

The Human Mind
The Discipline of Renewing It Daily
Session 4

Question:

Why can believers always rejoice in the Lord?

1. Proper Orientation Towards God (Philippians 4:4-9)

Being transformed by the renewing of our minds requires a proper orientation toward God.



Being created in the image of God, we have the capacity to choose. We can choose to believe or not believe, and we can choose what we want to think about. It is not enough to turn to God; we have to assume responsibility for our own thoughts. God will assist us through His grace, but He will not do our thinking for us.

...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.

Philippians 4:8

Don't try to rebuke every negative thought. We are not called to dispel the darkness. We are called to turn on the light. We win the battle for our minds by choosing the truth. Trying not to think negative thoughts is futile, because it just reinforces the negative thought.

2. Food For Thought

Computer viruses are not accidental—they have been intentionally and maliciously introduced to cripple the computer (brain) and disrupt the program (mind).



Read: 1 Timothy 4:1; James 4:7

3. Caution- Deception

- Hearing God's Word, but not always doing it (James 1:22, 4:7)
- Saying I have no sin (1 John 1:8)
- Thinking I am something I'm not (Galatians 6:3)
- Thinking I am wise in the things of the world (1 Corinthians 3:18-19)
- Thinking I can be a good Christian and still hurt others by what I say (James 1:22)
- Thinking my secret sin will only hurt me but not others (such as pornography, hatred... etc.) (Exodus 20:4-5)

4. Product of Our Thoughts

Everything we do is a product of our thoughts. In other words, we don't do anything without first thinking it, which is why turning to God and thinking positive thoughts is not quite enough either. Paul continues, "Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you" (Philippians 4:9).

- Neil Anderson

People retain only about 10 percent of what they hear and 20 percent of what they see, but they retain 90 percent of what they do.

Read: James 1:22-25