



Sermon #4: The Process of Renewing Your Mind

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

Don Colbert, M.D. author of *Deadly Emotions: Understand the Mind-Body-Spirit Connection That Can Heal or Destroy You*, writes "I've worked with countless people who have discovered that once they made a sincere effort to tackle their dysfunctional thought patterns, they had fewer bouts of depression, anxiety, anger, grief, shame, jealousy, and all other toxic emotions. It isn't difficult to replace lies with God's truth. It just takes intentional and consistent effort... It takes the time and energy to find statements of God's truth and apply them to life's lies. Jesus promised, "If you abide in my Word, you are my disciples indeed. And you shall know the truth, and the truth shall make you free (John 8:31-32)."

Ten Toxic Thoughts That Will Ruin Your Life

1. I'm a loser
2. Someone else ought to take care of me
3. I need to protect myself
4. I know I'm right
5. I'll never get what I want
6. I'll start tomorrow
7. I will be happy when...
8. It's all their fault
9. I'll try
10. Making a mistake will ruin my life

I. Guard the Gates

There are 5 birthplaces of thought. The Environment Birthplace has 5 gates which are the 5 senses. The eye gate and the ear gate are especially powerful in introducing thought.

"Junk in, Junk out!" You must guard those gates 24/7

II. Screen Your Associations

When we make an emotional attachment with people, what they say and do has greater impact upon us.

"Those we assemble, we soon resemble"

Bone Diggers: These negative people live to drag up old painful events

Mud Slingers: These malicious people pull themselves up by pulling others down. They love to gossip, criticize, judge, and denigrate anyone who ever had the misfortune of spending time with them..

Joy Killers: These misfortunate people serve up dreadful mental pictures of past and future events for the sake of dragging us into the pit with them for company.

Life Haters: These dark people perpetuate their hold on us by obligating us into commiserating with their misery because without our consent, they have no excuse for staying in that condition.



III. Take Thoughts Captive

(1) Identify, (2) Isolate, (3) destroy and (4) Replace toxic thoughts

II Corinthians 10:4-5: *“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”*

Dr. Caroline Leaf, a communication pathologist from Johannesburg, South Africa, has researched the human brain since 1981, “There is a point in your brain called the ‘free will’ and it is a genetic structure, there is genetic code. You can use that free will to accept or reject that incoming information. So if you are controlling your thought life, you don’t have to just receive all of this input that is coming in from the outside world, from the media, from external and also from your internal world; we’ve got a lot of existing toxic memories in our head, everything from birth to death is stored in your brain. So you’re going to have information coming from the outside, information from the inside and it all meets at this point of the free will in the brain. You can make a decision at that point to accept or reject that information. If you decide this is not good for me and you actually analyze that thought and say, this is not good for me, this is not healthy. You can reject that thought. But if you choose to think about it, if you choose to meditate on that, if you choose to ask, answer, discuss, analyze to give meaning, you push it into these memory trees of the mind, into the memory circuits and once they’re there, they are there for good. Once they’ve moved into what the neuro-scientists call the magic trees of the mind, once they’re there, they’re there for good, you can’t get rid of them. Then you’ve got to rebuild, that’s the renewing of the mind. Much more difficult to rebuild than it is to reject

IV. Make Positive Confessions

1. The Spirit Anoints It

Ro 10:10 *For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.*

2. The Universe Responds To It

Heb 11:3 *Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.*

Heb 1:3 *Who being the brightness of his glory, and the express image of his person, and upholding all things by the word of his power, when he had by himself*

3. You Hear It

Ro 10:17 *So then faith comes by hearing, and hearing by the word of God.*

4. Heaven Records It

Mt 12:36 *But I say to you that for every idle word men may speak, they will give account of it in the day of judgment.*

5. Hell Fears It

Eph 6:17 *And take the helmet of salvation, and the sword of the Spirit, which is the word of God;*



31 Daily Confessions for the Month

1. I am a success not a failure (**Joshua 1:8**)
2. I am a blessing not a burden (**Genesis 22:17 – 18**)
3. I am a city set on a hill not on a valley (**John 8:23**)
4. I can do all things through Christ that strengthens me (**Phil 4:13**)
5. I am the head and not the tail (**Deuteronomy 28:13**)
6. I am above and not beneath (**Deuteronomy 28:13a**)
7. I am fearfully and wonderfully made (**Psalms 139:14**)
8. I am the apple of God's eyes (**Deuteronomy 32:10**)
9. I am a lender and not a borrower (**Deuteronomy 15:6**)
10. I am fruitful not barren (**2Peter 1:8, Exodus 23:26**)
11. I am a victor, not a victim (**1John 5:4**)
12. I am a winner, not a loser (**2Corinthians. 2:14**)
13. I am a child of joy not sorrow (**Isaiah 61:3**)
14. I am a divine project, not an abandoned project (**Philippians 1:6**)
15. I am a solution, not a problem (**Isaiah 8:18**)
16. I am a child of destiny not of accident (**Jeremiah 1:5**)
17. I shall not lack anything good (**Psalms 34:10**)
18. I am destined for heaven, not hell (**John 14:1 – 3**)
19. I shall not die, but live to declare the good works of the lord (**Psalms 118: 17**).
20. I am an asset, not a liability (**Proverbs 31:10 – 29**)
21. Greater is he that is in me than he that is in the world (**1John 4:4b**)
22. I am favored not cursed (**Proverbs 8:35**)
23. I am encouraged, never to be discouraged (**1 Samuel 30:6**)
24. My ending shall be better than my beginning (**Haggai 2:9**)
25. I am not a pity, but envy to my generation (**Genesis 26:12– 14**)
26. I refuse to be intimidated (**1Samuel 17:32 – 37**)
27. I confess that I possess yoke destroying results by the anointing (**Isaiah 10:27**)
28. I confess "I lay my hand on the sick and they shall recover" I possess positive healings for the oppressed (**Mark 16:18**)
29. The enemies that rise up against me in one way will flee before me in seven ways. (**Deuteronomy 28:7**)
30. I will triumph over all the works of the enemy and nothing shall hurt me (**Luke 10:19**)
31. I confess "My God shall supply all my needs" I possess the supply of every need (**Philippians 4:19**)