

SERMON STUDY NOTES

7th February 2021
Speaker: Martin Armstrong

Transforming the Mind

Readings

Romans 12.2 Do not conform to the pattern of this world but be transformed by the renewing of your mind.

Proverbs 23:7 As a man thinks, so he is.

1. Whatever gets most of our attention will eventually get us. Can you give examples of situations where this was the case?
2. Do your thoughts wander while you're worshipping or praying? What sort of things do you think about?
3. Some people say they only listen to the music, but not to the words. Research shows that we unconsciously pick up the words whether we realise it or not. Does anyone have an example of having done this?
4. If we meditate on a Scripture before we go to bed at night, it can have a positive effect on our thought life, it is like soap, and can have a cleansing effect on our mind because the mind never goes to sleep. *The entrance of God's word brings light and understanding Ps 119.130.* Does anyone do this? What would be other good verses to meditate on?
5. In the military, people are completely deprogrammed. They cut your hair, give you a uniform so you look like everybody else,

teach you to salute and to respond to your superiors in certain ways, you do things over and over, obey commands instantly without question even though you may not understand why. They reprogramme you to think and act effectively and efficiently as a competent soldier. As Christians, we need to do something similar *we take captive every thought to make it obedient to Christ.* (2 Cor 10:4-6) **Discuss?**

6. We cannot allow our mind to think anything it wants to; Incorrect ‘self talk’ – like ‘you’re hopeless, a loser, boring, ugly’ – we need to trace, face and replace. Does anyone think things like this?
7. What were some of the thoughts, actions and behaviours of David that led to the Lord appointing him to be King of Israel?
8. *1 Pet 5:8 Be careful! Watch out for attacks from the Devil, your great enemy. He prowls around like a roaring lion, looking for some victim to devour.* Documentaries of the Serengeti show lions attack sick, young, or straggling animals; they choose victims who are alone or not alert. What sort of people make easy victims for Satan in our communities?
9. Protect your mind through wearing the helmet of Salvation. **Ephesians 6:17** *Put on salvation as your helmet. 1 Thessalonians 5:8 Let us be self-controlled, putting on faith and love as a breastplate and the hope of salvation as a helmet.* This is the hope of good things ahead. The belief in God’s promises for us. What are the promises of God we can claim and look forward to? (**Ps 112:7** *They will have no fear of bad news; their hearts are fixed firm, trusting in the LORD.*)