

# **Transformed**

## **By The Renewing of Your Mind**

**A Seven Day  
Spiritual Journey**

**MINDSET IS  
EVERYTHING.**



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# Introduction

This is a seven-day journey designed as a “Bible Study” by which the reader can learn how to be transformed from a life of carnality where sadness, depression and immorality reign. The study, if done seriously, will transform the mind of the reader into an abundance of life where love, joy, peace and other attributes of God flow freely. We will be looking at Romans chapter twelve with a look back at the end of chapter eleven. I will also add other supporting scriptures as relevant to my discussion.

Based on the material from Acts and the Corinthian epistles, the Book of Romans clearly indicates that it was written from Corinth on Paul’s third missionary journey. Paul had never visited Rome; but after fulfilling his mission of mercy to Jerusalem, he hoped to go to Rome en route to Spain (Rom. 15:23-25). At any rate, the date of the book is probably 60 A.D.

At the end of chapter eleven, Paul says this, “For of him, and through him, and to him, are all things: to whom be glory for ever. Amen.”

The beginning of chapter twelve, Paul continues with a, “Therefore” saying this, “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 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

The reason or need for us to be transformed is so we can prove what is that good, and acceptable, and perfect, will of God. Proving or knowing the perfect will of God is discernable but not by worldly methods. It takes the Spirit of God to see into spiritual things. That’s why Paul begs us to be transformed.

Paul is begging (Beseeching) the Christians at Rome, on the basis of 11:36, (Because all things are of Him, Through Him and to Him, we, 12:1 Therefore, we, by the mercies of God, ought to present our bodies as a living sacrifice which is holy and acceptable unto God.

This action, although noteworthy, is not easy. Paul knew this and thus tells his believers that it will require a transformation from worldly to spiritual;

from walking in darkness to walking in the light of God's love; from immorality to morality. Life as they knew it would have to radically change. Their thinking will have to become brand new. The mind will have to be renewed. This is the only way they can be transformed.

So...in order to be transformed, we need to exchange our corrupt minds with the mind of Christ. We need to restore our minds to a condition of holiness. The problem is, we've never been in that holy mindset so restoration is seemingly impossible because we don't know what that looks like...or do we?

### **New Birth Brings Discernment**

The unsaved man is like Adam after he fell from God's grace. He is without God's indwelling Spirit (Breath of Life). He was separated from God and left to walk in spiritual darkness.

The saved man is like Jesus. He possesses the indwelling Spirit of the living God. He is privileged to hear God's voice, understand His logic and be blessed by His wisdom. All of this came to man when he was "Born Again." John 3:16.

The invisible nature of God now shines in and through His children who have been "Born Anew" by His Spirit. It's like a butterfly that once was a crawling worm like creature that experiences transformation and becomes a beautiful butterfly. This is a vivid picture of a, "New Creature". The old passed away, rather...was transformed into something entirely new.

We are buried into baptism with Christ and raised with Him in newness of life. Colossians 2:12 . Anyone who says they are alive in God and does not believe in the burial by baptism and a personal resurrection with Christ is deceived and probably not really saved.

Here's what Paul says to the Galatians: (Chapter Three)

"O foolish Galatians, who hath bewitched you, that ye should not obey the truth, before whose eyes Jesus Christ hath been evidently set forth, crucified among you? <sup>2</sup> This only would I learn of you, Received ye the Spirit by the works of the law, or by the hearing of faith? <sup>3</sup> Are ye so foolish? , having begun in the Spirit, are ye now made perfect by the flesh?" Galatians 3:1-3

This is a prime example of a need to be renewed. They drifted away from spiritual things returning to the things of the flesh. If you read on, you will discover that they had abandoned the concept of God's saving grace to trust in the Law of Moses as a spiritual guide for salvation. Paul said they were foolish.

So...we now know that we are to be transformed and the way to accomplish that transformation is to renew our minds...to go back to the simplicity of the gospel and follow in the footsteps of Christ. Let me explain.

The world system of things... like Liberalism, Secularism, Gay Rights, Gender Reclassification and other immoral posturing has worn off on us. The world's influence has led to a general lack of faith and a general falling away from the gospel of grace. They were once dedicated to God's will, not ours. He was the center of their life and they found themselves in Him, not this world. His mindset was what they sought and found in His lordship. They could see life from His perspective.

You may wish to keep a journal, jotting down your feelings and revelations from God as you move from step to step. As I mentioned before, this is a seven-day journey. I suggest one day per step to absorb all the Biblical truth in that step. However, one day may not be enough. You may need one week or even more. Take all the time you need. The goal is to get God's Word in you so you can use it. The effort is to reestablish a Godly Mindset that brings about a perspective that is pleasing and acceptable to God. So let's look at the 1<sup>st</sup> of 7 steps in renewing your mind.

## **Step #1 (Day One) Become A Living Sacrifice**

Most of us get up each day running away from life or trying to master it with all our energies. Paul tells us that we are to present ourselves unto God as a, "***Living Sacrifice.***" He further says that this action is reasonable considering what Christ did for us. Romans 12:2

Paul's admonition to sacrifice ourselves to God did not mean physical death. We were not to be burned on the altar, as the Mosaic Law required, but were to sacrifice the world we live in with all its evil and to deny ourselves any evil lifestyle associated with it. This is what is meant by a *living* sacrifice. We go on living but not as we did before; in riotous living, drunkenness,

immorality, adultery, and all the other deeds of the flesh spoken of in Galatians chapter five.

## **What does a living sacrifice look like in the practical sense?**

The following verse (Romans 12:2) helps us to understand. We become a living sacrifice by not being conformed to this world. The world is defined for us in 1 John 2:15-16 as the lust of the flesh, the lust of the eyes, and the pride of life.

All that the world has to offer can be reduced to these three things. The lust of the flesh includes everything that appeals to our appetites and involves excessive desires for food, drink, sex, and anything else that satisfies physical needs. Lust of the eyes mostly involves materialism, coveting whatever we see that we don't have and envying those who have what we want. The pride of life is defined by any ambition for that which puffs us up and puts us on the throne of our own lives.

Our transformation away from this world happens as we renew our minds. We do this primarily through the power of God's Word. The Holy Spirit teaches us as we read the Bible and pray. This is the only power on earth that can transform us from worldliness to true spirituality.

As a daily exercise, try giving up all your worldly (evil) desires. This can mean not cursing, not gossiping, not catching an attitude, forgiving others, and so on. Read Galatians chapter five. You will find a list of the deeds of the flesh. Avoid them at all cost.

Sacrificing your will to do the will of God is not easy because you are used to being in charge as your own lord and master. Now, you will have to make Jesus Lord of your life and absolutely surrender to Him.

It will also mean that you should employ the fruit of God's Spirit and apply it in all that you do. Again Galatians chapter 5 will list them. It all happens in prayer where we submit to the revealed will of God and seek earnestly to apply it in our daily actions. The buzz word for step #1 is **Apply! Apply! Apply!**

When you examine the deeds of the flesh, you conform to this world. When you apply or walk in the fruit of God's Holy Spirit, you confirm your Christianity, establish your life's path and destiny.

So, to accomplish step #1, we must identify all that is of this world that offends God and deny it access into our thoughts and lifestyle. Here's what I do...I go to my Heavenly Father in prayer and offer myself to Him as an instrument of His good pleasure. I join with my wife in daily prayer, pleading the Blood of Christ over all that we have and are. I give everything I own or will ever have to Him, for His glory and I bind Satan and every other evil force away from my dwelling, family and possessions. I do this in the name of Jesus.

Now here comes the hard part. During the day, as evil suggests lustful actions, I fight with all I have, in the name of Jesus, to cast them down and away from me. Then I draw near to God and cry out for help to overcome the inward desires of the flesh and/or the outward temptations that seek to torment me. Sometimes I win. Sometimes I don't.

However, when I fail, I know that I have an advocate with my Heavenly Father. That advocate is none other than Jesus, my Lord and Savior. (I John 2:1) He speaks for me before the throne of God and His blood cleanses me from all unrighteousness. (I John 1:9) So I go on sacrificing my inward life of sin, denying it at every turn and receiving the Holy Spirit of promise. I thus become a, "Living Sacrifice". It's working for me and it can also work for you.

## **Step #2 (Day Two) Change Your Thought Life**

After you have mastered being a, "Living Sacrifice", at least trying every day, the next step is to **Change Your Thought Life...** Proverbs 23:7 says, "**For as he thinketh in his heart, so is he:**" We are what we think.

Have you ever evaluated the thoughts that flow through your mind? I have and I can't keep up with them. They come at me so fast and are like a fleeting image that zips away in a flash, leaving me blessed or cursed as it goes.

What we allow to enter into our minds is the raw material that is used to shape the reality we will experience. Think about it. A man that watches pornographic videos, fills his mind with lustful acts against women, His thought life becomes pornographic and his actions vile and corrupt. On the other hand, a man that reads his Bible and receives Divine revelation from

God; fills his mind with truth and is set free from the snares of the devil and the habitual practice of sin.

The apostle John tells us that we will know the truth and it will set us free. The freedom Jesus offers is a *spiritual* freedom from the bondage of sin that is evident in the release from the lifestyle of habitual sin. **John 8:32**

Jesus is the Truth (John 14:6). Knowing the Truth will set you at liberty. You will be free from sin, free from condemnation, and free from death. (Romans 6:22; 8:1–2)

## Thought Control

So then...in order to be transformed by the renewing of our minds, we need to control the thoughts that enter into our minds. Can this really be done in a world where almost every TV ad has a sexual overtone and movies are themed in violence? Yes, it can be done but it will take some effort on our part. Listen to Paul again as he writes to the Corinthians...II Corinthians 10:4-6

“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; <sup>6</sup>And having in a readiness to revenge all disobedience, when your obedience is fulfilled.”

## Here Are The Key Points To Consider:

1. We must be in obedience to the revealed will of God. That is to say, “Live Up To The Light You Have Been Given”
2. Capture every thought that is against what God has revealed to you. If it goes against the Word of God, bring it into captivity using the knowledge of God. (What you know to be true)
3. Cast it down (Give it no more place in your thought life.)
4. Take upon yourself a tone or attitude of revenge against thoughts that suggest disobedience or lawlessness.

I remember a time when I was backslidden and had drifted away from God. It was a terrible time of sadness and confusion. When I finally heard from

my Lord, it was in the spirit and He said, “John? It’s a long way back. Are you willing to take the journey?” I immediately said, yes Lord.

Then I heard Him say again, “Your heart is like a field that now is full of thorns and weeds. We will have to pull up all the bad stuff and replant good stuff. However, I won’t leave you alone. We’ll do it together.”

Jesus and I have been cleaning up my heart every since and planting the Word of God. As a result of all the effort, my thought life is better and my reality is different. It’s better than it was before.

## Sources of Thoughts

Believe it or not, all thoughts you think are not your own. I have noticed the following sources of thoughts:

- **The Devil**...he sends, ”Fiery Darts” that are meant to pierce our souls and destroy our dreams.
- **God**...who sends us Divine revelation, unctions and truth that are designed to set us free; direct our paths and encourage us in the Faith.
- **People**...Their voices are constantly in our heads as they try to dominate us, sway our judgments, and put us under their pecking order.
- **The, “Old Man”**...We can and do think independently from others. However, the, “Old Man”, otherwise know as, “The Flesh” is constantly spreading negative thoughts in front of us. His voice is loud and always says, “You Can’t Do It” “You’re Not Good Enough”, etc.

So...what are you thinking about? Examine your thoughts; toss out what is wrong or offensive to God and hang on to what God says is good. Hold everything in the light of the knowledge of God (The Bible) and stand in the belief that you are God’s child and therefore victorious over sin, death, Satan, hell, bad people, depressing circumstances or whatever.

I look for the source of the thought and then act accordingly. Sometimes the thought will overwhelm you and even torment you before you can figure it out. That’s ok because the battle is not over until you fight back and cast it down. The way to win is to make a declaration of Faith.

Jesus used the scriptures as His declaration of Faith when confronted by temptation. He said things like, Matthew 4:4, “**Man shall not live by bread alone, but by every word that proceeds out of the mouth of God**”.... and Luke 4:12, “And Jesus answering said unto him, It is said, “**Thou shalt not tempt the Lord thy God**”

Step #2 (Day Two) is an exercise in applying the Word of God to destroy bad thoughts, no matter where they come from. You can measure your day to day progress by examining your thoughts. After a while, that which you battle will no longer show up at your door.

The secret is to apply what Paul told the 1<sup>st</sup> century church. He said, “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, *think on these things*.” Philippians 4:8

### **Step #3 (Day Three)**

## **Stay In A Continual Attitude of Prayer**

We are admonished to, “ Pray Without Ceasing.” 1 Thessalonians 5:17 No one can pray continually but we can strive to stay in an attitude of conversational prayer, talking to God about our day, our dreams and our destiny. We can even cast our cares upon Him because He cares for us and wants to help us to overcome. (I Peter 5:7)

## **Holy Spirit Interaction**

This 3<sup>rd</sup> step in renewing our minds is to establish a relationship with the Holy Spirit and listen to what He has to say. His participation and your submission are vital to the success of renewal.

Some of my unsaved friends laugh at me when I tell them I talk to God. They jokingly say, “Does He talk back to you?” I tell them, “Yes, He sure does.”

God has spoken to us through the Bible. He left us over 3,000 promises to dwell on and 66 books written over thousands of years to read and meditate in.

I can surely say that I know God. I saw Him first in the scriptures. He is there in full array. You can see His character; feel His compassion; discover His will for your life; and be taught by him personally.

If you question the idea of talking to the Holy Spirit, read what He is doing in your life even now. Instead of denying His presence, reach out to Him and strengthen your bond of love with God. Here are a few scriptures to ponder:

Listen to what the Bible says about the Holy Spirit's interaction with the child of God.

1. "And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;" John 14:16
2. "The Spirit itself beareth witness with our spirit, that we are the children of God:" Romans 8:15
3. "The Helper, the Holy Spirit, whom the Father will send in my name, will teach you everything and make you remember all that I have told you." (John 14:26)
4. "When they finished praying, the place where they were meeting was shaken. They were all filled with the Holy Spirit and began to proclaim God's message with boldness." (Acts 4:31)
5. "In the same way the Spirit also comes to help us, weak as we are. For we do not know how we ought to pray; the Spirit himself pleads with God for us in groans that words cannot express." (Romans 8:26)
6. "When you heard the message of truth, the gospel of your salvation, and when you believed in Him, you were also sealed with the promised Holy Spirit. He is the down payment of our inheritance, for the redemption of the possession, to the praise of His glory." Ephesians 1:13-14
7. "Now there are varieties of gifts, but the same Spirit, and there are varieties of ministries, but the same Lord. There are varieties of results, but it is the same God who produces all the results in everyone. To each person has been given the ability to manifest the Spirit for the common good." I Corinthians 12:1-11
8. "For all who are led by God's Spirit are God's children." Romans 8:14

9. “What? Know? ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?”  
1 Corinthians 6:19
10. “For his Spirit searches out everything and shows us God’s deep secrets. No one can know a person’s thoughts except that person’s own spirit, and no one can know God’s thoughts except God’s own Spirit. And we have received God’s Spirit (not the world’s spirit), so we can know the wonderful things God has freely given us. When we tell you these things, we do not use words that come from human wisdom. Instead, we speak words given to us by the Spirit, using the Spirit’s words to explain spiritual truths.” 1 Corinthians 2:7-13
11. “for the kingdom of God is not eating and drinking, but righteousness, peace, and joy in the Holy Spirit.” Romans 14:17
12. “And be not drunk with wine, wherein is excess; but be filled with the Spirit;” Ephesians 5:18

Don’t be afraid to talk to the Holy Spirit. He is given to us as a Teacher, Guide, Comforter, Seal of Redemption, and He bears gifts that edify us and bless the body of our Lord, the church.

Stay tuned in and you will hear from God and discover His will for your life. This is the third step in renewing your mind. I call it “*Practicing The Presence of God.*” Remember, it’s just conversational prayer in which you give God the authority to operate in your life, counsel you and guide you.

## **Step #4 (Day Four) Always Be Thankful**

There is too much negativity in this world. It seems, as though life is mostly sad and depressing. I guess that’s because of a liberal media that is bent on showing all the bad stuff. You’d think that there is nothing happening that is good. Well, God wants us to see only the good. He wants us to be happy, have life in abundance and to always be thankful. Listen to what the Word of God says on this subject.

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” 1 Thessalonians 5:18

I know that you are questioning this step. How can we give thanks in everything. When things get bad and we suffer, how can we be thankful?

Most folks blame God for bad things that come their way. We should remember that God is a God of Love and has not dealt with us after our own sin. (Psalm 103:10) We are not being punished. You've heard it said that "It rains on the just and the unjust", right?

Hear Peter in I Peter 5:8 "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour." The devil is hard at work trying to devour us but in verse nine Peter tells us what to do..." Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world."

You should be aware that we are not to give thanks for the thing that is attacking us. (In everything, not for everything) That means we are to look for the good and focus our energies on the blessings of our Lord in that situation. Here's an example...

You get into a car accident. It was not your fault. The car is totaled but you are not hurt, just shaken up a bit. You have two choices.

- 1.) to concentrate on the loss of your car and the stupidity of the other driver and tell everyone you know about your loss. This will gather sympathy and some will even console you.
- 2.) To concentrate on the fact that God kept you safe from harm and you didn't get hurt. This will glorify God in the situation and draw you closer to Him as you see His hand in your life.

Now I also know that sometimes things are really hard to deal with and cause much grief like the loss of a loved one, a loss of a good paying job, kids going astray, divorce, etc. Even these hard things to bear have a glimmer of light and hope for the future. Listen again to the scriptures as Paul writes in Romans 8:28-31.

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose. <sup>29</sup> For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren. <sup>30</sup> Moreover whom he did predestinate, them he also called: and whom he called, them he also

justified: and whom he justified, them he also glorified. <sup>31</sup> What shall we then say to these things? If God be for us, who can be against us?" Romans 8:28-31

We can still hang on to the fact that we are called according to His purposes, we love God and therefore are assured that all things will work together for our good.

Being thankful and giving thanks to God is a, "MINDSET". We resolve to not blame God; to always see the good and never dwell on the negative. It's hard to get depressed, become angry or dwell in negativity when you are thanking God for every little and big thing. In every situation, we bless God and trust Him to work on our behalf.

## **Step #5 (Day Five)** **Believe That Every Day Is A New Day**

Have you ever encountered a person that lives in the past? They are all around us. They seem to live in the past or in the future but seldom in TODAY. They plan for the future, cry over the past and hide from reality because TODAY is too close and has too many unexpected events that force them to deal now in a confrontational posture.

Hear what the Bible says about TODAY..."*This is the day which the LORD hath made; we will rejoice and be glad in it.*" *Psalms 118:24*

If we believe that every day is the day that the Lord has made, it will be easier to live out that day, knowing He has created it just for us. We can indeed rejoice and be glad in it.

Hear what the Bible says about God's mercy in every new day... "*God's mercies are "new every morning"*" (*Lamentations 3:23*).

We also now know, without a doubt, that God's mercy, (Unmerited Favor), is new every morning. That means He does not hate us for what went on yesterday. He may be disappointed but we are His children and thus subject to His correction. He leads us to repentance and starts all over again, as if yesterday never happened.

We need to avoid the, ***“If Only”*** trap. You know what I mean? “if only I’d done better in my marriage” “If only I said no to drugs” “If only”...you add the thing that you most hate and wish it had never happened. These things can become strongholds that capture our thoughts, shape our reality and keep us in bondage.

I feel good about TODAY because God made it for me. Therefore, I can let tomorrow take care of itself and drop yesterday from my thinking. God is not mad at me. His Holy Spirit is with me and will help my infirmities. (Romans 8:26)

The above statement reflects the attitude that will transform you as you use it to renew your mind. However, you should be aware of another thing that Paul says about this renewal.

In Ephesians 4:23 Paul uses a striking phrase to parallel Romans 12:2. He says, ***“Be renewed in the spirit of your minds.”*** Now what in the world is that? “The spirit of your mind.” It means that the mind has a “spirit.” In other words, our mind has what we call a ***“mindset.”*** It doesn’t just have a view, it has a viewpoint. It doesn’t just have the power to perceive and detect; it also has a posture, a demeanor, a bearing, an attitude, a bent. “Be renewed in the **spirit** of your mind.”

Day Five and all days are steps in the renewal process that form a “Mindset” in which we move, live and have our existence. The belief that Every Day Is A New Day is part of that mindset. Live in that perspective and you will find God’s will and live out His destiny for your life.

God wants us to have His Mind (His thoughts, His viewpoint) in every situation. He wants us to have the supernatural ability to discern everything that happens from His vantage point and His perspective. If we can see from His perspective, we'll be able to "soar" above our circumstances, leaving our problems and trials behind.

## **Step #6 (Day Six) Guard Your Spirit**

In Step #2, I discussed changing your thought life. Now I’d like to further develop that so you have a deeper understanding.

Proverbs 23:7 says, “**For as he thinketh in his heart, so is he:**” We are what we think. Jesus talked about a man that committed adultery because he thought about having a sexual relationship with a woman that was not his.

“But I say unto you, that whosoever looks upon a woman to lust after her hath committed adultery with her already in his heart.” (Matthew 5:28) We don’t want to fall into this trap. We need to guard our hearts so those type of feelings do not overwhelm us. They are rooted in lust and will defile us.

It’s important to understand that the devil will shoot fiery darts at us that are meant to draw us away from God into our own lustful nature. Sometimes we cannot stop the attack but we can reject its suggestive allure. In other words, we don’t have to participate.

**Listen to the scriptures...**”Watch over your heart with all diligence, for from it flows the springs of life. Put away from you a deceitful mouth, and put devious speech far from you. Let your eyes look directly ahead, and let your gaze be fixed straight in front of you. Watch the path of your feet, and all your ways will be established.” – Proverbs 4:23-26 (emphasis added)

### **Thoughts Cause Feelings And Affect Emotions**

We all know that some people are more emotional than others. Some even wear their emotions on their shoulder...they are very sensitive. Others are like a rock, seeming unaffected by life’s many trials. Regardless of how we feel, we are all subject to a continual flow of thoughts and we must guard our hearts. It is there that we ponder and evaluate and make decisions that are expressed by our emotions.

### **What comes out of our hearts is what defiles us:**

And he said, “What comes out of a person is what defiles him. For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.” – Mark 7:20-23

If we want to know what is in our hearts, we need only to listen to what is flowing out of our mouths. Curse words, hate, anger, fear and the like are of the flesh. However, they flow out because they are already inside. They come from

a fallen nature. We also add to that evil when we accept new destructive thoughts. They are added to what is already there.

On the other hand, if we are filled with God's Spirit, we will experience the fruit of that Spirit and our mouths will flow with expressions of Love, Peace, Joy, Longsuffering, Kindness and the other fruit listed in Galatians chapter five.

We are the channels through which good and evil flow. That's why we are admonished to GUARD our hearts...because the issues of life come forth from what is inside. We can allow evil or good to manifest. This forms the basis of our day.

So...our day-to-day reality is dependant upon what we think and what we allow to be planted in our hearts. My wife has a saying that I like and often repeat. She says, *"Let's not go down that road"*. It is mostly used when nerves are frayed and we are on the verge of an argument. I also use it when I find myself thinking things that I shouldn't think. I say, "I am not going there" "Get behind me Satan." Then I call upon the Lord to deliver me from that temptation. I don't always do the right thing here but I do try my best to apply this truth. I am trying and so can you, even if we fail now and then. We can still get up and try again.

## **Step # 7 (Day Seven)** **Listen For The Whistle**

If you watch football, you'll relate to this. You are watching the game and see a player go off sides. The camera focused on the off side act and then the referee who immediately blows a loud whistle, points straight at the player and screams out, "Off Sides". That's a good picture of what Paul is saying to the Galatians church. Take a listen...

"And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful." Colossians 3:15

There will be times that confusion will cloud your thought life and you will not see clearly. It will be hard to know what to do. Using the Peace of God as a referee will fix all of that. If you do not have peace from God about the thoughts that trouble you, toss them out. If you feel only confusion in a situation, do not act. Wait until you have peace before acting. All decisions

should be done in the arena of PEACE after seeking God for counsel. Always allow the Peace of God to be the referee. The God of Peace will blow a whistle if you are off sides and tell you to get back where you belong.

Peace is a state of tranquility or quietness of spirit that transcends circumstances. The term *peace* is described in Scripture as a gift of the Holy Spirit and is a reflection of His character (1 Thessalonians 5:23; Galatians 6:16; 1 Peter 1:2; Hebrews 13:20).

If we are filled with His Spirit, we will have access to and experience the peace of God. We can rest assured that God will use His peace, as Colossians 3:15 suggests. However, Paul does not say that all this happens without our agreement. God will not violate our free will. That's why Paul says, "Let" or "allow" because to "let" is to be under submission and in concert with. It takes a simple prayer each day to be filled with the Spirit and in agreement that God's peace will be our "Whistle Blower." Thus we give the Holy spirit the authority to referee our lives and alert us when we are off sides.

Jesus said, "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid" (John 14:27). It's ok to let the Holy Spirit be your referee. He won't lead you astray. His job is to bring you into the image of Christ and show you the way to glory so you can walk with dignity and glorify God here on this earth.

Certain attitudes can destroy the peace of God. When we equate trust with the assumption that God will give us whatever we want, we set ourselves up for disappointment. The Bible is filled with examples of the opposite happening to God's people (2 Corinthians 12:7-9; Hebrews 11:13; Psalm 10:1).

Trust means we have set our hearts to believe God, whatever may happen. When we insist on being in control, we sabotage God's desire to let us live in peace. When we choose worry rather than faith, we cannot live in peace. Jesus warned us often about fear and worry (Matthew 6:34; Luke 12:29; Philippians 4:6). Worry is the enemy of peace. God invites us to cast our cares upon Him and then let go of them (1 Peter 5:7). If we listen, we'll hear that whistle blowing and the voice of God telling us to trust in Him.

Psalm 91:1 holds the secret to living in the "Peace of God:" "He that dwells in the secret place of the most High shall abide under the shadow of the Almighty.

I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.”

That secret place is in the the presence of God where we can live in His Spirit. That is where we meet God and have fellowship with Him. When we walk in His Spirit, we experience all that God is and adorn His very character. We actually fulfill His desire to create man in His image and likeness. (Gen.1:26) It is here, under the shadow of His wings, that we can remain peaceful, even when circumstances may not be. When we learn to cry out to Him in times of trouble, we find that His peace really does pass all human understanding (Philippians 4:7).

Allowing the Peace of God to be your referee in all decision making will keep you on the right track as you renew your mind.

## Conclusion

I hope this seven day journey has helped you to grow in Christ and to actually achieve the transformation that Paul spoke of in Romans 12:2. I am aware that shifting a paradigm is not easy. Moving from always being negative to positive in attitude is hard to do. Moving from fear and worry to peace is also very difficult. Some who read this eBook will probably say that...”you just don’t understand”. My life is too complicated. My past is way too painful. My...Yada! Yada! Yada!

God never said life would be easy. Nevertheless, God wants us to have His “Mindset”. If you want His will, you will apply what you have learned in this seven day journey until it becomes your way of thinking and your Mindset.

### **So, Let’s review. How can we be transformed by the renewing of our minds?**

- 1.) Become A Living Sacrifice ...by not conforming to this world
- 2.) Change Your Thought Life...by casting down imaginations and evil thoughts that seek refuge in your mind.
- 3.) Stay In A Continual Attitude of Prayer...by talking to God about the small things as well as the major ones.
- 4.) Always Be Thankful...in all things, not for all things.
- 5.) Believe That Every Day Is A New Day...because God has created it just for you.

- 6.) Guard Your Spirit...because fiery darts are being tossed your way from evil spirits.
- 7.) Listen For The Whistle...because God's Peace will referee, letting you know if you are off sides.

I see this seven day journey as stepping stones to your personal freedom in Christ. It can become the foundation upon which you stand. My goal is to help you to fully realize the potential of actually becoming a, "New Creature" in Christ and thereby fully equiped and ready to do the will of God.

May our Lord bless you and enrich you and fill you with His good grace as you apply these truths.

## **Rest My Child**

Rest my child, says the Lord.  
Take thy peace and be restored.  
I have provided, thy mouth to feed.  
From the beginning, I knew your need.

Do not worry, fret or even fear,  
For, my child, I am always near  
To bless thy soul with love and grace,  
To be with thee, face to face.

Come, my child, near to my throne.  
Do not allow your faith to roam.  
For those who will not believe  
Can never find rest in times of need.

My Word shall see you through.  
My grace I freely give to you  
That you should rest, thy soul to keep,  
Forever delivered from unbelief.

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