

HOW TO RENEW YOUR MIND by Jarrod Davidoff - August 11, 2019

**Romans 12:2** And do not be conformed (LIKE) to this world, but be transformed (CHANGED) by the renewing (RENOVATION) of your mind (INTELLECT, IDEAS), that you may prove what *is* that good and acceptable and perfect will of God.

Our goal as believers is to get to a place where we allow our spirit, souls, and body to come under the authority and influence of the Word of God and the Holy Spirit.

I would like to give you some keys and steps to help overcome.

WHAT ARE YOU THINKING ABOUT?

**Proverbs 23:7 (NKJV)** For as he thinketh in his heart, so is he.

DON'T WAIT FOR AN OUTSIDE MIRACLE TO CHANGE WHO YOU ARE.  
CHANGE YOUR STINKING THINKING and experience a  
TRANSFORMED LIFE

If we are all real and honest with each other, you would admit that there is a barrage of thoughts racing through your mind every day.

Sometimes they can seem so overwhelming that you either want to scream, hoping to get some relief, or run into a dark room and just go to sleep, hoping that when you wake up all your problems will be gone.

But when you wake up, they are still all there.

You go on a vacation, but when you get there, you are there.

## **The thoughts we have shape our lives**

SO WE HAVE THE POWER TO CHANGE OUR DESTINIES by allowing the right attitudes to take root in our hearts and minds.

So what do you do?

What do you do when you feel like life hasn't dealt you a good hand?

What do you do when your mind is all over the place and you feel dazed and confused?

In 2005, the National Science Foundation published an article regarding research about human thoughts per day. The average person has about 12,000 to 60,000 thoughts per day. Of those, 80% are negative and 95% are exactly the same repetitive thoughts as the day before.

Considering these statistics, we have a major problem.

Thank God the Bible gives us the tools we need to overcome this challenge. In this situation, it teaches us to take every thought captive and bring it under the knowledge of Jesus.

**2 Corinthians 10:3-5 [3]** For though we walk in the flesh, we do not war according to the flesh. **[4]** For the weapons (GOD HAS GIVEN US WEAPONS: GOD'S WORD AND THE POWER OF HIS HOLY SPIRIT) of our warfare (WE ARE AT WAR) *are* not carnal but mighty in God for pulling down strongholds (IN THE MIND that's where the battle is. Because if the devil can make you think about something enough, he will sensitize you to try it), **[5]** casting down arguments (starts with a thought) and every high

thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

Here are some steps to help you renew your mind:

### **1.FILL YOUR MIND WITH GOD’S WORD: WHAT YOU PUT IN IS WHAT YOU WILL GET OUT**

Stop believing you can’t control your thoughts. Joshua 1:8 says we can choose what we meditate on.

**Joshua 1:8-9 [8]** This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. **[9]** Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God *is* with you wherever you go.”

**MANY do not honor God’s Word but exalt their opinions above God’s Word- and the Lord says He will give them over to a debased mind**

Filling your mind with God’s Word will make you successful

Why? Verse 8 says then you will have good success. Because know you are thinking like God, then you will begin acting godly, then you will get godly results.

Filling your mind with God’s Word will give you peace

**Isaiah 26:3** You will keep *him* in perfect peace, *Whose mind is stayed on You*, Because he trusts in You.

**Philippians 4:6-8 [6]** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; **[7]** and the peace of God, which surpasses all understanding, will guard (PROTECT) your hearts and minds through Christ Jesus.

**[8]** Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

Filling your mind with God's Word brings you LOVE & JOY

**Philippians 2:1-2** So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. (WITH THE WORD/ WITH CHRIST)

Many people meditate on all the challenges and struggles they are going through. Or people read and listen to current news, reality shows, celebrity shows, etc, and the more they feed on it, they begin to feel and act like that.

2. Whatever you feed grows. Resist negative thoughts and stir up positive thoughts

**Philippians 4:8** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Stop negative thoughts by replacing them with Godly thoughts

If you wake up tired, you decide you don't have energy for the day- A Godly thought is (Lord YOU renew my strength and YOU are my strength)

If you wake up depressed, you act depressed the whole day. A Godly thought is (Lord YOU ARE my JOY. I NEED nothing else but you to live a fun and joy filled life. You said you give me an abundant life and I choose to live that today)

If you hear bad news, first thing you do is act negative. A Godly reaction to bad news is - Lord you prepare a table for me in the presence of my enemies. My cup runs over. Surely goodness and mercy shall follow me ALL the days of my life.

Your mind will take you where you let it go.

**Where your mind goes, your life will follow. When you humble yourself and honor God's Word, you will have great eternal success.**

That's why it's so important to bring our thoughts under the authority of God's Word, and this is a MOMENT by MOMENT exercise.

**3. FOCUS ON WHAT GOD IS DOING INSTEAD OF WHAT HE IS NOT DOING**

**Revelation 12:11** And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

When we focus on the Character of God and His goodness and the testimonies that we already have in Him instead of focusing on our challenges, then we become EXPECTANT AND FAITH FILLED about what God is STILL going to do.

God honors FAITH and faith begets MORE faith...what ARE you FOCUSED on?

Your lack or God's RICHES

Your loneliness or God's friendship to you

Your pain OR His Healing power

Don't compare your life to others' Facebook or Instagram highlight reels... God has done amazing things in your life, ministry, and business - and He still is! Live your life to the fullest.

#### 4. DON'T PUT YOURSELF IN COMPROMISING SITUATIONS

**Mathew 5:29-30 [29]** If your right eye causes you to sin, pluck it out and cast *it* from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. **[30]** And if your right hand causes you to sin, cut it off and cast *it* from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

#### WATCH WHO YOU HANG AROUND AND LISTEN TO

**1 Corinthians 15:33-34 [33]** Do not be deceived: “Evil (GOOD) company corrupts (INFLUENCES) good habits.” **[34]** Awake to righteousness, and do not sin; for some do not have the knowledge of God. I speak *this* to your shame.

You need to cut off bad influences in your life, be they personal or people you watch or listen to. Much of their influence may even be positive towards you, but it’s the little foxes that spoil the vine.

**Song of Solomon 2:15** Catch us the foxes,

The little foxes that spoil the vines,

For our vines *have* tender grapes.

**Galatians 5:9** A little leaven leavens the whole lump

Read the Word | Listen to faith-filled sermons | Read devotions

Stay away from carnal Christians | turn off ungodly influences and music and tv shows | stop reading junk and listening to things polluting your spirit