


TRANSFORMED

How God Changes Us



CHANGING MY MIND

Jim Gerlach jim@ovbc.net 1.31.16 9:30 & 10:50 a.m.

- God is far more interested in changing your _____ than in changing your circumstances.

WHY I MUST MANAGE MY MIND

- Because my thoughts _____ my life.
Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23
- Because the mind is the _____ for sin.
²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. Romans 7:22-23
- Because it's the key to _____ and _____.
The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. Romans 8:6

3 DAILY CHOICES FOR A HEALTHY MIND

1. I MUST _____ MY MIND WITH _____.
"You will know the truth and the truth will set you free." John 8:32

"It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4

¹⁴⁷ I rise before dawn and cry for help; I have put my hope in your word. ¹⁴⁸ My eyes stay open through the watches of the night, that I may meditate on your promises. Psalm 119:147-148

2. I MUST _____ MY MIND FROM _____ THOUGHTS.

³ For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. II Corinthians 10:3-5

How Temptation Works:

¹⁴ but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. James 1:14-15

Phases of Temptation:

1) _____ 2) _____ 3) deception 4) _____

3. I MUST _____ MY MIND ON THE _____ THINGS.

- Think about _____.
Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. Hebrews 12:3
- Think about _____.
. . . not looking to your own interests but each of you to the interests of the others. Philippians 2:4
- Think about _____.
Set your minds on things above, not on earthly things. Colossians 3:2

Next Steps for January 31:

- ☐ Record your Mental Health goal(s) in your workbook.
- ☐ Attend a Transformed home group this week.
- ☐ Read Day 15-21 in your devotional.
- ☐ Memorize Romans 12:2.