week 3 The Holy Spirit is In You

When we are in Christ we have the Holy Spirit in us! We can know things that we can't know apart from being in Christ. God reveals Truth to us.

These things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. Now we have received not the spirit of the world, but the Spirit who is from God, ***that we might understand the things freely given us by God.***
-1 Corinthians 2:10-12

God has given *you* His own Holy Spirit, Who lives in *you* and with *you*, Who teaches *you*, Who helps *you* to discern this secret and, and mysterious knowledge!
How do you feel about that? ☺️

For who has understood the mind of the Lord, so as to instruct him, but ***we have the mind of Christ.***
1 Corinthians 2:16

We have the mind of Christ. We quote this verse in this course again and again. You have now seen it in its context.

This is beyond any of the Grecian philosophers who may have had all kinds of wisdom and could argue all day and night. We have a secret, mysterious wisdom from God. In the space provided, please respond to this amazing gift.

Lesson/Week 3 The Holy Spirit is In You

If we want to live as those who have the mind of Christ, the first most obvious place to look is God's word. And we focused on that in lesson two, The Word of God is the most reliable source for knowing God's Truth. It is the foundation and "plumbline" for everything else.

The second is **The Holy Spirit Who is in you.** I realize that you probably know this. But what we hope to share is just how this fact can saturate your life in all the glorious and best ways! Hang with us and keep searching the scriptures. Of course, please pray about everything that we share.

A Concern

Often, I think we fear the extreme of exalting the Holy Spirit and even falling into error with our theology about the Spirit of God. The extreme doesn't honor God, certainly, but neither does avoiding the gift that God has seen fit in His goodness to give us. When we say "What is the mind of Christ here?" or "God, what do You have to say about that?" some people fear putting words in God's mouth in a way that dishonors Him. You may hear us say something like, "Ask God what He has to say and then jot down what He tells you." You may wonder,

"Well, wait a minute, how do I know what God says?"

We are going to think God's thoughts after Him. Please respond to what you have read (or heard in the video to this point) in the space provided:

Some fear that this is a slippery and dangerous slope for us. Rather than pretend that there isn't a concern, we want to acknowledge it. Many of us know someone who has claimed that God told them to do something and yet we've known scriptures that contradict what the person says God "told" them.

God's word is always the standard for all truth.

We want to search God's Word and know what it says. In this way, we give the Holy Spirit something to work with—to remind us *of*. We want to be steeped in Scripture. Where something does not agree with scripture, of course, it's not from God.

Additional Scriptures – What does the Holy Spirit in You mean for mind renewal?

Please open in your bible to the verses shared in the video and below:

• **John 16:2-15** In this passage, what does Jesus say the Holy Spirit will do? Please list as many things as you can from the verses.

• **John 10:27** What does Jesus say about His relationship with His sheep?

Lesson/Week 3 The Holy Spirit is In You

- **Romans 8:9** If you are in Christ, what is true of you?

If you do not have the Holy Spirit, what is true of you?

Get personal...are. you in Christ? How do you know?

- **John 8:47** What does this verse say to you personally?

What are ways that God may choose to speak and make His voice known to you?

- Scripture
- Through another person
- Sky writing!
- A song that ministers to your heart at just the moment you need it
- An impression that you have in your heart
- Personalized Scripture
- Etc.

Lesson/Week 3 The Holy Spirit is In You

As crazy as it sounds, one Sunday afternoon when my husband and I lived on beautiful Catalina Island, I was sitting on the beach having some nice relaxation time. I noticed an airplane in the sky was shooting out smoke in very intentional shapes. Slowly, the letters and symbols were formed and this is roughly what I saw:



I knew instantly that God was telling me a Big T Truth: He loves Heidi!

It isn't that those that can hear God's voice are "better" or more godly or spiritual Christians than others. **It is a lie to believe that something is wrong with you if you can't hear God speak to you** *(yet)***.** It just means that you want to pray and ask Him to show you and to make it clear to you when He IS speaking so you don't miss it!

Just know He *is speaking*, be *still* with Him, and *believe* that you *can hear* Him. What we hear from God is NOT on par with Scripture. It typically is a targeted truth that He gives us to replace a lie or little t truth that is targeting us as well.

• Hebrews 3:15 • Hebrews 13:8 • Isaiah 30:21

Hebrews 3:15 tells me that God speaks. He did in the past and He does today because God is the same yesterday, today, and forevermore (Hebrews 13:8). In Isaiah 30:21, God says that we will hear a voice...His voice...speaking to us!

Summary If you are a believer, *in* Christ:

- You have the Spirit of God in you—His own Spirit
- The Spirit who knows the thoughts of God is in you
- You can be reminded of truth through the Spirit in you
- You will be led to truth—Big T Truth
- You *can* hear God's voice.
- You have the mind of Christ.

Lesson/Week 3 The Holy Spirit is In You

Again, all of what you hear and attribute to God is going to agree with the Word of God. It will be consistent with His character as shown in His Word.

Hymns of the faith that Christians have sung for hundreds of years, have indicated and celebrated the fact that **God speaks**. Consider the lyrics of a longtime favorite of many people, In the Garden, written in 1912.

I come to the garden alone,
while the dew is still on the roses
and the voice I hear
falling on my ear
The Son of God discloses

Chorus:
He walks with me
He talks with me
He tells me I am His own
and the joy we share as we tarry there
None other has ever known

He speaks and the sound of His voice
is so sweet the birds hush they're singing
And the melody that He gave to me
Within my heart is ringing

(Chorus)

I stayed in the garden with Him.
The night all around me is falling,
and He bids me go
through the voice of woe
His voice to me is calling

(Chorus)

Lesson/Week 3 The Holy Spirit is In You

Go back through the words to this popular hymn and circle with your pen or pencil every reference to "voice," "speaking," and similar words that imply God speaks to His child.

How many references did you circle? _____

Other hymns also speak about personal divine guidance, and the soul's conversational communion with God. This is not a new age teaching. It's been part of our Christian heritage since Jesus left the earth and I hope you agree.

Again, always, always, *always*, ***always***, please submit what you hear from the Spirit of God to the authority of God, and to the authority of His Word. It's never, *no not ever*, going to disagree with His Word, or the character of God that we see there. (I am being redundant intentionally for emphasis.)

If you are in Christ, **the Spirit of God is in you**, and vital for learning to renew our minds!

You can sense his leadership. You can sense HIS WILL You can hear His VOICE. You can know His mind and think His thoughts. This week's mind renewal tools will show you how valuable it is to listen for Him.

Watch out for this little t truth:

> *"I have never heard from God that personally before, so I won't hear from him personally now."*

Do you struggle with that? First, why do you think we call this a little t truth?

_____

_____

_____

To be a little t truth, you have experience with whateverit is. **If you have never heard from God so personally before, that doesn't mean you won't *ever.*** The belief that you won't hear from Him personally now is a **lie** rooted in your previous experience. The experience may be true, but it's ability to predict what will happen going forward makes the prediction a lie. God speaks and you may hear Him!

Please pray that God will give you clarity, peace, and truth as you give the tools we share with you a try.

Lesson/Week 3 The Holy Spirit is In You

Tools That Require Me to Depend on The Holy Spirit In Me

Create a Truth List

Since truth is invaluable, we want to be able to create truth lists. We use truth lists for almost everything! Truth Lists are effective for getting targeted truth to refute the targeted lies or little t truths that so often undermine thinking with the mind of Christ.

Truth List About Hearing from God

Some of us may have lies or little t truths circulating in our minds that we won't be able to hear the Spirit of God speak. We never have had that kind of closeness with God and assume we never will. Let's call that out right now! Your past doesn't get to define now or your future. In fact, you signed up for this class so that you could experience something new! Let's believe God that He is doing a new thing! Isaiah 43:18- 19:

Forget the former things;
do not dwell on the past.
See, I am doing a new thing!
Now it springs up; do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland.[1]

Here is a truth list about hearing from God:

As a believer, *in* Christ:

- o I have the Spirit of God in me—His own Spirit is in me!
- o The Spirit who knows the thoughts of God is in me
- o I can be reminded of truth through the Spirit in me
- o I will be led to truth—Big T Truth
- o I *can* hear God's voice.
- o I have the mind of Christ.
- o I can think with the mind of Christ.

[1] A word about context and using verses out of context. I often use verses to demonstrate a precedent. For instance, in Isaiah 43, we see that God encourages His people who would hear this prophecy to forget the former things and know that He is at work doing something new. Since God is the same yesterday, today, and forevermore (Hebrews 13:8) we can know that it is His character to do new things and encourage His people not to be stuck in their pasts. It is an inference drawn and not intended to be bible exegesis.

Lesson/Week 3 The Holy Spirit is In You

Those statements came right out of this week's lesson and all the verses we looked at together. They are a truth list about hearing from God.

What do you DO with a truth list? • You read it over and over.

- You speak it out loud over and over.
- You memorize it.
- Pray through it.
- Sing it.
- Do anything that will get the truth into you.

If you think these thoughts about God's Spirit in You (which are all based on God's own Word *no matter what your experience may be*), you *will* establish these as new beliefs and it won't be long before your actions change! You *will* experience a way in the wilderness and streams in the wasteland!

Assignment 1: Read the Truth List above out loud 5x. You don't have to like it. ☺️ Just trust the process. Do this today and every day this week and any time you think of it. If you can't do it out loud, then write them in a journal. After you have done this at least 3 days, write in the space provided what you think:

Assignment 2: Creating your Own Truth List

Method 1: Refutation of the Lies

There are a number of ways to create truth lists. I recommend this first one as a good place to start.

Lesson/Week 3 The Holy Spirit is In You

Trust in the LORD with all your heart,
and do not lean on your own understanding.
In all your ways acknowledge him,
and he will make straight your paths. Proverbs 3:5,6

Before we begin with instructions, we want to encourage you to be in a quiet place where you will not be interrupted. This may be tricky for some of us. So do what you can. You may need to plan ahead. It might mean "running errands" and sitting in a parking lot for a while just to get quiet. Or you may have to recruit someone to watch the kids and tell your spouse what you are up to. Put it on your calendar if you need to. You are making an appointment with the King of Kings to listen to His Spirit within you!

The Truth we depend on during these exercises is The Holy Spirit is In You. You can hear Him. You can know and think with the mind of Christ!

Caution: PLEASE DON'T STOP IN THE MIDDLE OF THIS ASSIGNMENT!

Step 1: Ask the Lord to show you lies that you believe. A more "sanitized" label for lies is "unworkable beliefs," if that helps. Or, you can ask Him to show you what little t truths you are carrying with you from your past into the present and future and what lie is hidden in the little t truth of your previous experience. Again, ask for the Holy Spirit in you to lead you into all truth about what you believe before you jot them down! It might leave you in a discouraged place, so carve time out to be able to complete it.

On the next page, which of the lies do you believe? Put a check on the line next to each.

Note: There is a space below each lie or little t truth so you can write something in response to each farther in this assignment. Please leave it blank for now.

If you think of a lie that you believe that isn't here, then please write that down too. It may help to think of a difficult situation that you are in right now or a habit or counterfeit coping mechanism you turn to again and again even though you know it is destructive.

For now, on page 57, just place a check beside any lie that you believe. Then, on page 58, add lies or little t truths that you know affect you.

Lesson/Week 3 The Holy Spirit is In You

_____ I am a failure.

_____ I always fail after I start something new.

_____ This may work for others, but my destructive thought patterns are too deeply ingrained.

_____ I am emotional, and God made me that way. I react based on my emotions. That won't change.

_____ I am 40/50/60 years old now. I've been this way for so long, I have tried to change before and failed. I will fail now, too.

_____ I just don't have the time to do all the mind renewal that you speak about here.

_____ You don't know what I have done/what has been done to me/what I have gone through. This doesn't work for someone like me.

____ Other: _____

_____

_____

_____

____ Other: _____

_____

_____

_____

____ Other: _____

_____

_____

_____

Step 2: Prayerfully, wait upon the Holy Spirit within you as you read **one** of the lies you wrote down or that you checked. Please read just **one**. Ask God **"What do you, God, have to say about *that*?"** Keeping in mind that James 3:17 reminds us that:

The wisdom that comes from heaven is first of all pure;
then peace-loving, considerate, submissive,
full of mercy and good fruit, impartial and sincere.

The Spirit of God in you will tell you a Truth that you can write down to refute the lie or little t truth that you have checked or written down. It may or may not be a scripture. That's ok.

Draw a single line through the lie and write in the space below the lie, the Big T Truth that the Spirit of God gave you as you waited on Him. This may not be in the form of a bible verse, but it may. Or it may be a personalized bible verse or a paraphrase. However, since our Shepherd speaks to His sheep and says that we can know His voice, believe that He will speak to you personally. He knows all your thoughts before you do and He sees you. For example: When the lie I believed was "I turn back to overeating again, even when I have a long period of victory," I had to realize that my experience says this is true. But when I say it now, it is my way of objecting to thinking differently now. I am defeated before I start. It is as though I

think my past is more powerful than God is to change me. I find this true statement of my past is wrapped around a lie: "...therefore, I will turn back to overeating now (so why bother trying not to overeat?)." The lie is found in that unspoken assumption that my past defines what will happen now. When I ask the Lord "What are Your thoughts about that, God?" I have heard Him speak Truth over this lie:

> You are not defined by Your past.
>
> - Only *I* (the Lord) have the power to determine what you are now and what you will be.
> - Behold! I am doing a new thing! I am making a way in your life, Heidi! I am making streams in the wasteland! This is a NEW thing I am doing!
> - I will complete what I have begun in you. This is a new season.

These three bullet points are the Truths that the Holy Spirit impressed upon me. They aren't just "what makes sense" to me. (Review Proverbs 3:5-6.) I have "done what makes sense" for years and I am still a mess! Time to do what God says! Listen to Him and what He speaks to my heart!

These three bullet points are the start of a truth list! Now, write down at least one Truth that the Holy Spirit impresses upon your heart for each of the lies you put a check next to or wrote.

Take as much time as it requires to have at least one truth for each lie. If you have trouble with this, please ask about it in our discussion space and we will prayerfully ask the Lord to show us a truth that might refute the lie you believe.

Step 3: Once you have your lies scratched out and the truth written beneath each, evaluate each of the truths in light of Scripture. If you aren't sure if it lines up with scripture, post your truths in our discussion space and we can help with that. Or ask a trusted pastor or friend who knows God's Word.

Step 4: Bring home the truth by writing the truths out long hand on a single page (you can use the space provided if you like). As you do this, invite the Spirit of God to give you any additional truths that you may need to be equipped with. Jot them down as well.

My Truth List – Method 1

Step 5: Read this truth list out loud. By the time you have done this activity, you will find that your thoughts are beginning to be steeped in the truth that the Spirit in you has given you.

Method 2: "What is True?" Tool

Christina and I love to use this tool probably every day! It is quick and simple and we can do it "on the fly!" That just means, no matter where we are, what is happening, we can invite God to show us "**What is true, God?"**

We then listen to what His Spirit impresses on our hearts. We can do this when we are driving, taking a shower, in the middle of a challenging conversation. It is even better when we can say what He shows us out loud.

Or write it on a piece of paper. Or, tap it into the notes app on our phones. These strategies bring the truth home to our hearts that much more. You will find that the more you use Method 1 above, the more readily you will have truth impressed on your heart quickly when you use this "What is True?" tool.

Examples of when we have used this tool:

- I want second portions of these yummy lemon bars. "What is true, God?" What is true is that I am not hungry and so whatever the reason I want more lemon bar it isn't likely to be satisfied with just one more.

- That co-worker just treated me with such disrespect! "What is true, God?" What is true is that s/he doesn't define my worth and value. What is true is I can let it go. What is true is that s/he will not have the power to define how the rest of my afternoon goes. What is true is that s/he treats everyone this way.

- I just got difficult news. "What is true, God?" What is true is that this doesn't surprise you, Lord. What is true is that you will use this for your glory even though I can't imagine how. What is true is that you promise to give me everything I need for life and godliness and that means even to navigate this difficult season.

See how that works? Other examples of when I have used this tool include when I had a health crisis that threatened by life and caused me to lose the use of my legs, when my kids both moved out of our home and out of state at the same time, when my husband of 33 years decided he wanted a divorce after all, when I had a car accident that totaled my car, when my roommates began fighting with each other and with me more, etc.

This tool can literally be used for *anything*.

Your turn!

To Do: Think of a situation that has happened recently or a circumstance that you are facing. Ponder the details in your mind. Take a moment to jot down a summary of whatever it is in your journal like I did in the bullet points on the previous page.

Next, turn your heart in a Godward, listening direction and invite the Spirit to show you, "What is true, God?" Jot down what He impresses on your heart. If nothing comes, you might want to wait a bit longer. It is ok if nothing comes, but bring your situation to our discussion space and we will try to show you how it might work to use the "What is True?" tool for this situation or a similar one.

This tool is great to use "on the fly," when you can't write it down or speak out loud. We will be eager to hear how it went!

My Truth List – Method 2 – What is True?

Lesson/Week 3 The Holy Spirit is In You

Lesson/Week 4 You are Who God Says!

PART ONE

2 Cups Demonstration

Feel free to jot any thoughts you might have during the first part of the Part 1 video in the space provided:

What are some of the hats you wear? (Watch the video to see what we mean.) List them:

Think about my examples. Can you think of any ways in which your "performance" at any of these roles can be thwarted by things beyond your control? Give at least one example:

Lesson/Week 4 You are Who God Says!

In the video, I refer to three things we often look to our roles to give us. I use the acronym "V. I. P." What three things did I mention?

V _____

I _____

P _____

What is the ***only*** right source for our sense of Identity (Value and Purpose, too) from?

_____

_____

_____

_____

Who I Am in Christ What are negative things you sometimes get your sense of identity in? List 3. These might be statements that you say to yourself in response to your own disappointment with your performance at one of your roles.

1. _____
2. _____
3. _____

Using the Who I Am In Christ list provided, what are three truths that minister to your heart that you might choose to memorize and speak to your own heart when you are tempted tell yourself what you wrote in the previous question?

1. _____
2. _____
3. _____

Lesson/Week 4 You are Who God Says!

Deep Dive – SCRIPTURE

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.
~ Romans 12:2

In the video, I mentioned this passage and a specific way that we often conform to the world. What is that one particular way I mention?

_____

_____

_____

What are we to do instead?

_____

_____

_____

It is a lie to believe that I am defined by what I do and how well I do it.

Below and on the next page are the "Who I Am NOT" statements that I referred to in the video. Put a check next to any that you can identify with. There is space to write out your own as well.

	I am not my marital status. (I am not a divorceé. I am not single. I am not widowed.)
	I am not my chronic illness.
	I am not my size.
	I am not my weight. (I am not an emotional eater. I am not my activity level.)

Lesson/Week 4 You are Who God Says!

	I am not the counterfeit coping mechanism I struggle with.
	I am not my employment status.
	I am not my kids' walk with God (or lack of).
	I am not my childrens' addictions.

Renewing Your Mind with the Who I Am in Christ Tool

Here are some ways you can use the list provided in the portal to renew your mind with what God says about you because You Are Who God Says!

1. Speak them out loud.
2. Post the list on the bathroom mirror.
3. Tape it to the fridge

(continued on the next page)

4. Write out the statements from the Who I Am in Christ list on sticky notes and put them in strategic places.
5. Make a lock screen for your phone so you see the truths when you look at your phone.
6. Put the entire list in the files app of your phone and go over it when you are waiting for something.
7. Set a timer or alarm on your watch or phone to remind you to go over some of the truth on that list.
8. Record yourself reciting the list in your audio recording app on your phone. Then use it as part of a playlist when you are driving, making a meal, doing chores, running errands.

PART TWO – I am not my Failure!

What is your usual response to your own failures and missteps?

What are God's thoughts about failure mentioned in the video?

DEEP Dive – Scripture Perfectionism (feel free to jot your notes from the video here).
See also Ecclesiastes 3:11, 2 Corinthians 12:9, Acts 9:1-22

Lesson/Week 4 You are Who God Says!

Summarize your thoughts about perfectionism after viewing the video.

> ***No, you're not going to have <u>your</u> strength in this lifetime.***
> ***You're going to have MY strength at work in you,***
> ***and it is perfect.***

Please look up each of the following passages. What does each verse say about a spirit of condemnation? *For the most benefit, please don't just write down what the verse says verbatim, but respond in your own words.* ☺️

Romans 5:8

Romans 8:1

John 3:17

Ephesians 1:7-8

Comment on this statement: *"We can't hate ourselves into positive change."*

Lesson/Week 4 You are Who God Says!

How does that describe ways you have, in the past, tried to change? How effective has this been?

Look up Luke 22:54-62 and John 21:1-19. Respond to the questions:

1. What was his/her failure?

2. What character traits does Jesus demonstrate in interacting with him/her?

3. What can you believe about how God responds to failure from this example?

Look up John 4:1-42. Respond to the questions:

1. What was his/her failure?

2. What character traits does Jesus demonstrate in interacting with him/her?

3. What can you believe about how God responds to failure from this example?

Lesson/Week 4 You are Who God Says!

Look up John 8:1-11. Respond to the questions:

1. What was his/her failure?

2. What character traits does Jesus demonstrate in interacting with him/her?

3. What can you believe about how God responds to failure from this example?

We want to think with the mind of Christ and think God's thoughts after Him about failure. Based on what you have seen about God's character through your God List and praisefest and the scriptures you have seen in this lesson, summarize what the Mind of Christ might be about your failures:

Lesson/Week 4 You are Who God Says!

We have seen in our scripture study and in video #2 that God uses imperfect people. I think this is where we really see the truth of 2 Corinthians 4:7:

> 7 *We now have this light shining in our hearts,*
> *but we ourselves are like fragile clay jars containing this great treasure.*
> *This makes it clear that our great power is from God, not from ourselves. (NLT)*

I think of myself as a cracked clay pot (not a "crack pot" ☺️) with the Holy Spirit of God inside of me, shining out the glory of God through those cracks. Anything I do without failing, it is because His strength is made perfect in my weakness and it just proves that any power I have is from God and not from myself! Verses 8-10 in the New Living Translation read:

> 8 *We are pressed on every side by troubles, but we are not crushed.*
> *We are perplexed, but not driven to despair.*
> 9 *We are hunted down, but never abandoned by God.*
> *We get knocked down, but we are not destroyed.*
> 10 *Through suffering, our bodies continue to share in the death of Jesus*
> *so that the life of Jesus may also be seen in our bodies.*

This life WILL be tough! It IS beyond my ability to do it perfectly! And, with Paul in Philippians 3:12-14, we proclaim:

> *Not that I have already obtained all this,*
> *or have already arrived at my goal,*
> *but I press on to take hold of that*
> *for which Christ Jesus took hold of me.*
>
> *Brothers and sisters,*
> *I do not consider myself yet to have taken hold of it.*
> *But one thing I do:*
>
> *Forgetting what is behind and straining toward what is ahead,*
> *I press on toward the goal to win the prize*
> *for which God has called me heavenward in Christ Jesus.*

Lesson/Week 4 You are Who God Says!

Underline or circle in the bible verses quoted on this and the previous page any words or phrases that imply **im**perfection. For example: "fragile" Write the words and phrases below:

Summarize what is true of you if you *aren't* perfect!

Look and Learn

What is a current struggle or goal that you are working on? Select something that has your attention pretty much every day. If you don't have anything currently like that, then consider a time when you have. Ideas can be weight loss, eating "healthy," exercise, quitting smoking, no longer cussing, watching less Netflix, spending less money, drinking less alcohol, keeping the kitchen clean, practicing daily quiet time, stopping gossiping, etc. Write the struggle or goal below:

Lesson/Week 4 You are Who God Says!

What are three reasons you feel you have struggled with accomplishing this goal or defeating this habit?

(Later in the course we will look at situations that you want to change. This example this week is for how we deal with failure, so we are picking a habit of some kind that we want to stop or start.)

In part 2 of the video, I used stopping night-time overeating for my example. In the video, I described how the Lord showed me during a "Look and Learn" session with Him that, when this behavior resurfaces, (among other things like accountability and truth listing) I need to place a journal next to my place at the dinner table with my favorite pen. Then, after dinner, before clean up, He directs me to write down three lies that I might believe *today* that could cause me to overeat *tonight*. Between each lie, I skip one or two lines, leaving a space for what I will do after writing down the three lies. These lies might be "Eating will make me happy," "When I am sad, eating will help me not to feel my sadness," "Just this once won't matter," "It will be worth it," and similar lies.

Continuing in prayer, I then ask the Lord to show me His Big T Truth that refutes each lie. I cross out the lie and write His Big T Truth down on the lines that I left blank. I take these truths with me into the evening. I pray over them and remind myself of them.

The KEY

Invite God *in* to the "mess-up," slip, stumble fall . . .

. . . or *failure.*

Lesson/Week 4 You are Who God Says!

In the Lesson 4 portal this week, there is an example of me praying through Look and Learn with the Lord after a failure. Take a minute and find the video and the script for the video called "Coping with Failure Mind Renewal Example." It is Your Turn! In order to have an opportunity to practice look and learn, refer to the top of page 74 where you wrote down 3 reasons you feel you have been challenged to accomplish your goal.

Trust in the Lord with all your heart.
Lean not on your own understanding.
In all your ways, acknowledge Him and
He will make your paths straight.
Proverbs 3:5,6

So often when we mess up, we assume we can figure it all out and what we need to do to "fix" it. But that is our own understanding. For instance, losing weight is a common battle. Many people don't invite God to tell them what HIS solution is for them. They assume "I have a food and eating problem." So the solution must be "I have to diet and exercise."

But when we ask the Lord in, he can show us things we wouldn't know! We don't want to lean on our own understanding! He may say it isn't a food and weight problem, but it *is* a stronghold—a *belief*—problem and the solution is mind renewal and the Word of God!

So often we keep throwing all our manmade solutions at what is really a deeply spiritual problem. This is true of many habits we want to stop. Let's ask the Lord. This is what Look and Learn encourages us to do. Rather than making our own plan to "fix the problem," we invite God IN to the failure and ask Him what the mind of Christ is. There will never be condemnation. There will always be grace and compassion.

'Call to me and I will answer you
and tell you great and unsearchable things
you do not know.'
Jeremiah 33:3 NIV

Lesson/Week 4 You are Who God Says!

The Lord waits to show you compassion.
Isaiah 30:18

Let's not keep Him waiting! Sit with the Lord now and speak to Him about the habit you are trying to stop or start. Following the example in the "Coping with Failure" pdf file or the video, spend time with Him inviting Him to show you what HIS insights are about the difficulty you have. Most of all, though, ask Him what you need to do so that your failure is *redeemed* (His specialty). "God, what do you want me to do or think so that I can be equipped for victory going forward? Please use my failures to teach me. I trust you dear Lord."

This is a prayer He *loves* to answer! Please summarize the experience you have after you are all done. What has He shown you? What insights has He provided? What plan will you put in place to do what He has shown you is necessary?

That is good for now! We are eager to hear how Look and Learn goes for you! This is one of the most profound tools that we have!

Summary

We each are who God says we are. Not who or what the world says we are or what our failures or the roles that we wear say we are. We are SO much more than any of that! Use the Who I Am in Christ list to give you God's thoughts about who you are.

You Are Who GOD Says. No one else has the right to define His child!

Lesson/Week 5 Hindrances to Renewing Your Mind

Note: This listening guide was written with the intention that it would be used in conjunction with the videos.

PART ONE – Review/The Enemy

Review

Please use the space provided to jot down anything that you want to remember in the review shared in the video (or anything else that you remember from lessons 1-4).

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Please fill in the blanks with the version of the scriptures that I quote in the video.

Philippians 4:8

Whatever is _____, whatever is _____, whatever is _____,

whatever is _____, whatever is _____, whatever is _____, if

anything is _____, or _____, ***think about such things****.*

Romans 12:2 *Do not conform to the pattern of* _____ _____

, but ***be*** _____ ***by the*** _____ ***of your*** _____.

Lesson/Week 5 Hindrances to Renewing Your Mind

Note: This listening guide was written with the intention that it would be used in conjunction with the videos.

1 Corinthians 2:16b

*But **we** _____ **the** _____ **of** _____.*

2 Corinthians 10:4-5

*...for the _____ of our _____ are not of the _____, but divinely _____ for the destruction of fortresses. We are **destroying** _____ and every lofty thing raised up against the _____ of God, and are **taking every** _____ **captive** to the _____ of Christ.*

We want to think God's Thoughts about all things:

- About Who He is
- About Who I Am
- About Failure
- About circumstances and situations
- About people
- About our past, present and our future!

At the _____ of all mind renewal is _____ God to show me _____ I believe and _____ these with God's Big T Truth.

Hindrances

Let's broaden the question for a moment, though. **What are hindrances to anything that we know God wants in our lives?**

Three general hindrances are:

Note: This listening guide was written with the intention that it would be used in conjunction with the videos.

1. The _____
2. The _____
3. The _____

Lesson/Week 5 Hindrances to Renewing Your Mind

Think about it for a moment...God promises transformation when we renew our minds. It is rooted in TRUTH.

This makes the enemy stinking mad. He would rather we continue, instead, to be disgruntled, irritable, ineffective, angry, resentful, offended, entitled and believe lies to fuel these emotions. He will stop at nothing

What is true about Satan?

→ He prowls around looking for someone to devour (1 Peter 5:8)

Pause the video. Can you think of an example in your life when you have sensed the enemy prowling? Describe. How can knowing this about your enemy can make you wiser and more aware?

_____

_____

_____

_____

_____

→ He has a will and wants to take me captive to do His will. (2 Timothy 2:25, 26; Ephesians 6:11

→ Satan wants to have me, but I can defeat him. (Genesis 4:7b; James 4:7)

→ He can't separate me from God (Romans 8:38,39; John 10:28)

→ He is a defeated foe (1 John 3:8b; John 12:31; John 16:11b; Romans 16:20; Hebrews 2:14b-15a; Revelation 12:12; Revelation 20:10; 1 John 4:4)

What you believe about the enemy of your soul can and will impact your mind renewal. He has a will and it is most certainly to hinder you from renewing your mind! He will do that through lies, distractions, anything and everything because he knows that transformation is in store when we renew our minds. What are some things that challenge you to renew your mind?

Lesson/Week 5 Hindrances to Renewing Your Mind

Truth List About the Enemy

- His work has been destroyed by Jesus
- YOU, Lord, are greater in me than the influence that the enemy tries to have on me
- Satan is cast out.
- His time is short
- He will be tormented forever and ever
- He may be prowling, but in Christ, I have power and authority over Him.
- He can't take me down when I stand against his schemes
- I am equipped by God to defeat Satan's influence in my life
- When I resist the enemy and submit to God, Satan has to flee
- Satan can't do anything to snatch me out of the Father's hand. I belong to Christ forever.
- Nothing can separate me from God
- He has been defeated by Jesus
- Satan is condemned even now
- Satan will be crushed under my feet
- His power has been broken and I have been set free from slavery to him
- The enemy will be tormented forever and ever

To Do (select one of these options):

- Pray through the previous truth list above
- Speak the truth list out loud.
- Write out the truth list in your journal adding and embellishing it as you feel led, making it personal

Check this box after you have completed that: ☐

Write out a prayer in the space provided asking Jesus to show you what you believe about the battle you are in. Then, ask Him to give you truth to refute anything that needs refuting:

_____

_____

_____

_____

_____

Lesson/Week 5 Hindrances to Renewing Your Mind

The second hindrance to our renewing our minds that we will look at is:

PART TWO – The Flesh

What IS what the bible calls our "flesh" that the believer still has entanglements with?

The simplest definition is the flesh is ***that which is in opposition to the Spirit of God in us***

Galatians 5:17:

For the _____ of the _____ is against the _____, and the _____ against the _____; for these are in opposition to one another...

Diving Deeper – Romans 7:14-25; 8:1
Feel free to jot any notes you want to make during Part 2's study of Romans 7 in the video.

Lesson/Week 5 Hindrances to Renewing Your Mind

Examples of what our flesh may say in response to our efforts to renew our minds:

- It isn't worth the time.
- Doing this threatens our survival!
- It is weird to do this mind renewal stuff...people will think I am weird.

Can you identify with any of these examples? What are other examples of objections your flesh might make to renewing your mind?

We can renew our minds **about** renewing our minds! 😜 To do that, write down examples of Truths that might be in a Truth List about **The Blessings and Benefits of Renewing My Mind** (this is so our desires change and we *want* to renew our minds):

Lesson/Week 5 Hindrances to Renewing Your Mind

PART THREE – The Flesh/The World

Barb Raveling has a great blog post about 10 lies that our flesh might grab a hold of that will keep us from renewing our minds:

https://barbraveling.com/10-lies-that-keep-us-from-renewing-our-minds/

TO DO: In the third video, I mention her list. Pause the video and jot down a truth for each lie. The lies Barb Raveling mentions are listed below:

10 Lies That Keep Us from Renewing our Minds

1. **I'm already doing that.**
2. **It's not necessary.**
3. **It's too hard. I can't do it.**
4. **I don't have time**
5. **It takes too long.**
6. **It doesn't work, so why bother?**
7. **It should be easier than this.**
8. **I've already renewed my mind about that subject before.**
9. **I have to do this perfectly, and since I can't do it perfectly I might as well not even try it.**
10. **I don't know how to renew my mind.**

Verses that encourage us to make the difficult choice:

- *Ephesians 4:22-24*
- *Romans 12:2*
- *Romans 8:6*
- *Colossians 1:21-23a*
- *Colossians 1:1b-2*
- *2 Corinthians 4:18*

Lesson/Week 5 Hindrances to Renewing Your Mind

Renewing our minds:

- Takes Work.
- Takes _____ Investment
- Takes _____ Investment

Note: This listening guide was written with the intention that it would be used in conjunction with the videos.

Recognizing the enemy and the lies my flesh has been programmed with may be half the battle. We want to be wise about this and sometimes just, with an act of our wills, act. "Just. Do. It."

The 3rd Hindrance: The World

*Do not love the **world** or anything in the world. If anyone loves the **world**, love for the Father is not in them. 16 For everything in the **world**—the lust of the flesh, the lust of the eyes, and the pride of life— comes not from the Father but from the **world**. 17 The **world** and its desires pass away, but whoever does the will of God lives forever. 1 John 2:15-17 Do not conform any longer to the pattern of **this world**, But be transformed by the renewing of your mind... Romans 12:2*

Contrast between:

_____  _____

Jot down what you think of when you think of a biblical definition of "the world:"

_____

_____

_____

_____

_____

Lesson/Week 5 Hindrances to Renewing Your Mind

In the spaces provided, please take the time to do the following:

1. Write out a prayer asking the Lord "What influences impact me and might undermine my desire or ability to renew my mind? Please show me, Lord."

2. Write down what He shows you.

3. For each worldly influence that He showed you, ask Him to tell you what you might do about it so that the influence undermining your mind renewal isn't so great. This won't be an "all at once" plan. He is typically more gentle than that!

Lesson/Week 5 Hindrances to Renewing Your Mind

BONUS VIDEO: Christina talks about MIND RENEWAL "On-the-Fly"

What "On-the-Fly" mind renewal is:

The "On-the-Fly" tools that Christina shared:

Note: This listening guide was written with the intention that it would be used in conjunction with the videos.

- "Lord, I Love..."
- "What is True?"
- "I am Free"

Which one will you try today?

Lesson/Week 6 Moving Past Your Past

What's Ahead

We will:

- Get more specific about situations that you're going to be able to renew your mind about.
- Share our own strategies along the way
- Work-shop with *you* during our class time
- Use the MR tools we've introduced as our primary homework!

Does renewing your mind *have* to require a lot of intense time with your bible, journal, and quiet? Respond here based on what the video says:

_____

_____

_____

_____

_____

What is true:

The more _____ you get with mind renewal, where you

_____ _____ and actually _____ it, the more likely you're going to be able to

use the tools ___-____-____ or in the spur of the moment.

What are examples of moments when you can renew your mind "on-the-fly?"

_____

_____

_____

_____

_____

Lesson/Week 6 Moving Past Your Past

On-the-Fly Mind Renewal Tools

- God I love…
- What is True?
- What is good?
- I believe…
- I am free to…
- Lord, here I am!
- Praise fest
- Love…
- He will…
- Singing truth
- Truth in your pocket
- Scripture cards
- Breath prayers
- Even though
- Where are you God?
- God's good gifts
- Everything important
- Because you are, I will…
- Because you are healing me I can…
- What do I love about my new Revelation Within life?
- Lord, I choose…

Typical quiet time fashion:

- Writing out truth lists
- Putting truth lists in your phone
- Reading truth lists out loud.
- Using and adding to God list.

Take a moment now and ask the Lord "*What have I allowed to stand in my way, Lord? What has kept me from renewing my mind? What has encroached on my intentions? What can I do differently to renew my mind a bit more frequently so that I can think with the mind of Christ in a challenging situation on-the-fly? (Please record what He lays on your heart.)*

Lesson/Week 6 Moving Past Your Past

How do you feel about using any of the following ideas?

Setting a reminder on my phone _____

_____

Put an appointment in my phone to meet with God (like a doctor's appointment or similar) _____

_____

Set an alarm on my watch to renew _____

_____



True or False?
Please circle one.

"I don't have time to renew my mind each day."

Use Romans 12:2; 2 Peter 1:3; and Philippians 4:13 and anything else (the video?) to explain your choice.

_____

_____

_____

_____

_____

Another lie that stands against mind renewal is that you have to sit down and journal out everything. So often, this keeps us from even trying! Take a moment and ask God to show you moments in your day when you can renew your mind—even those "on-the-fly" moments. Record what He says:

_____

_____

_____

_____

_____

The Truth About My Past:
Pressing Past My Past to Move Into the Future

We want to learn how to think more and more with the mind of Christ.

"little t truths"

We know that little t truths can impact our ability to think with the mind of Christ. There are things that have really happened to me but wrapped inside of a little t truth is a lie. And it's the **lie** that says, "Because it happened back there, it will happen now and in the future."

Nothing has the right to define what will happen now or in the future other than the Lord. My experience doesn't have the power to define me NOW or going forward unless I give it that power. I'm not going to allow my experience to tell me what is true now. God says His mercies are new each morning. As Christina Motley has said, "It is always morning somewhere in the world!" His mercies are new each moment!

"Twisted Omniscience"
2 Corinthians 10:5 from the NASB1995 version says:

"We are destroying speculations and every lofty thing
raised up against the knowledge of God,
and we are taking every thought captive to the obedience of Christ..."

Have you ever heard yourself say, "This is going to be a challenging day!" or "This will be an impossible month!" These statements qualify as what the bible verse above refers to as "speculations." What are God's thoughts about thoughts like these? "Destroying speculations!"

I had a pastor once who referred to my tendency to predict what might happen as though it was as good as done as "twisted omniscience." The only one who knows the future is God alone. If I try to predict what the day, the hour, or the next month will bring, I am giving in to fleshly thinking or twisted omniscience!

What do you think about this?

Bungeeing

I want to know when there is something in my past that's influencing me now—today. When we are "bungeed" into our past, it is a good thing to recognize it. It represents an aspect of my life that God wants to heal and that He's bringing to the surface now so that He can heal it.



What *are "bungees" in this context?*

Story Time
(If anything strikes you during the "Fox Gift" story in the video, feel free to jot it down in the space provided.)

Lesson/Week 6 Moving Past Your Past

How to know if you are bungeeing:

Ask this question: Lord, am I having a physical or emotional reaction (usually very sudden) that seems a bit (or extremely) disproportionate to what really just NOW happened?

Steps to process a bungee:

1. Invite God in. *"Lord, what just happened?"*
2. Then, process it with the Lord "on-the-fly" (or by journaling if you can) by asking Him these questions (and listening for His responses):
    a. When have I felt this way before?
    b. Where did I just bungee to? What place? What situation? What exchange? What person in my timeline?
3. Ask the Holy Spirit to show me where in my body I feel this. When have I felt this physical response before? (it might be the pit of your stomach, in your neck, fists might be clenched, your breathing may be shallow, etc.)
4. Ask God to show me "Is there a lie, I believe, because of that experience?"
5. Tear down the lie, refute it with God's Big T Truth.
6. Ask God if there is a vow I made that isn't serving others, me, or Him.
7. Be intentional to call out the vow and choose to break agreement with it.
8. Ask the Lord to show you if there is anyone you need to forgive and ask His help with forgiveness.

The mind of Christ is generous and forgiving. If we want to think with the mind of Christ, we want to be willing to forgive as He has forgiven us (Colossians 3:13).

9. Ask the Lord to give you Truth so that you will *not* turn to a counterfeit behavior for comfort or to numb yourself to the pain you feel.

Lesson/Week 6 Moving Past Your Past

Can you think of an example when you have bungeed back in time? Ask God to show you any examples and also ask Him to help you to see any in real time. Then follow the steps on the previous page.

In the space provided below, write down your process or how you feel about the process. Even better if a recurring bungee comes to mind!

Lesson/Week 6 Moving Past Your Past

This week, your primary homework is to...*renew your mind!* Please jot down your mind renewal "plan." What tools will you try? Which moments has God shown you are available for "on-the-fly" mind renewal? Draft your plan in the space provided:



Lesson/Week 7 Staying on the Path of Praise

This is the last lesson installment for our Mind Renewal Mastery course material. We will meet one last time for Zoom session #8.

> ***Oh magnify the Lord with me,***
> ***And let us exalt His name together.***
> *Psalm 34:3 (ESV)*

You and I were called out of darkness and into His marvelous light *so* that we could proclaim His praises (1 Peter 2:9). It is why we are here!



mag·ni·fy

/ˈmagnəˌfī/

verb

verb: **magnify**; 3rd person present: **magnifies**; past tense: **magnified**; past participle: **magnified**; gerund or present participle: **magnifying**

1. make (something) appear larger than it is, especially with a lens or microscope.
   "the camera's zoom mode can magnify a certain area if required"
   Similar: enlarge | boost | enhance | maximize | increase | augment | extend
   - increase or exaggerate the importance or effect of.
     "the risk is magnified if there is any dirty material next to the skin"
     Similar: enlarge | boost | enhance | maximize | increase | augment
2. ARCHAIC
   extol; glorify.
   "praise the Lord and magnify Him"
   Similar: praise | bless | worship | venerate | adore | extol

Origin

OLD FRENCH: magnifier
LATIN: magnificare
LATIN: magnus — great
magnify — show honor to (God — late Middle English

late Middle English (in the senses 'show honor to (God') and 'make greater'): from Old French *magnifier* or Latin *magnificare*, based on Latin *magnus* 'great'. magnify (sense 1) dates from the mid 17th century.

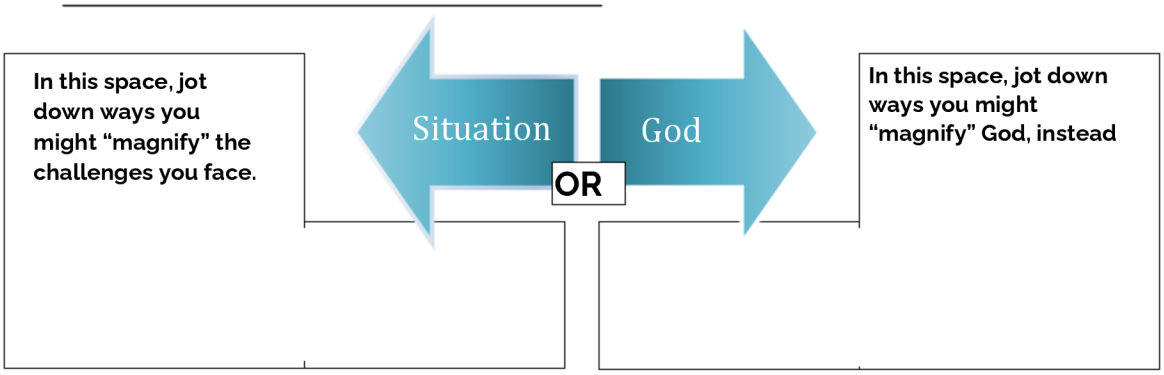
Lesson/Week 7 Staying on the Path of Praise

As you listen to the video, jot any thoughts down the strike you about *magnify* used in the context of Psalm 34:3

What do you think of the magnification pictures of butterfly wings, pollen, ice crystals and....the last one, too?

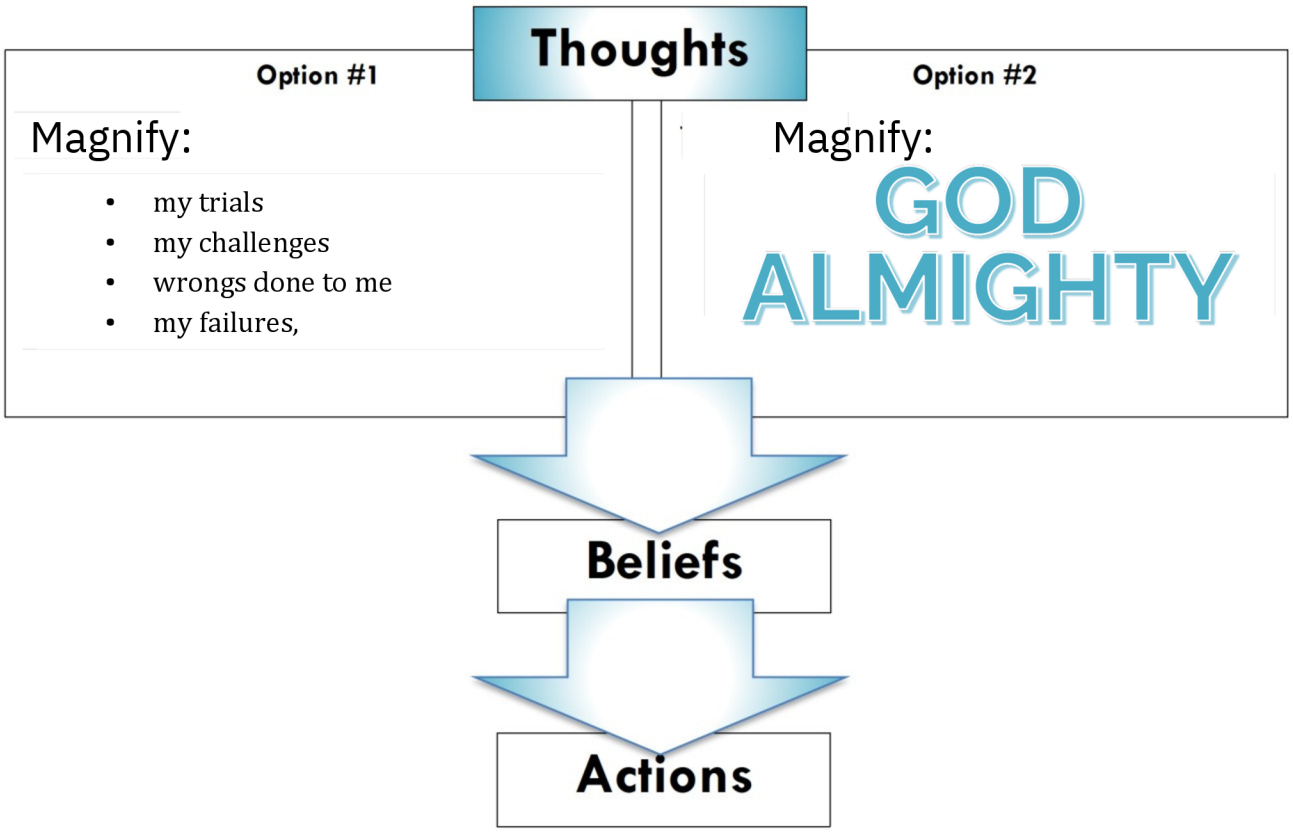
...the glory of the LORD fills the whole earth...
Numbers 14:21

- **What will I focus on or magnify?**



Lesson/Week 7 Staying on the Path of Praise

Remember what we think about forms and shapes what we believe and what we believe is going to impact our actions.



What is the importance of community according to the video?

Lesson/Week 7 Staying on the Path of Praise

2 CHRONICLES 20

Please jot any notes that seem helpful to you:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

If we want to Stay on the Path of Praise, Mind Renewal and Transformation, *no matter what,* we must:

1. **R_____ to P_____**
2. **R_____ the T_____**
3. **"R_____ O_____" the E_____**
4. **R_____ in H_____**

** You will return to this page to fill in this outline throughout the video.*

- **Resolve to Pray**

Verse three (of 2 Chronicles 20), says that Jehoshaphat was _____.
He chose to _____.

Lesson/Week 7 Staying on the Path of Praise

Describe the "vast army" that is marching against you now. This may be anything from your own unhelpful habits, to people in your life, to financial challenges, etc. Invite God to show you what your "vast army" is.

Stop the video and take time to read Psalm 88. What are your thoughts as you read or after you have read Psalm 88?

In the spirit of the psalmist who wrote Psalm 88, please take a moment to talk to God about whatever you feel overwhelmed with, disappointed or angered by. Resolve now to invite God in and talk to Him about it. If you like, you can record your own psalm 88 on the next page.

Lesson/Week 7 Staying on the Path of Praise

Lesson/Week 7 Staying on the Path of Praise

- **Remember the Truth**

2 Chronicles 20:6 begins the record of King Jehoshaphat's prayer. Continue to jot any notes you like as the discussion of this unfolds in the video.

_____

_____

_____

_____

_____

_____

_____

Use this section of 2 Chronicles 20 to add to your God List (what God is like and what He does for people):

_____

_____

_____

_____

_____

_____

TRUTH JOURNLING

I learned Truth Journaling from Barb Raveling. It is different than normal journaling and the differences are *important.* In the video, I share one method of Truth Journaling. This is for those times when you have more time and for those people who like being a bit more thorough. The steps I outlined in the video, in case you want to follow them, are:

Lesson/Week 7 Staying on the Path of Praise

1. **Exclaim –** Pour it out on the page like the psalmist in psalm 88. You can skip lines to leave room for step 4 if you like.
2. **Enumerate –** Number each statement you make. Some sentences will have more than one statement.
3. **Evaluate –** Invite God to show you where there is a lie or little t truth which is hiding a lie. Label each statement. I like to draw a line through the lies.
4. **Exchange –** Ask God what His thoughts are about each and write down what you sense He is saying. Sometimes this will be in the form of a bible verse. Sometimes, the Holy Spirit will impress a practical truth on your heart. It will *always* agree with scripture and the character of God revealed there.

This is one way of Truth Journaling.However, it can be most effective to just jot down your thoughts quickly and then to ask God what His thoughts are and jot those down to replace them.

This can take all of two minutes!

You can truth journal in the middle of a situation or after a situation—even weeks after a situation. Inviting God in will ensure that you hear from Him about what lies (or little t truths) you believe (or did believe) and what Big T Truths He wants to replace each with. You can also do this exercise on the fly. When I visited with Barb for a week at her home in Montana some years ago, I noticed that she had a small journal in her backpack, in her upstairs office, downstairs and in her car. She could pull one out at any moment to truth journal to quickly take captive thoughts that might stand against obedience to Christ.

Plan a time when you might be intentional to truth journal for 10 minutes. (It doesn't have to take that long.) When will you do that? What do you sense God wants you to address? Can you put it into your schedule like you would a doctor's appointment and keep that appointment with God? Jot your plan below.

Lesson/Week 7 Staying on the Path of Praise

- **"Rat Out" the Enemy**

In verses 10 and 11 of 2 Chronicles 20, we see King Jehoshaphat telling on the bad guys to God! Is there someone *you* need to "Rat On" to God? Who? About What? Take a moment to do that now.

_____
_____
_____
_____
_____

- **Rest in the Lord**

When faced with overwhelming odds, Jehoshaphat didn't throw a _____ _____ He threw a _____ _____!

Instead of "W_____ is m_____", Jehoshaphat proclaimed "_____ is _____!"

King Jehoshaphat followed the prescription of Psalm 34:3-5.

He magnified the Lord instead of the dust mites. He exalted Him with other people. He didn't isolate, he sought the Lord and anticipated God's own deliverance. Once he had resolved to pray, remembered the truth, and ratted out the enemy, then he was able to rest in the Lord that God would take care of it. He expected God to act.

How might doing this change your life? If you were able to:

- Resolve to pray,
- Remember the truth
- "Rat out" the enemy, tell on them to God, and then you

were able to let it go and

- Rest in Him?

Respond on the next page.

Lesson/Week 7 Staying on the Path of Praise

For we have no power to face this vast army that is attacking us.
We do not know what to do,
but our eyes are on you.
2 Chronicles 20:12

Lesson/Week 7 Staying on the Path of Praise

O magnify the LORD with me,
And let us exalt His name together.
I sought the LORD, and He answered me,
And delivered me from all my fears.
They looked to Him and were radiant,
And their faces will never be ashamed.
Psalm 34:3-5

Take a moment to personalize and pray these verses. You can use the space below if you like.

The pattern in Psalm 34 was demonstrated by King Jehoshaphat so well. Instead of magnifying the great army or the problem that he had, and his fears about what could happen practicing speculations that stand against God, instead of practicing twisted omniscience, he chose to magnify the Lord. He sought the Lord. He stayed in community.

Lesson/Week 7 Staying on the Path of Praise

Do not be afraid or discouraged because of this vast army.
For the battle is not yours, but God's.
2 Chronicles 20:15

In verse 21, Jehoshaphat appointed men to sing to the Lord, and to praise Him for the splendor of His Holiness as they went out at the head of the Army, saying, "Give thanks to the Lord, for His love endures forever." Certainly, sometimes our God walks with us ***through*** our challenges instead of doing it all ahead of us and for us, but either way, He is sovereign, and will do His will. Nothing He does is wasted. Will you choose to magnify your great God and King? Or will "dust mites" have your fixation and your focus? If we want to keep on the path of praise and transformation, no matter what faces us, when we struggle with sin, when we struggle with circumstances that challenge us or people wound or betray us, or anything else, we must:

1. **Resolve to pray** - keep inviting God
2. **Remember the truth** - use your God List, enjoy a praisefest
3. **Rat out the enemy** - be a tattletale to God over whatever and whoever it is!
4. **Rest in Him.**

As we do these things. We will stay firmly on a path of praise where we can renew our minds and experience His total and complete transformation like Romans 12:2 promises!