

# Transformed

MIND OVER MATTER. SPIRIT OVER MIND.

January 26, 2025



*“Do not conform to the pattern of this world,  
but be transformed by the renewing of your mind.”*

Romans 12:2 (NIV)

## The Importance of Managing Your Mind

### 1. Because your mind \_\_\_\_\_.

Proverbs 23:7 (NKJV) – “For as he thinks in his heart, so is he.”

Philippians 4:8 (NLT) – “Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

### 2. Because your mind \_\_\_\_\_.

2 Corinthians 10:5 (NIV) – “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.”

James 1:14-15 (CEV) – “We are tempted by our own desires that drag us off and trap us. Our desires make us sin, and when sin is finished with us, it leaves us dead.”

### 3. Because your mind \_\_\_\_\_.

Isaiah 26:3 (NLT) – “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”

Romans 8:6 (NLT) – “So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.”

## How to Manage Your Mind

### 1. Feed your mind with \_\_\_\_\_.

John 8:31-32 (NLT) – “You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.”

Psalms 1:2-3 (NLT) – “They delight in the law of the Lord, meditating on it day and night; They are like trees planted along the riverbank, bearing fruit each season.”

Joshua 1:8 (NIV) – “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Psalms 119:11 (TLB) – “I have thought much about your words and stored them in my heart so that they would hold me back from sin.”

John 15:7 (NLT) – “But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted!”

### 2. Free your mind from \_\_\_\_\_.

2 Corinthians 10:5 (NIV) – “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.”

#### DESTRUCTIVE THOUGHTS COME FROM

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.

Romans 8:1-2 (NLT) – “So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.”

Philippians 4:6-7 (NLT) – “Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

2 Timothy 1:7 (NKJV) – “God has not given us a spirit of fear, but of power and of love and of a sound mind.”

### 3. Focus your mind on \_\_\_\_\_.

Colossians 3:2 (NLT) – “Think about the things of heaven, not the things of earth.”

Matthew 6:33 (NLT) – “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

2 Corinthians 4:17-18 (NLT) – “Our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.”

Isaiah 41:10 (NLT) – “ Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”

Hebrews 13:5 (NLT) – “Don't love money; be satisfied with what you have. For God has said, “I will never fail you. I will never abandon you.””

Ephesians 1:4 (TLB) – “Long ago, even before he made the world, God chose us to be his very own through what Christ would do for us; he decided then to make us holy in his eyes, without a single fault—we who stand before him covered with his love.”

James 1:2-4 (NLT) – “Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.”

### 4. Fill your mind with \_\_\_\_\_.

John 15:5 (NLT) – “I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.”

Romans 8:5 (NIRV) – “So don't live under the control of sin. If you do, you will think about what sin wants. Live under the control of the Holy Spirit. If you do, you will think about what the Spirit wants.”

#### HOW?

1. \_\_\_\_\_.

Ephesians 3:16 (NLT) – “I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit.”

2. \_\_\_\_\_.

John 14:26 (GW) – “The helper, the Holy Spirit, whom the Father will send in my name, will teach you everything. He will remind you of everything that I have ever told you.

3. \_\_\_\_\_.

*“The Spirit will come. He is the one who shows people true things about God. When he comes, he will be a guide to you. He will help you to understand everything that is true.”*

John 16:13 (EASY)

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