

50 Days of Transformation
Change Your Life by Changing Your Mind

I. Introduction

II. Why Is What We Think So Important?

- A. Because our mind is the battleground for sin

- B. Because our thoughts are the key to peace and happiness
 - 1. Philippians 4:7 (NAS) *And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*
 - 2. Philippians 4:6-7 (NAS) *⁶Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*
 - 3. Philippians 4:8-9 (NAS) *⁸Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. ⁹The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.*
 - 4. II Corinthians 10:3-5 (NAS) *³For though we walk in the flesh, we do not war according to the flesh, ⁴for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. ⁵We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.*

III. Three Daily Choices for a Healthy Mind

- A. We must feed our mind with truth.
 - 1. John 8:32 (NAS) *"And you will know the truth, and the truth will make you free."*
 - 2. Psalm 119:147 (NAS) *I rise before dawn and cry for help; I wait for Your words.*
 - 3. Psalm 119:97 (NAS) *Oh, how I love your law! It is my meditation all the day.*
 - 4. Psalm 119:148 *My eyes anticipate the night watches, that I may meditate on Your word.*

- B. We must free our mind from destructive thoughts.
 - 1. By flesh (sinful nature)
 - a. Romans 7:15, 23-24 (NAS) *¹⁵For what I am doing, I do not understand: for I am not practicing what I would like to do, but I am doing the very thing I hate. ²³But I see a different law in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin which is in my members. ²⁴Wretched man that I am! Who will set me free from the body of this death?*
 - b. Romans 8:5 (NAS) *For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit.*

2. Satan
 - a. I John 4:4b (NAS) *Greater is He who is in you than he who is in the world.*
 - b. Don't believe everything you think!
3. The world's value system
 - a. I John 2:16 (NAS) *For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.*

- b. II Corinthians 10:3-5 (NAS) ³*For though we walk in the flesh, we do not war according to the flesh, ⁴for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. ⁵We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.*
- C. We must focus our mind on the right things.
- 1. Think about Jesus
 - a. Hebrews 12:3 (NAS) *For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.*
 - 2. Think about others
 - a. Philippians 2:3-4 (NAS) ³*Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴do not merely look out for your own personal interests, but also for the interests of others.*
 - 3. Think about eternity
 - a. Colossians 3:2 (NAS) *Set your mind on the things above, not on the things that are on earth.*
 - b. I Corinthians 2:9 (NLT) *That is what the Scriptures mean when they say, "No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him."*

IV. Conclusion