

Thinking for a Change

Ten Keys to a Renewed Mind

Written and Compiled by

Sue McMillin, President of *With Time To Spare*

Sue@WithTimeToSpare.com • 719-352-5535 • www.WithTimeToSpare.com

Introduction

This webinar is an account of a revelation that the Lord gave to me as I was studying about the renewed mind and how the Lord wants us to start thinking like He does. I will lead you step-by-step in how the Lord showed me this teaching.

Key Scriptures:

II Cor. 10:4- The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

Rom. 12:2 (NLT) Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

I Cor. 2:16- But we have the mind of Christ.

Col.3:1-2-...set your hearts on things above...set your minds on things above, not on earthly things.

"The mind is its own place, and in itself, can make a Heaven out of Hell, or a Hell out of Heaven". John Milton

"Every thought and action in your life speaks of allegiance to God or to Satan. Both are empowered by your agreement. Renewing your mind means learning to recognize what comes from hell, and what comes from heaven, and agreeing with heaven." Bill Johnson- *The Supernatural Power of a Transformed Mind*.

Graham Cooke says that if what I have been thinking for the past 8 years (regarding my business) is not working...maybe I need to have another thought.

You can only change a mindset with another mindset.

I wrote down my personal thoughts: My business can't, I'll never, this won't work, my finances will never, that won't happen, I am too old, my health won't...

I need to change my thinking from focusing on the negative to focusing on Christ and how He thinks.

I said to the Lord, "How do I need to see and what do I need to think so that I can become what my identity says, so I can do the ministry?"

God spoke and said,
“Sue, I am your Rock and there are ten weapons
you can use to change your thinking and they all start with the letter “R””

Thinking for a Change

Ten Keys to a Renewed Mind

These are the bullets of your rifle- your weapons against your enemy

- 1. Relate to God intimately-** Do you want deliverance from your problems or development in your problems? Are you religiously motivated- do you want only what God can do for you in your circumstances? Are you relationally motivated- do you want who God is for you in your circumstances?
- 2. Repent-** Repentance is a merciless dismantling of our old ways of seeing and thinking, and then a diligent and vigilant building of new ones. Put off the old (natural man) and put on the new (Spiritual man).
- 3. Read the Word-** The Word is a lamp unto your feet and a light unto your path. It has answers for all of your life problems.
- 4. Realize who you are in Christ** – Knowing your identity is in Christ will add real stability and security to your walk with the Lord.
- 5. Rejoice out loud-very loud-audible praise-** Praise liberates your spirit
- 6. Reasons for the problems-** God has ordained your circumstances. If you are in Christ, then so are your circumstances.
- 7. Run from Negativity-** Flee from the negatives in your life, flee into God’s presence.
- 8. Remember, Record and Recite your testimony (what God has done for you)-** Journal your journey
- 9. Rest from Busyness-** The overly busy life will murder our hearts! “We have to reclaim our inner territory before we can reclaim the ground around us”. Graham Cooke.
- 10. Remain-**when all the above have been lived out and the circumstances do not change, then we are to persevere-endure.

1. Relate to God intimately- Do you want to be delivered from your circumstances or developed by your circumstances?

Are you religiously motivated- do you want what God can do for you in your circumstances?

Are you relationally motivated- do you want who God is for you in your circumstances?

“We should stop asking God to get us out of our difficult circumstances and start asking Him what He wants us to get out of those difficult circumstances.” Mark Batterson.

How should we feel toward God? Relate to Him like David. Read Psalms especially taking note of David’s ability to express his feelings honestly to God.

Ps. 73:25- Whom have I in heaven but you? And earth has nothing I desire besides you....God is the strength of my heart.... (David walked with God intimately. These verses speak of love).

Ps. 22:19- Oh, my Strength, come quickly to help me.

Ps. 63:1- O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you....

Ex. 33: 1-17- Read the life of Moses- Remember when he said to the Lord if you don’t go with us into the promise land then I don’t want to go. He would have chosen to stay in the wilderness with God rather than to have gone into the promise land without God. **These men loved God intimately!**

How God feels toward you: Study the emotions of God toward you. What does He say in His word that describes how He feels toward you? Here are some examples:

Is. 43: 1-7- But now this is what the Lord says- he who created you, who formed you, O Israel, fear not for I have redeemed you I have summoned you by name you are mine...Since you are precious and honored in my sight and because I love you....do not be afraid for I am with you.

Is. 61:1-3- The Spirit of the Lord is upon me because the Lord has anointed me to bind up the brokenhearted, to proclaim freedom for the captive and release from darkness for the prisoners.....to comfort all those who mourn and provide for those who grieve in Zion to bestow on them a crown of beauty instead of ashes.....

Jer. 3:14-15- Return faithless people for I am your husband, I will choose you...

What do these verses say about God’s heart towards you?

God is nuts about you!

Learning who God is for you (defender, faithful, Father, fortress, healer, instructor, lover, protector, provider, redeemer, refuge, restorer, rock, savior, shepherd, shield, strength, teacher) will draw you closer to Him and assist you to live victoriously in all life’s circumstances.

2. Repent- Repentance is changing the way that you think.

Worldly sorrow means feeling sad because you got caught. Godly sorrow means feeling bad because you have offended God. It means sincerely regretting the fact that what you did was morally wrong.

Repentance is a change of heart

Repentance is the shortest distance between slavery and son-ship- between bondage and freedom.

To repent we must put off the old man (natural man) and put on the new man (spiritual man).

The “Put Off/Put On” Dynamic in Scripture

Go from Toxic to Tonic in Your Attitudes and Actions

Key Verse: Titus 2:11-12- For the grace of God that brings salvation has appeared to all men. It teaches us to say “No” to ungodliness/worldly passions, to live self-controlled, upright and godly lives in this present age.

Scripture	PUT OFF (shed) sin →	HOW? By Renewing your mind →	PUT ON (clothe) Jesus- God’s Divine Nature
1. Rom. 12:2	<i>Don’t conform to pattern of world</i>	<i>Be transformed by renewing of your mind</i>	<i>Be able to test/approve what God’s will is</i>
2. Eph. 4:22	<i>Put off your old self</i>	<i>Be made new in the attitude of your minds</i>	<i>Put on the new self</i>
	Sin is not dead!	But	You are dead to sin!

Here I have listed practical actions to put off sin and put on the divine nature of Jesus:

Put Off:	How? What does scripture say?	Put On:
Vengeance-getting back at someone	Rom. 12:19-21- Do not take revenge, my dear friends, On the contrary: “If your enemy is hungry, feed him; if he is thirsty, give him something to drink.....	Care physically for your enemy, give him food and drink, overcome evil with good.

What you think about, you bring about!

Once you learn how to think, you can do remarkable things!

Below is a personal sin that I struggled with in my business life. It is an example as to how you can begin to use the chart above to analyze and begin the “putting off and putting on” to conquer your specific sin. My sin was Envy. I wrestled with Envy as my business faltered, while others who are, actually younger, surpassed me.

I have a life-threatening disease called Comparison!

Put Off:	How? Know What Scripture Says About Envy	Put On:
ENVY- which is also similar to: Jealousy Greed Bitterness Resentment Coveting Begrudging	Prov. 14:30- Heart at peace gives life to the body but envy rots the bones. James 3:14-16- But if you harbor bitter envy and selfish ambition in your hearts do not boast about it...this is earthly, unspiritual, of the devil. For where you have envy and selfish ambition, there you find disorder and every evil practice. But the wisdom that comes from heaven is first of all pure, peace-loving, considerate...full of mercy....	I Cor. 13:4- Love doesn't envy Goodwill Kindness Favor Generosity Support Never avenge yourself II Cor. 10:13-5- don't boast beyond your measure.

3. Read the Word. All 1383 pages? If you don't know where to start, start with the list below and if you read just this list, your life will be transformed:

Read the Psalms when you are grieving or hurting or need encouragement.

Read Proverbs to attain wisdom and understanding.

Read the story of the Exodus/Wilderness Wanderings in Exodus, Numbers and Deuteronomy to understand what God will do for you and what not to do as you read how the Israelites related to God.

Read the story of Joshua to know what to do.

Read the book of John to hear what Jesus feels.

Read Colossians to understand Christian living.

Read James to comprehend your sufferings and trials.

4. Realize who you are and what you have in Christ

a. John 15:16- I am chosen and appointed by Christ to bear His fruit.

b. I Cor. 12:27- I am a member (part) of Christ's body.

c. II Cor. 5:17- I am a new creation.

d. II Cor. 5:18-19- I am reconciled to God and am a minister of reconciliation.

e. Eph. 1:1- I am a saint (There are 330 places in scripture that the unsaved people are called sinners. There are 240 places where the saved people are called saints. There are 0 places in scripture where the saved are called sinners).

f. Eph. 2:10- I am God's workmanship (handiwork) created in Christ to do His work that He planned beforehand that I should do them.

g. Eph. 2:19- I am a fellow citizen with the rest of God's people in His family.

h. Eph. 3:1/4:1- I am a prisoner of Christ.

i. Eph. 4:24- I am righteous and holy.

j. Phil. 3:20- I am a citizen of heaven and seated in heaven right now.

5. Rejoice out loud-very loud-audible praise- Key verse: Ps. 50:23- He who sacrifices thank offerings honors me, and he prepares the way so that I may show him the salvation of God.

Praise liberates your spirit. Praise prepares the way so God can deliver you. Here's a personal experience I had regarding the importance of out-loud verbal praise:

I woke up with a knot in my stomach as a client had just turned me down and my livelihood was at threat! My spirit and body fell to the floor and as I was wallowing in my grief, the Lord broke through.....and said, "What are you supposed to be doing right now?" I then remembered how I was to respond. I was to verbally praise Him for all things. I walked across the room with a heavy heart, reached for my iPhone to go for a walk to praise the Lord. As I approached the door and touched the knob, my spirit soared like an eagle....by choosing to repent, change my thinking and do something that manifested that repentance (reach for the iPhone), the Lord had broken through and released praise into my spirit. That one choice lasted me for 3 weeks!

Some Brief Facts About Praise	Verse:
How often should we praise?	Ps. 35:28- My tongue will proclaim your righteousness, your praises <u>all day long</u> .
How should we praise?	Ps. 51:15- <u>Open my lips</u> , Lord, and my mouth will declare your praise.
Results of praise? Victory!	2Chron. 20:22- As they began to sing and praise, the LORD set ambushes against the men ...who were invading Judah, and <u>they were defeated</u> .

<>< Go from the world of worry to the wonder of worship! >><

6. Reasons for our Problems- God has ordained your circumstances. If you are in Christ, so are your circumstances. See your problems as God’s way of empowering you to discover who you already are in Christ and how to live there.

The Purpose of Troubles

What Troubles (Pressures, Oppressions, Distresses, and Hardships) Are Achieving For You

2 Corinthians 4:16-17- Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

Therefore we do not lose heart		
Outwardly we are wasting away	yet	Inwardly we are being renewed day by day
Light (light in weight, not burdensome) Momentary (for the moment) Troubles (pressures, oppressions, distresses, hardships)	Are ACHIEVING For Us Them all	Eternal (without beginning or end) Glory (glorious condition) Far outweighs (beyond measure)
So we fix our eyes		
<u>not on what is seen</u> What is seen is temporary	But For But	On what is <u>unseen</u> What is unseen is eternal

“What a brilliant concept! It’s an astonishing point of view. What was Paul seeing in his spirit that made him downgrade the enemy and adversity to such a ridiculous level? It was that these outward problems paled in comparison to the rich inward life of the King and His Kingdom.” **Graham Cooke**

7. Run from Negativity- Flee from the negatives in your life, flee into God’s presence.

I’ll never...

I Cor 6:18- flee from fornication

I can’t...

I Cor 10:14-flee from idolatry (enabling)

I won’t...

I Tim 6:11-flee from love of money, false doctrine, controversies, quarrels, envy, strife...

I’m too...

II Tim. 2:22- Flee from the evil desires of youth

“A mind set on the negative will kill everything it touches. It is hostile toward God.”

Graham Cooke.

8. Remember, Record and Recite your testimony (what God has done for you)- don't forget

Ps. 77:11- I will remember the deeds of the Lord, yes, I will remember your miracles of long ago. I will meditate on all your works and consider all your mighty deeds.

Ps. 78: 10- they forgot what He had done-the wonders He had shown them. **Don't forget-remember!**

Remember- Israel's history is part of your heritage- study Exodus, Numbers, Deuteronomy and Joshua. Meditate on your works and mighty deeds-remember the works the Lord has done for you.

Start sharing your testimony-not just your salvation- but all the works that the Lord has done for you.

Notes from: Release the Power of Jesus (Sharing Our Testimonies) By Bill Johnson

A testimony is the written or spoken record of anything God has done in history or in your history.

We must develop a lifestyle of talking about God's wondrous works all the time.

We need to focus on what God has done not on what He hasn't done!!!!

9. Rest from Busyness- The overly busy life will murder our hearts! "We have to reclaim our inner territory before we can reclaim the ground around us." Graham Cooke.

Ps. 62: 5- Find rest, O my soul in God alone. Here are some thoughts from Graham Cooke:

"Rest is a weapon."

"Rest is not reacting to something but responding to Someone."

"We dilute negativity by rejoicing and experiencing a Sabbath. The Sabbath invites us to stop the producing/creating and enjoy what we have created. If we fail to keep the Sabbath, life becomes counterproductive and every day responsibilities will prevail over spiritual ones. If we keep the Sabbath, the Sabbath will keep us."

Here are a few ideas on a study that I did a few years ago regarding taking one whole day off each week to be renewed, refreshed and restored in our daily lives. The concept is not original with me, it originated from the Ancient Scriptures and has been a common practice of the Jewish nation for hundreds of years. Since starting my business in 1982, I have observed this practice and have found it to be renewing, invigorating, healthy, and exhilarating. Here are my discoveries concerning this concept as I studied it from the Old Testament.

Sabbath -- A Day of Rest

The Sabbath:

A. Is a cessation of work – you do a different set of activities on your day off than you did all through your work week– you stop producing and enjoy the smells, joys and sweet free time of life.

B. Provides a boundary to your week –It brings closure to your week and gives you new energy for the following week.

C. Demonstrates that God even rested and was refreshed- (Ex. 31:13) For example, if your Sabbath is Sunday...when Monday arrives, if you feel rested and refreshed, you've experienced a Sabbath. If God took a rest and tells you to take a rest then He will provide for you.

D. Is an antidote to work holism- Here is the main reason that we are robbed of our Sabbath Rests-it is busyness- and the rush for more. The following is a quote from Chuck Swindoll. "Busyness- our answer to pressure is to run faster, accomplish more. Busyness is a sign of success and importance. We attempt to impress people with a full schedule. We express aloud for relief from all we live under; but the truth is, if someone provided a way out, we wouldn't know what to do. Busyness: is a way of life." The Sabbath provides a way out of our busyness.

E. Is a day to pray and play- God Himself has given you approximately 52 days- that's 7.5 weeks of vacation! Wow, what a concept.

F. Is a great time management tool – It directly affects your following week. It causes you to be more productive in half the time.

G. Is a step of faith- you must trust in God's sovereignty – you are ultimately not in control – God is, you can trust Him, since He controls the Universe.

10. Remain- Let perseverance finish its work

"It doesn't matter what circumstances you are in, what matters is what stance you are in." Kris Vallotton.

What Suffering Will Get You

Scripture Written Out (NIV) & <u>Trial Underlined</u>	Our Response	What Suffering Will Get You
1. James 1:2-4- Consider it pure joy when you face <u>trials of many kinds</u> because you know that the testing of your faith develops perseverance. Perseverance must finish its work so you will be mature and complete not lacking anything.	Joy	Perseverance Maturity Completeness Not lacking anything
2. James 1:12- Blessed is the man who perseveres under <u>trial</u> because when he has stood the test, he will receive the crown of life that God has promised to those who love Him.	Persevere Stand the test	Blessed Crown of life
3. Romans 5:3- Rejoice in our <u>sufferings</u> because we know that suffering produce perseverance...character...hope	Rejoice	Perseverance Character Hope
4. 2 Cor. 4:16-18- Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.	Do not lose heart Fix our eyes on what is not seen, the eternal	We are being renewed day by day Eternal glory
5. 2 Cor. 12:10- I delight in <u>weaknesses, insults, hardship, persecutions, difficulties</u> , when I am weak, then I am strong	Delight	I am strong
6. 1 Pet. 1:6-7- Greatly rejoice if you are suffering <u>grief in trials</u> . These have come so your faith may be proved genuine and may result in praise, glory and honor when Jesus is revealed.	Greatly rejoice	Faith may be proved genuine Results in praise, glory and honor
7.1 Pet. 4:12-14, 16, 19- Do not be surprised at the <u>painful trial</u> you are suffering as though some strange thing in happening to you. But rejoice that you participate in the suffering of Christ. If you are <u>insulted</u> because of the name of Christ, you are blessed for the spirit of glory rests on you.	Do not be surprised Rejoice	You are blessed The spirit of glory will rest on you.
8. 1 Pet. 5:8-10- Be self-controlled and alert. <u>Your enemy the devil prowls around like a roaring lion looking for someone to devour</u> . Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while will himself: restore you and make you strong, firm and steadfast.	Be self-controlled, alert Resist your enemy Standing firm in the faith.	<u>Restore-</u> Join together, to mend, adjust, fit thoroughly. <u>Strong-</u> Put in order, solid foundation. <u>Firm-</u> Bind together so there is no danger of warping, splitting or falling apart. <u>Steadfast-</u> Settled and established firmly.

HOW DO WE PERSEVERE OR ENDURE? ... Scripture tells us how:

Heb. 11:27- By faith Moses left Egypt.....he persevered because he saw Him who is invisible.

HOW DO WE SEE HIM?.....You become what you behold (look at)

Heb. 12:1-2- Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus...

2 Cor. 4:18- So we fix our eyes not on what is seen but on what is unseen. For what is seen is temporary but what is unseen is eternal.

HOW DO WE FIX OUR EYES ON JESUS?by relating to God intimately... which leads us back to # 1:

Walking with God is a Win-Win- Perfect Peace!

Scripture's Crowning Verse: Isa. 26:3- God will keep you in perfect peace (divine health, prosperity, wellness of being, soundness of mind) when your mind is stayed (braced, lodged in an immovable position) on Him.

**For presentations, seminars, workshops
and
remote coaching
regarding biblical or organizational topics
please contact:**

Sue McMillin

www.WithTimeToSpare.com

719-352-5535

Sue@WithTimeToSpare.com