

## RENEWING THE MIND

Mike Fehlauer

Last time we talked about the principles that govern meditation of the Word of God. In that teaching we discussed what meditation is, what it means to meditate on the Scriptures, and what meditation isn't. We dealt with some misconceptions because a lot of Christians have misgivings and misconceptions concerning what meditating on the Word of God really means. Many times Christians say they are spending time meditating on the Scriptures, but when you really talk to them, you find that what they are calling meditation is simply reading the Scriptures. As a point of review, reading the Scriptures isn't necessarily meditating on them. The Bible tells us it is through meditating on the Word of God that our minds are renewed, which is what we are going to talk about here—the renewing of our minds to the Scriptures. A lot of Christians think that just reading the Scriptures is meditating, and others think confessing or memorizing Scripture is meditating. Well, memorizing, confessing, or quoting Scripture can help us, can aid us in our meditation, but those things, in and of themselves, don't necessarily constitute meditating on the Word of God. That's why a lot of Christians don't really see the benefit—the power and life of God's Word—in their lives, because they think they're meditating when they're really not.

What is meditation? It's simply filling our minds with the Word of God. I like to put it this way: it's allowing the Word of God to invade our imagination, that part of us that sees in pictures. As we meditate on the Scriptures, that's when we begin to see the life of God and the power of His Word evident, or manifest in our lives.

What we want to talk about in this lesson is renewing our minds. Obviously our minds being renewed to the Word of God is a by-product or result of meditating on the Scriptures. Turn to 2 Corinthians 10:3-5 where the Apostle Paul says, "For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal [of the flesh], but mighty through God to the pulling down of strongholds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God." This is really a description of the process of renewing our minds. There's another verse of Scripture, Romans 12:2, I'd like us to look at to see what else Scripture has to say concerning renewing our minds to the Word of God. It says this, "Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God" (NKJV). Paul is telling us that the transformation of our souls enable us to understand and know what that good, acceptable, and perfect will of God is. Actually, we're transformed by the renewing of our minds, changed into the image of Jesus more and more. We go from glory to glory when we are conformed into the image of Christ, and the way that happens is that our minds are renewed by the Word of God. When that takes place, there's a beautiful transformation that happens in our lives as Christians. We begin to look and act more like Jesus. We experience more of the life of Jesus.

In the renewing of our minds, we have to understand that when we're born again, we're recreated by the Holy Spirit. We become new creatures in Christ; old things have passed away, and all things have become new. We have new spirits that are made in the image and likeness of God. It is perfect in its image of God, yet our minds, our souls still need to be transformed. So the renewing of our mind is part of that transformation of our soul, that conforming, that must take place in our lives. We established in 2 Corinthians 10, which we read earlier, that pulling down strongholds and casting down imaginations are just a part of

the process of renewing our minds; it's the actual dynamic that takes place to bring the renewing of our minds into reality and set the process in motion. Here again, Paul is saying that the weapons we have in dealing with strongholds are not carnal but are mighty in God to the pulling down of these strongholds. Our weapons, our faith, and our confidence are not in our ability but in the weapons God has given us, and the primary weapon He's given us is the Scriptures.

The Word of God is more than black words on white paper. It is living; it is breathing; it is alive! Hebrews 4:12 says, "For the word of God is quick [living and active], and powerful, and sharper than any twoedged sword." Jesus also said that the words He has spoken are spirit, and they are life (John 6:63). So we take the Word and pull down strongholds. What is a stronghold? A good definition that's easy to remember is this: a system of thought empowered by emotions, a process of reasoning, a mindset, a way of thinking, a perception. We embrace these mindsets and perceptions growing up, many times even if we grew up in a Christian home. We embrace certain mindsets and perceptions that are inaccurate according to the Scriptures. Nevertheless, we live by them and make decisions by them.

The Word of God and the Holy Spirit are the only two things that can actually expose a stronghold for what it is. They not only can identify it, but they are the only two things that have the power to pull it down. It's through the pulling down of these strongholds that our minds become renewed. It goes on to say that we take captive every thought, or cast down imaginations. An imagination is that picture we carry around on the inside of us. The Word of God paints a picture as well, and many times the picture God's Word paints for us is different than the picture we've been believing and responding to. Again, part of that renewing of the mind process is exchanging one picture for another. In other words, it's letting go of the picture that the world has painted for us and embracing the picture the Scriptures are giving us. It's exchanging a picture of healing for a picture of sickness . . . a picture of prosperity and abundance for a picture of poverty and death . . . a picture of strength, confidence, and faith for the picture of fear, self-doubting, second-guessing, shame, and disgrace.

The Word of God is invading our imaginations, and what's happening is that our minds are being renewed. These strongholds, these systems of thought empowered by emotions are coming down. These pictures are being traded. The picture of the Scriptures is replacing the unhealthy, destructive, and limiting pictures that the world has given us or others have sown into our lives. That's the renewing of the mind process.

I'll tell you what, it's a supernatural thing. I want to charge you, to encourage you, to take time to find a verse of Scripture on whatever it is you're dealing with and struggling with in your life and find out what God has to say about it. Then begin to apply the principles that govern meditation. What will happen is that you will see this process of the renewing of the mind take place. One picture is going to be replaced by another, those strongholds are going to come down, and you're going to see the life, and the power, and the abundance of God manifested in your life. Believe me, it'll happen. It's powerful, it's supernatural, it'll be exciting, and I know you'll give God all the glory and all the praise as it takes place.

## RENEWING THE MIND (Outline)

Meditating on God's Word is allowing the Word of God to invade our imaginations, or the part of us that sees in pictures. As we meditate on the Scriptures, we begin to see the life and power of God evident in our lives.

Renewing our minds is a result of meditating on the Scriptures.

Romans 12:2: "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Through the renewing of our minds, we can know the perfect will of God and are changed to look and act more like Jesus.

When you are born again you receive a new spirit, which is perfect, yet your soul needs be transformed.

2 Corinthians 10:3-5: "For though we walk in the flesh, we do not war after the flesh: <sup>4</sup>(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds, <sup>5</sup>Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

A stronghold is a system of thought empowered by emotions; it's a way of thinking or a mind set.

The primary weapon God has given us in dealing with strongholds is the Word of God.

Hebrews 4:12: "For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."

John 6:63: "It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life."

The Word of God and the Holy Spirit are the only two things that can expose a stronghold for what it is and pull it down. By pulling down the strongholds our minds become renewed.

Renewing our minds is exchanging the pictures that the world has painted for us for the pictures that the Scriptures give us.

You'll see the power and life of God manifested in you as you renew your mind.

## RENEWING THE MIND (Teacher's Guide)

1. What does 2 Timothy 3:16 say that Scripture is profitable for?  
Teaching, rebuking, correcting, and training in righteousness.
2. According to John 6:63, Jesus words are what?  
Spirit and life.
3. How are we transformed according to Romans 12:2?  
By the renewing of our minds.
4. According to Romans 12:1-2, how do we find God's good, acceptable, and perfect will for our lives?  
By presenting our bodies as a living sacrifice to the Lord.
5. Explain in detail the meaning of Proverbs 4:20-23  
Listen and take heed to God's Word. Keep God's Word before you constantly. Guard your heart and affections, they influence everything in your life.

## RENEWING THE MIND (Detailed Teacher's Guide)

Note: The following information may be read out loud (a numbered section at a time) with the person(s) being disciplined. After each numbered section is read, pause and ask the question(s) that correspond to the paragraph(s), and then discuss them.

<sup>1</sup> In 2 Corinthians 10:4-5 we read: “For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.” (NKJV). A stronghold may be an intense struggle with drugs, alcohol, violence, depression, a lust for power, or any other addictive thought pattern that preoccupies our minds to the point of being obsessive.

Even though these perceptions may be destructive to our lives, we continue to hold fast to them, because they have become so much a part of our makeup and behavior. It takes a supernatural work of the Holy Spirit through the Word of God to expose these thoughts as incorrect. It is only the Word of God with the work of the Holy Spirit that has the power to expose these well-dressed lies.

<sup>2</sup> God's Word is the only thing that the Holy Spirit can use to destroy destructive reasonings.

Scripture is the standard, or rule, by which we are to judge whether what we are believing is correct, regardless of how strongly we may feel about it. His Word never changes—it is always the same. Our opinions may change, and we may deal with different perceptions in life, but God's Word endures forever.

When we pick up the Bible, we need to remember that it is the book with God in it. It is not just black words on white paper. As we meditate on the Word of God, we attack and tear down the strongholds in our thought lives.

---

<sup>1</sup> What is a stronghold?

<sup>2</sup> (a) What does 2 Timothy 3:16 say that scripture is profitable for?

(b) According to John 6:63, Jesus' words are what?

<sup>3</sup> In Romans 12:2 we read, “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” (NKJV) This scripture indicates that the result of renewing our minds is that we experience a transformation in our lives. It is only through meditating on God’s Word that we experience the renewing of our minds.

As we read what the Scriptures say about mediating on God’s Word, we begin to discover how it is accomplished.

God told Joshua that he was to meditate on His Word day and night “that you [Joshua] may observe to do according to all that is written in it” (NKJV). The principle is that we do what we see in our minds. The mind has two basic functions: memory and imagination. We are created by God to perform what we first see in our minds. Every action is first preceded by a thought-picture. For example, adultery does not come upon a man or woman like a seizure. The thoughts and fantasies of adultery are played over in one’s mind long before the act of adultery takes place.

<sup>4</sup> When we meditate on God’s Word, we allow the Word to paint a picture for us. This process is the process of “renewing” our minds.

When we meditate on God’s promises, we can begin to see ourselves receiving and experiencing those promises, consequently making them a reality with our actions.

---

<sup>3</sup> (a) How are we transformed according to Romans 12:2?

(b) According to Romans 12:1-2, how do we find God’s good, acceptable, and perfect will for our lives?

<sup>4</sup> Explain in detail the meaning of Proverbs 4:20-23.

## RENEWING THE MIND (Discipleship Questions)

Read Romans 12:1-2

1. What is our reasonable service (worship) to God?
2. In addition to presenting our bodies as a reasonable sacrifice to God, what are we not to be to this world?

Definition of Transform: to change into another form, to undergo a complete change, which, under the power of God, will find expression in character and conduct. A process.

3. By renewing our minds from the world to the Word of God, what is it that we are proving?

Read Hebrews 13:8

4. Is Jesus Christ prone to changing?
5. "Jesus Christ is the same \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_."

Read Romans 3:3-4

6. Would the unbelief of some people make God's word and His faithfulness void and untrue?
7. What does verse 4 say about God's Word?
8. What does it say about man?
9. If Jesus Christ never changes, and God's Word is true, do you feel you can trust God when He tells you to do, or not to do something?

Read Isaiah 26:3-4

10. Doing this will keep you in perfect peace.
11. If your mind is stayed on the Lord, it is because you \_\_\_\_\_ Him.
12. Who is your everlasting strength?

Read Ephesians 4:17-24

13. If you are in Christ Jesus, how should you no longer walk?
14. What is the consequence of the ignorance in those who choose to not walk with Jesus?

15. What have the “Gentiles” given themselves over to since they alienated themselves from the life of God?
16. In verse 22, what must you put off?
17. What are you commanded to do in verse 23?
18. In verse 24, what must you put on?

Read Colossians 3:1-2

19. What are we to seek?
20. What are we to set our mind on?
21. What are we commanded to NOT set our minds on?
22. Why do you think we are not to set our minds on the things of this world?

Read John 7:16-18

23. What shall we know if we seek to do God’s will?
24. What does one seek if he speaks from himself?
25. Is that prideful?
26. Who is true and has no unrighteousness in Him?

Read John 8:31-32, 36

27. Who are Christ’s disciples?
28. Once we know the truth, what will it do for us?
29. How is it that we would know the truth concerning Christ?
30. Who is it that makes us free indeed?

Read Colossians 2:6-10

31. What are we to do once we have received Jesus?



32. Verse 7 tells us how we walk in Him, as we were taught. List the three things mentioned.

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

33. What are we to beware of in verse 8?

34. In Whom does all the fullness of the Godhead abide bodily?

35. Are we complete in Him?

Read Colossians 1:9-14

36. What does Paul say he prays and asks for on our behalf?

“That you may be \_\_\_\_\_ with the \_\_\_\_\_ of His will in all \_\_\_\_\_ and spiritual \_\_\_\_\_.

That you may walk \_\_\_\_\_ of the Lord, fully \_\_\_\_\_ Him, being \_\_\_\_\_ in every good work, and \_\_\_\_\_ in the \_\_\_\_\_ of God.”

37. According to His glorious power we are “ \_\_\_\_\_ with all might.”

38. Why are we strengthened? “For all \_\_\_\_\_ and \_\_\_\_\_ with joy.”

39. In verse 12, what have we been qualified for?

40. What has He delivered us from?

41. What has He conveyed us into?

42. What two things did Christ do for us through His blood?

A. \_\_\_\_\_

B. \_\_\_\_\_

Read Hebrews 11:6

43. What must we have in order to please God?

44. What must we do in order to come to God?

45. Who is it that God rewards?

46. Based on what you have learned so far, how is it that we can diligently seek the Lord?

47. If you don't renew your minds to the things of God and meditate on His word, what do you think you will fill your mind and heart with?
48. Do you see why it is important to saturate your life, body, soul, mind, and spirit with the Word, who is Jesus?
49. Read Psalm 139 and marvel at what an awesome God you have who loves you with the same love He loves Christ!

RENEWING THE MIND  
(Discipleship Answer Key)

1. To present my body as a living sacrifice
2. Conformed
3. What is that good and acceptable and perfect will of God.
4. No
5. Yesterday, Today, and Forever
6. Certainly not
7. He is Truth
8. He is a liar
9. Yes
10. Keeping your mind on Christ
11. Trust
12. The Lord
13. In the futility of your mind
14. They are alienated from the life of God
15. Lewdness, uncleanness, greediness
16. The old man, former conduct
17. Be renewed by the Spirit of the mind
18. The new man
19. Christ, Godly things
20. On things above
21. Things on the earth
22. It distracts us from what Christ has for us
23. His doctrine or teaching
24. His own glory
25. Yes
26. Jesus Christ
27. Those who abide in His word
28. Set us free
29. We would be set free
30. Jesus
31. Walk in Him
32. A. Rooted  
B. Built up  
C. Established in the faith
33. That anyone could cheat us thru philosophy and empty deceit, according to the traditions of men and the principles of this world.
34. Jesus
35. Yes
36. Filled—knowledge—wisdom—understanding—worthy—pleasing—fruitful—increasing—knowledge
37. Strengthened
38. Patience—Longsuffering
39. To be partakers of the inheritance

40. The power of darknes
41. The kingdom of the Son
42. A. Redemption  
B. Forgiveness of sins
43. Faith
44. Believe
45. Those who diligently seek Him
46. Be in His Word, pray, study, worship
47. If you don't renew your minds to the things of God and meditate on His word, what do you think you will fill your mind and heart with?
48. Do you see why it is important to saturate your life, body, soul, mind, and spirit with the Word, who is Jesus?
49. Read Psalm 139 and marvel at what an awesome God you have who loves you with the same love He loves Christ!

## RENEWING THE MIND (Additional Information)

Romans 12:1-2: “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. <sup>2</sup>And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

(Romans 12:2) Many people think that if they fulfill the conditions of verse one that everything else will automatically work out. Yet Paul goes on to state that we also have to renew our minds. There have been many people who have had a genuine commitment to the Lord, but they didn't renew their minds through God's Word, and they suffered many problems that they didn't have to.

(Romans 12:2) The Greek word that was translated “conformed” here is the word “suschematizo,” meaning “to fashion alike, i.e. conform to the same pattern.” This scripture is telling us that we should be different than the unbelievers. Most Christians recognize this, but they seem at a loss as to how to accomplish it. This verse goes on to give us the answer: The key is our minds. “As he thinketh in his heart, so is he” (Proverbs 23:7).

If we think on the same things that the world thinks on, we are going to get the same results. If we keep our minds stayed upon God through the study of His Word and fellowship with Him, then we'll have perfect peace (Isaiah 26:3). It's that simple.

(Romans 12:2) The Greek word that was translated “transformed” here is the word “metamorphoo” and is the same word that we get our word “metamorphosis” from. It is describing a complete change like that of a caterpillar changing into a butterfly. This word is also the same word that was used to describe Jesus' transformation when His garments became white as light (Matthew 17:2).

Making our thinking line up with God's Word will affect this complete transformation in our lives.

(Romans 12:2) When a person is born again, he becomes a totally new creation in his spirit. This spiritual salvation is complete. He doesn't need any more faith, joy, or power. That person is complete in Him (Colossians 2:10).

However, it is not God's will that we just be changed on the inside; He wants to manifest this salvation in our physical lives. That takes place through the renewing of our minds. Man is a spirit, soul, and body (1 Thessalonians 5:23). Our spirits are as perfect as they will ever be in heaven. If we will change our thinking so that we believe what God says in His Word about who we are and what we have, this agreement between our spirit and soul forms a majority, and our flesh will experience the life of God that has been deposited in our spirits.

If we fail to renew our minds, we can live our entire time on this earth without experiencing the abundant life that Jesus provided for us (John 10:10).

(Romans 12:2) The dictionary defines “prove” as “to establish the truth or validity of by evidence or argument; to be shown to be; turn out.” Therefore, this is speaking of how to physically display God’s will in our lives. This is a promise that if we fulfill the requirements of these two verses, we will prove—not might prove—but WILL prove the good, and acceptable, and perfect will of God.

Finding God’s will for our lives is not hard when we do what these verses instruct us to do. It is impossible to miss God’s will once we commit ourselves to God as living sacrifices and begin to renew our minds. Finding God’s will for our lives only becomes hard when we are not totally committed to God.

Copyright © 2004  
Discipleship Evangelism  
P.O. Box 17007  
Colorado Springs, Colorado 80935-7007 U.S.A.  
[www.krowtracts.com](http://www.krowtracts.com) [www.delessons.org](http://www.delessons.org)  
Phone: 719-577-7775