

RESET IN YOUR MINDSET

Thought Life: How to Manage your Thought Life

Class #1

Your mindset determines your thought life. Being born again does not automatically change your mentality. You must renew your mind!

Read and reflect: Romans 12:2 (Amp) *And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind, [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].*

What word(s) stand out to you? Why? _____

Question: What does it mean to renew your mind? _____

Transformed-(metamorphoo Gk) like metamorphosis- to change into another form. To transfigure. (The process of something old into something new)

Renew- a renovation, complete change for the better. (Resume to an original position after an interruption).

1 Cor. 2:16 *For who has known the mind and purposes of the Lord, so as to instruct Him? But we have the mind of Christ to be guided by his thoughts and purposes.*

Do you believe you have the mind of Christ? Are you able to discern spiritual things? Why or why not? _____

Where do thoughts come from? Our inner and outer world. Thoughts can decide the path of our lives.

List some of your inner world thoughts

Outer world thoughts _____

What does this statement mean to you? My thought has the power to determine the direction of my life. _____

Read and reflect: Proverbs 23:7a For as he thinketh in his heart so is he..._____

Quote: *“Renewing your mind is the process of getting back to your original position in Christ by interrupting the interruption.” ~Kyle Winkler*

Reflection Question: What has interrupted or continues to interrupt your original position in Christ? How do you plan to interrupt the interruptions?

Thoughts to ponder:

- If I do not manage my mind, it will give me what it already has.
- Where I am today is the expression of my mind.
- My personality is the expression of my mind.
- What am I thinking about and how long do I entertain the thoughts?
- Whatever I focus on, is strengthened.

Read and complete: Job 3:25 KJV For the _____ which ____ _____ has _____ upon ____.

What are some things I greatly fear?

What scriptures can I use to combat these fears? _____

Three buttons I need to press to manage my thought life:

1. Press Fast forward (Prov. 4:23)
2. Press Pause (Phil 4:8-9)
3. Press Rewind- turn back from the wrong direction and submit to God (James 4:7)

What keeps me from submitting/surrendering my mind, will, and emotions to God?

Meditate on this verse:

Jeremiah 29:11 (Amp) *For I know the plans and thoughts I have for you, says the Lord, plans for peace and well-being and not for disaster, to give you a future and a hope.*