



Be Transformed

By the Renewing of Your Mind
Romans 12:1-2

Rom 12:1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Be a Living Sacrifice

Rom 6:6 We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin.

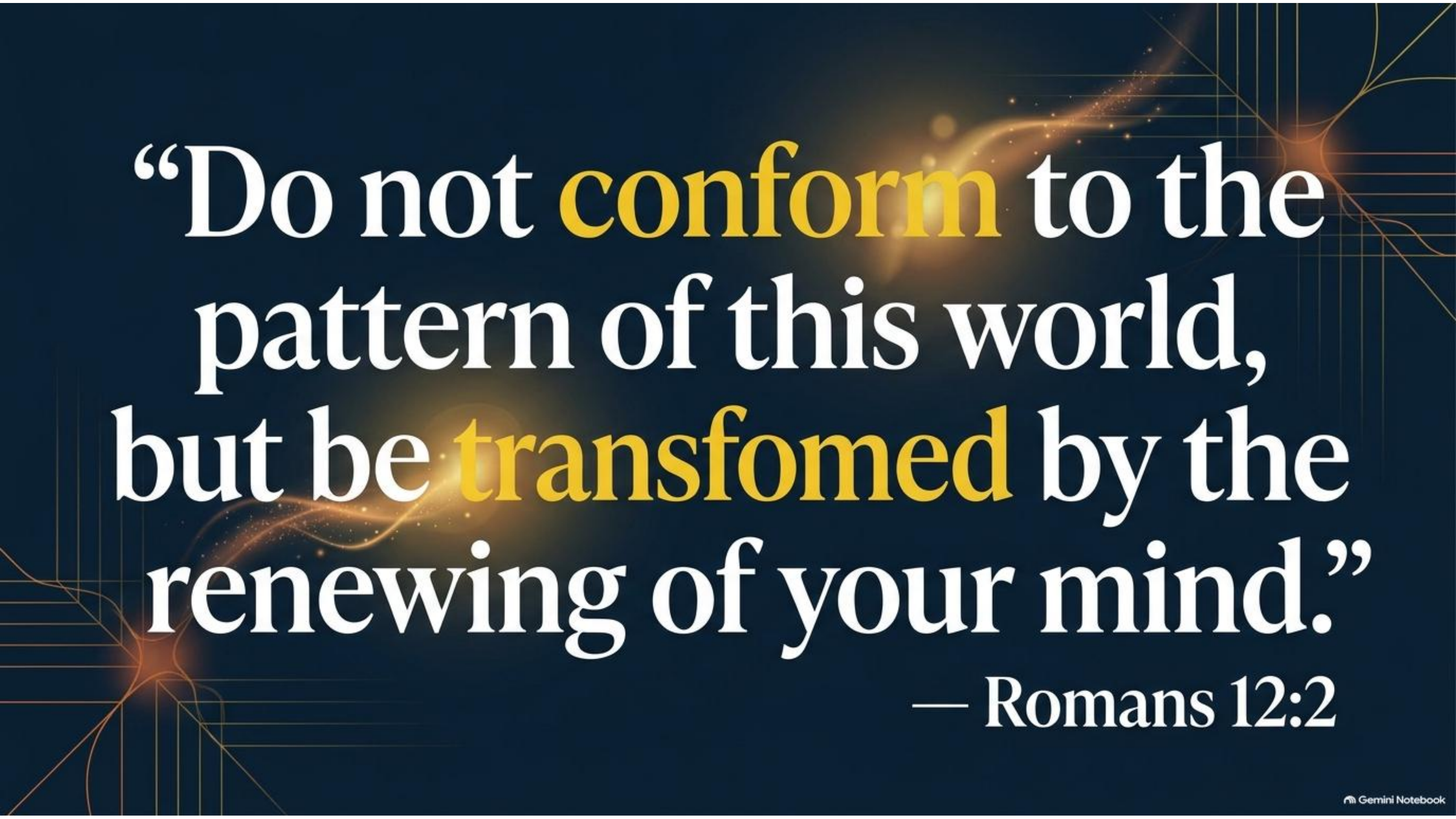
Rom 6:12 Let not sin therefore reign in your mortal body, to make you obey its passions.

Rom 7:24 Wretched man that I am! Who will deliver me from this body of death?

Rom 8:13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

Be a Living Sacrifice

Gal 2:20 My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.



“Do not **conform** to the
pattern of this world,
but be **transformed** by the
renewing of your mind.”

— Romans 12:2



THE MOLD.

Passive. Absorbing.
Conforming.



THE METAMORPHOSIS.

Active. Intentional.
Transforming.

YOU CAN CHANGE.

You are not just the product of your DNA.

You are not just the result of how you were raised.

You are not just “born this way”

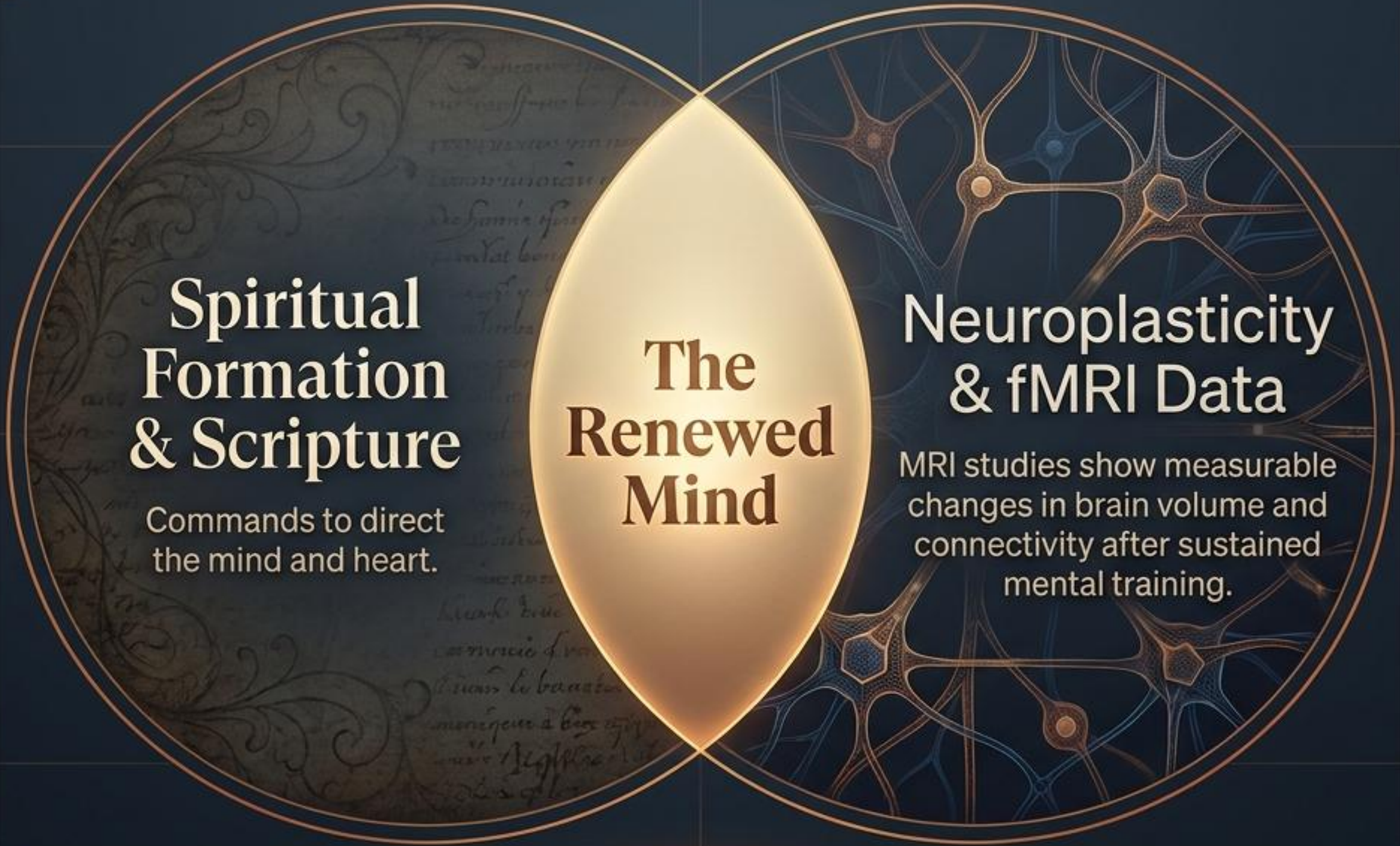
Renewing Your Mind

Eph 4:23 and to be renewed in the spirit of your minds,
24 and to put on the new self, created after the
likeness of God in true righteousness and holiness.

This is an active process that you take part in.

TAKE CHARGE.

God gave his Word for everyone.
You play a role in this process.



Spiritual Formation & Scripture

Commands to direct
the mind and heart.

The Renewed Mind

Neuroplasticity & fMRI Data

MRI studies show measurable
changes in brain volume and
connectivity after sustained
mental training.

“Do not be conformed to this world, but be transformed
by the renewing of your mind.” (Rom 12:2)

Practice 1: Direct Your Attention



Col 3:2 Set your minds on things above, not on earthly things.

“Attention acts like a sculptor. What you focus on ... directs resources there, making those thoughts more real and more likely to guide behavior and outcomes.”

Practice 2: The Gratitude Pathway

1 Th 5:15 Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else. 16 **Rejoice always,** 17 **pray continually,** 18 **give thanks in all circumstances;** for this is God's will for you in Christ Jesus.

Heb 13:15 Through him then let us **continually offer up a sacrifice of praise** to God, that is, the fruit of lips that acknowledge his name. 16 Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

Rom 12:12 Rejoice in hope, be patient in tribulation, **be constant in prayer.**

Practice 2: The Gratitude Pathway



1 Th 5:16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.

“Repeated practice strengthens ... neural pathways, speeding signal conduction. This is why skills, habits, and even mindsets get easier the more you practice them.”

In Every Situation - Give Thanks and Pray

Php 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Practice 3: Reframe Your Thoughts



2 Cor 10:15 ...and we take captive every thought to make it obedient to Christ.

Up to 80% of automatic thoughts are negative. Cognitive reframing ... makes healthier thoughts easier to access.



TAKING EVERY THOUGHT CAPTIVE

to Make It Obedient to Christ

2 CORINTHIANS 10:5

1



NOTICE THE THOUGHT

pause and name it without judgment.

2



TEST IT

ask: Is it true? Is it aligned with Scripture and Christ's character?

IF UNCLEAR:



pray, seek Scripture, and ask a trusted mature Christian.

3



CAPTURE IT

reject lies, distortions, and harmful impulses.

4



REPLACE IT

choose what is true, honorable, just, pure, lovely, and commendable (Philippians 4:8).

5



RESPOND IN OBEDIENCE

pray, speak, or act in a way that reflects Christ.



A thought may arise without being welcomed; the practice is choosing how to respond.

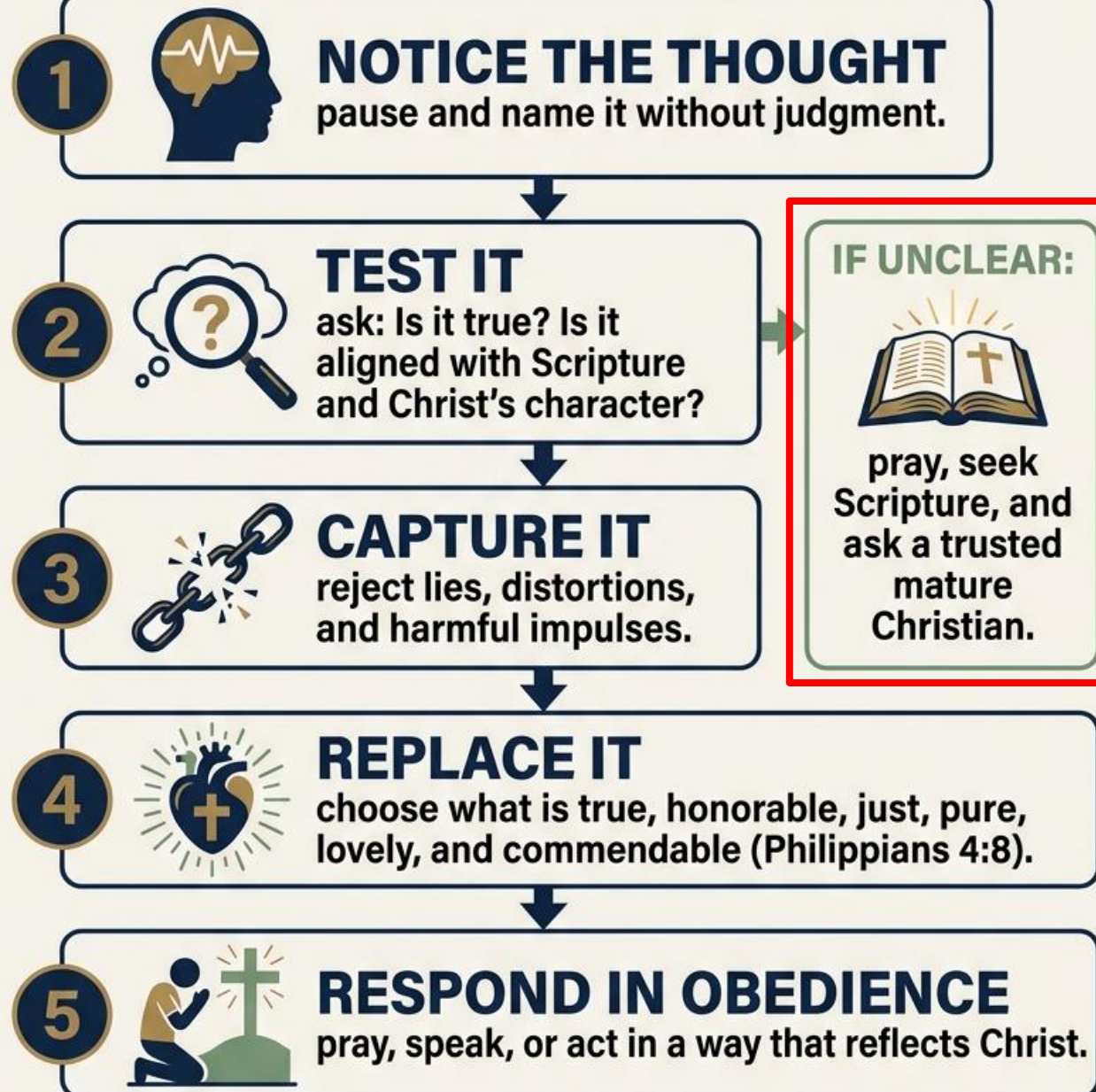




TAKING EVERY THOUGHT CAPTIVE

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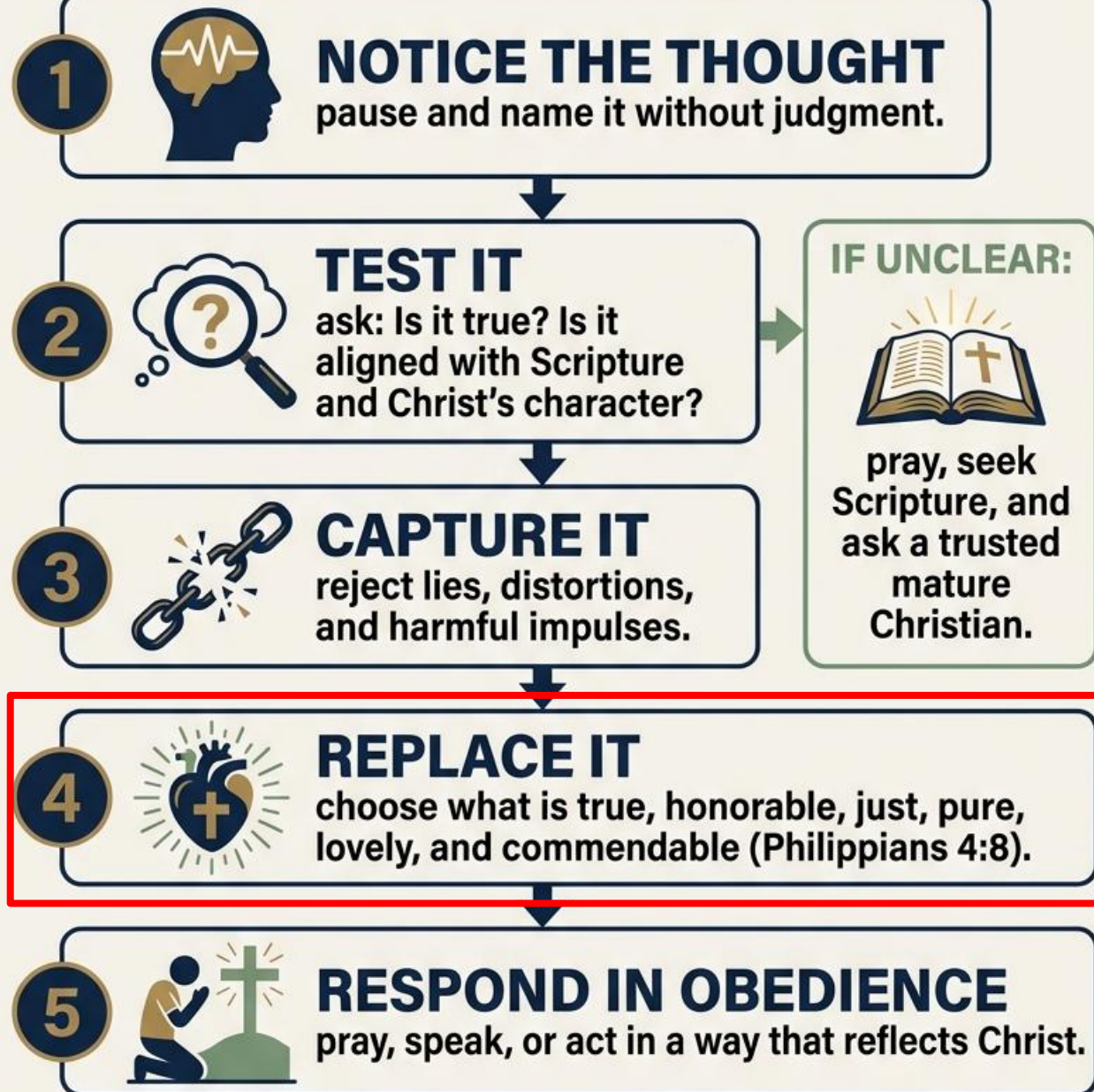
Ps 139:23 Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.



TAKING EVERY THOUGHT CAPTIVE

to Make It Obedient to Christ

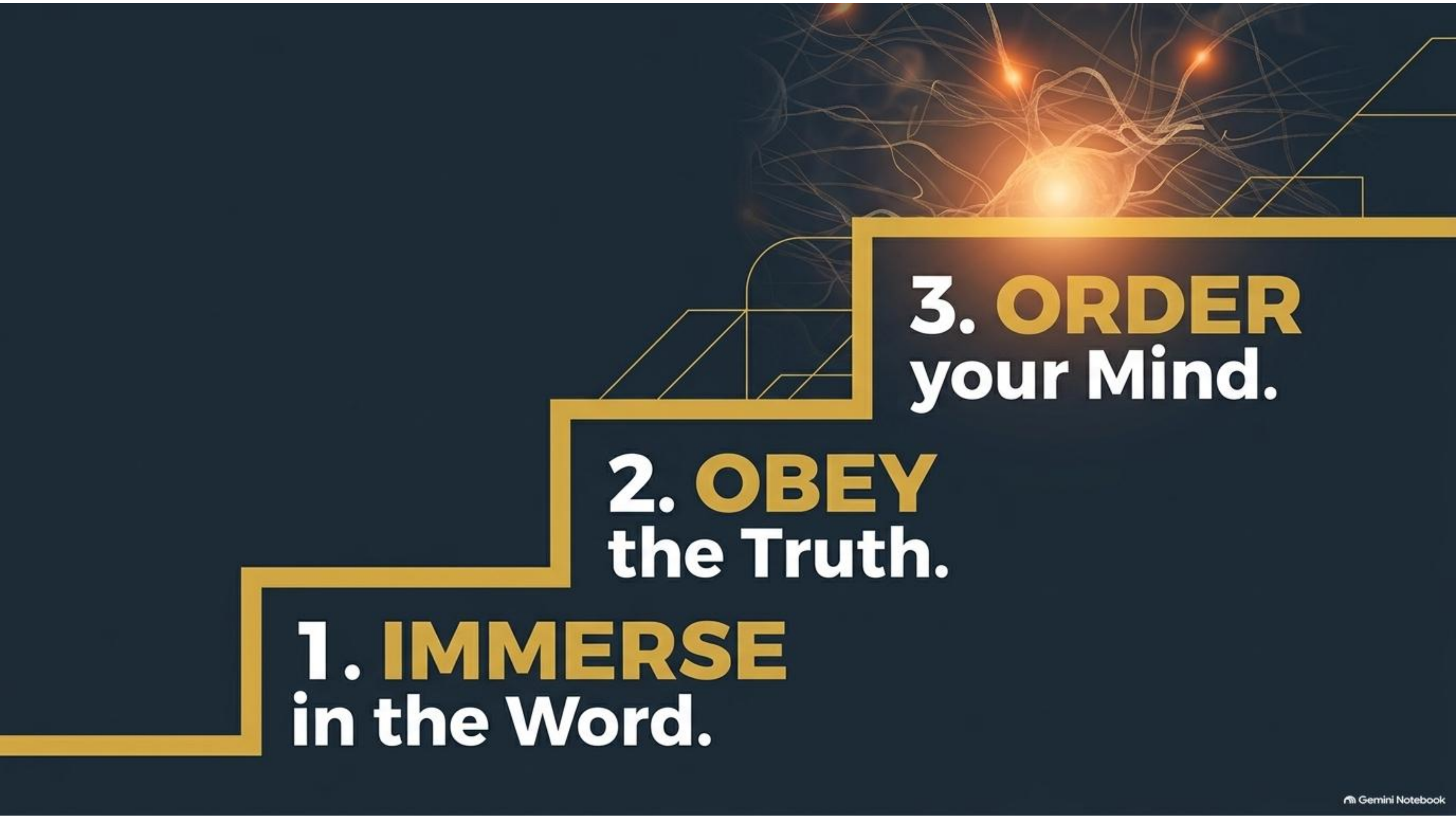
2 CORINTHIANS 10:5



A thought may arise without being welcomed; the practice is choosing how to respond.



Php 4:8 Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think on these things.



1. IMMERSE
in the Word.

2. OBEY
the Truth.

3. ORDER
your Mind.

