



CHANGING MY MIND

A 2-Part Sermon Series

Date: 11/12 & 18/19 February 2017

PART 1 INTRODUCTION

Depression, addiction, schizophrenia, are some of the mental illnesses that are becoming increasingly prevalent in our society today. Could the problem be that we are allowing the devil to build his 'strongholds' in our minds instead of keeping our every thought captive to obey Christ?

Even so, the bible promises hope in the renewal of our minds in order that we may be transformed. This is mentioned not only in the bible but has also been proven by science – Scientists now say that the brain has the amazing ability to reorganize throughout our life, changing its structure and function through thinking alone.

DISCUSSION QUESTIONS

1. Read Matt 5:21-28. Even though many of us are aware that even the mere thought of sinning is a sin "*in our hearts*", how many of us hold ourselves up to this standard in our daily lives?
 - a. Try to recall something that you did yesterday – What did you eat for lunch? Who did you speak to? What time did you go to bed?
 - b. Now, try to recall something that you thought of yesterday – What did you think of when you woke up? What did you think of when somebody cut your queue during rush hour? What did you think of when your waiter gives you the wrong order?
 - c. It is much harder to keep track of our thoughts than our physical actions isn't it? Yet, if we cannot identify what are the thoughts that we have, how are we tending to do the garden of our mind?
2. Read Matt 22:37-38. What do you think loving the Lord your God with "*all your mind*" should look like to you?
 - a. How many times a day do we think of God, the plan he has for us, the kingdom

that he has entrusted us to build?

- b. This hangs from our lips very often but how many times is our very first thought when something happens, “*Praise the Lord*”, “*Hallelujah*”? Or is it the case that we are *#blessed* (read: hashtag blessed, a social media phrase to express gratitude for fortunate circumstances) only when we have a nice photo to share?
3. Do an inductive bible study (observations, interpretation and application) on Rom 12:1-2. You can use the following as a guide.
- i. Posture your heart. Spend some time in prayer and ask the Holy Spirit to be your teacher. Open your heart to the Lord to speak to you.
 - ii. Read the passage aloud
 - iii. Ask some context questions of the passage:
 - What sort of writing is this? (a letter, a poem, a narrative etc?)
 - Are there any clues about the circumstances under which it was written?
 - What has happened so far in this particular book of the Bible?
 - iv. Some observation questions of the passage:
 - Are there any major sub-sections or breaks in the passage?
 - What is the main point or points?
 - What surprises are there?
 - What are the key words? What words or ideas are repeated?
 - v. Some meaning questions of the text:
 - How does this passage relate to other parts of the book?
 - How does the passage relate to Jesus?
 - What does this teach us about God?
 - How could we sum up the meaning of this passage in our own words?
 - vi. Some application questions of the passage:
 - How does this passage challenge (or confirm) your understanding?
 - Is there some attitude I need to change?
 - How does this passage call on me to change the way I live?

WHAT WOULD YOU DO?

Just as we would find medicine to treat a physical illness, or exercise to strengthen our muscles, would you begin to think about what are the strongholds in our mind that we need to take captive? Identify some of the “*lofty opinion[s]*” and “*arguments*” “*against the knowledge of God*” that have taken root in our minds (2 Cor 10:4-5).

CHANGE YOUR MIND

Quite literally, would you “*change your mind*” (Rom 12:2):

“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.”