

Renewal of Your Mind

- Ron Stullenbarger -

The mind is the vehicle in which thoughts and ideas become emotions, beliefs, and actions. We hear things every day that attempt to influence the way we see ourselves and our life. Advertising tells us that we are constantly in need of something bigger and better to be happy. People tell us who we are and what we should do based only on their limited perspectives. We also have a very real enemy who hates us, working to convince us that we aren't worth love, we're good at nothing, and we'll never amount to anything. But God, because of His incredible love for us, has given us the Holy Spirit and His word. He's given us the ability to renew our mind to the truth of how He sees us and feels about us, the truth of who we really are. Every day, we have the chance to experience the much needed renewal of our emotions, perspectives, and beliefs. Every day, God longs to speak the truth of our identity through His word and Spirit. So, let's look today at the power of renewing our minds and how we can consistently experience that renewal.

Romans 12:1-2 says, *"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."* (ESV) When we renew our minds we are presenting ourselves as worship to God. You worship God when you choose to believe His word over others' words. You love God when you trust Him over your feelings and limited perspective. And when you renew your mind, you are conforming no longer to the world, with its destruction and many lies. God puts conforming to the lies of the world and renewing your mind to the truth in stark contrast.

Romans 8:5-6 further illustrates the point: *"Those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace."* When you set your mind on the Spirit, you will begin to experience life in your thoughts. Your way of thinking will be transformed from being negative and destructive to positive and responsive to God's boundless love and grace. What you choose to trust and believe will impact every area of your life for either good or bad.

So in light of the incredible promises of God's word, how can you experience the fruit of renewing your mind? How can you continually set your mind on the things of the Spirit? First, you have to make time to open your mind and heart to Scripture every day. The best time to experience renewal in your mind is when you first wake up. Every morning, you can lay the foundation for what you will believe and how you will think for the rest of the day.