

Changing Starts with Choosing

"Put on your new nature, and be renewed as you learn to know your Creator and become like him.

Colossians 3:10 (NLT)



Inspired by "Restarting your Life" by Rick Warren

"Put on your new nature, and be renewed as you learn to know your Creator and become like him. **Colossians 3:10 (NLT)**

Changing Your Life _____
with changing your mind



"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... **Romans 12:2 (NLT)**

Three reasons change starts in your mind

- ⦿ Because my thoughts _____ my life
- ⦿ Because my struggles _____ in my mind
- ⦿ Because my mind is _____ God's Spirit works in me



"Be careful what you think, because your thoughts run your life. **Proverbs 4:23 (NCV)**

"Let the Spirit change your way of thinking and make you into a new person... **Ephesians 4:23-24 (CEV)**

Daily Choices that Change your thinking

- ① _____ my Mind with Better things
- ② _____ myself from destructive thoughts



“... 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. **Philippians 4:8 (NLT)**

Am I feeding my mind with God's Word every day? “A wise man is hungry for truth, while the mocker [fool] feeds on trash. **Proverbs 15:14**

Would Jesus say I am a Disciple? “... If you hold to my teaching, you are really my disciples. **John 8:31 (NIV84)**

Does my current mental diet create freedom or frustration? Then you will know the truth, and the truth will set you free.” **John 8:32 (NIV84)**

“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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. **2 Corinthians 10:4-5 (NIV84)**

Ways to stay Free

- ① _____ destructive thoughts
- ② _____ with problems. Don't _____ on them
- ③ Change the _____



“I can do all things through Christ, because he gives me strength. **Philippians 4:13 (NCV)**

“... 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. **Philippians 4:8 (NLT)**

“You cannot keep birds from flying over your head but you can keep them from building a nest in your hair” **Martin Luther**

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

“When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!

**2 Corinthians 5:17
(The Living Bible)**

