

- I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

A. Review your class notes from Tuesday.

1. Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. ([www.DivineDesignDiscipleship.com](http://www.DivineDesignDiscipleship.com)).
2. Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.

- B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

### III. PRINCIPLES

Use the principles found in these Scriptures to help you understand and cultivate a new way of thinking. This process will transform you to become more and more like Christ:

#### A. Restricting Thought Patterns

- A crucial component of cultivating the MOC is identifying and demolishing strongholds.
- We are vulnerable to the enemy in our broken places where sin, wounds, and deficits have left us open to his entrance. Lies and deceit are able to penetrate our minds.
- The Mind of Christ cannot rule an area of our thinking that's occupied with unbiblical beliefs.
- When we trust in a lie, we set a belief structure in place. We are held captive within its walls until those thoughts are replaced with truth: Is 59:13:14-- In transgressing and lying against the Lord, and departing from our God, speaking oppression and revolt, conceiving and uttering from the heart words of falsehood, justice is turned back and righteousness stands afar off, for truth is fallen in the street.
- A stronghold's structure is reinforced by the decisions we make as a result of our beliefs:

I BELIEVE \_\_\_\_\_ → THEREFORE I WILL \_\_\_\_\_  
(Lie) (Vow)

- Vow, defined: Self-imposed bondages we put in place within our hearts or with our mouths. They are decisions that bind us to feel, think, or act in accordance with what we have said instead of leaving us free and available to do what God says.
- We often make inner vows as children to stop, deny, or avoid pain. They are usually forgotten and are not within our power to complete. (Ex: "I will never \_\_\_\_\_.")
- Vows are a sinful response to life's circumstances: Ecc 5:2 NIV-- Do not be quick with your mouth, do not be hasty in your heart to utter anything before God.
- Insights:

#### B. Restructuring Thought Patterns

- God's weapons are powerful for destroying our strongholds: Is 59:16-17 TV-- God took action. His own *strong arm reached out and* brought salvation. His own righteousness—*good and pure*—sustained Him. *But God's equipment was that of no ordinary warrior*: He strapped on righteousness as His breastplate, and put on the helmet of salvation. Wrapped in vengeance for clothing and passion as a cloak, *God prepared for war*... The Redeemer will come to *make Zion right again*, to rescue those of Jacob's *holy line* who turn their backs on wrongdoing. This is what the Eternal One declares.

- God provides us with spiritual weapons and tools that are powerful in bringing us freedom:

### 1. Helmet of Salvation

- Salvation is not a one-time event. It's an ongoing reality: "The present possession of all true Christians; preservation, safety, and deliverance from enemy molestation" (Strong's)
  - We are able to enter into an entirely new way of seeing and thinking because of it:
    - Rom 1:16 NAS-- I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes
    - 2 Cor 2:14 NLT-- Thank God! He has made us his captives and continues to lead us along in Christ's triumphal procession.
  - Put on the Helmet of Salvation by joining the Lord in the battle for our minds, asking His Spirit to reveal our current mindsets and to reverse wrong thinking from the past.
- Insights:

### 2. Vulnerability

- It took vulnerability to become bound and it takes vulnerability to get free:
    - Luke 10:3 TV-- I'm sending you out *armed with vulnerability*, like lambs walking into a pack of wolves.
    - Ps 51:17b-18 NLT-- You will not reject a broken and repentant heart, O God. Look with favor on Zion and help her; rebuild the walls of Jerusalem.
  - The biggest obstacle to connection is shame. The people best able to find connection had one variable in common—vulnerability. (Brene' Brown)
  - John Calvin quote: "There is no deep knowing of God without a deep knowing of self and no deep knowing of self without a deep knowing of God."
  - Vulnerability involves the risk of rejection but allows access to the true self. It takes courage to face the shame from our past. But it's the path to the freedom and connection we desire.
  - In his book "The Gift of Being Yourself," David Benner encourages us to acknowledge the hidden parts of ourselves, "exposing them to God's love...letting Him weave them into the new person He is making...allowing them to be softened and healed...integrated into the whole person we are becoming."
  - To have the Mind of Christ, we must be vulnerable to God, inviting Him to lift the veil and reveal what's hidden behind the walls of our stronghold: Ps 139:23-24-- Investigate my life, O God, find out everything about me; cross-examine and test me, get a clear picture of what I'm about; see for yourself whether I've done anything wrong—then guide me on the road to eternal life.
- Insights:

### 3. Remembering

- Re-member = literally, to put broken pieces back together.
- Memory connects us to our true selves and to all the places we've visited in life's journey.
- The younger version of ourselves that lives within can help us get in touch with our true identity. Our mature parts help the inner child reconnect with parts of us that we've hidden or forgotten.
- Remembering things past informs our future identity, reality, and destiny: Ex 17:14 NIV--The Lord said to Moses, "Write this on a scroll as something to be remembered and make sure that Joshua hears it"
- Our skimming, scattered, shallow world and our over-crowded minds hamper memory.
- We remember best in quiet, uncluttered spaces where we leave room for God to speak.
- God's Word is constantly telling us to remember and how that benefits us:
  - Neh 4:14 AMP--Do not be afraid of the enemy; [earnestly] remember the Lord and imprint Him [on your minds], great and terrible, and [take from Him courage to] fight
  - Ps 111:4 AMP--He has made His wonderful works to be remembered; the Lord is gracious, merciful, and full of loving compassion.
  - 1 Cor 10:1 NLT--I don't want you to forget, dear brothers and sisters, what happened to our ancestors in the wilderness long ago. God guided all of them by sending a cloud that moved along ahead of them, and he brought them all safely through the waters of the sea on dry ground.
- Insights:

### 4. Forgiveness

- Forgiveness is an essential element of the Mind of Christ:
  - Jn 3:17-- God did not send His Son into the world to condemn the world, but that the world through Him might be saved.
  - 1 Jn 1:9-2:1 NLT-- But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 10 If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts. My dear children, I am writing this to you so that you will not sin. But if anyone does sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous. 2 He himself is the sacrifice that atones for our sins
  - Heb 10:17—Their sins and their lawless deeds I will remember no more.
- We are called to practice forgiveness. By faith, we can ask Him to make this true of our hearts:

Eph 4:31-32 NAS-- Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving each other, just as God in Christ also has forgiven you.

- Forgiveness, simply stated means to cancel a debt. It does not mean to condone the actions of those who hurt you. Find more helpful principles in “Tools & Techniques: Forgiveness.”
- There is value in offering blanket forgiveness that covers all offenses that someone committed toward us. Even greater freedom may be found in extending forgiveness again for specific incidents as the memories resurface.
- Insights:

## 5. Reimagining

- God can break strongholds and establish the MOC when we re-imagine events from our past. This is a biblical technique that Jesus demonstrated with Peter in John 21:14-21.
- God is “the High and Lofty One who inhabits eternity.” (Is 57:15) He lives outside of time:
  - Mt 28:20--I am with you always.
  - Heb 13:5, 8-- He Himself has said, “I will never leave you nor forsake you”... Jesus Christ *is* the same yesterday, today, and forever.
  - Ps 139:3, 5-8 NIV-- You are familiar with all my ways...You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there.
- It is possible to see God everywhere because He is everywhere: Ps 139:3, 5-8 NIV-- You are familiar with all my ways...You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there.
- David understood that even in hell itself God is present and visible to the eyes of faith. He processed his most painful moments in the Psalms and found God in them: Mt 5:8 AMP-- Blessed [anticipating God’s presence, spiritually mature] are the pure in heart [those with integrity, moral courage, and godly character], for they will see God.
- Receive healing for mindsets and memories through the technique of re-imagining the past:
  - Set aside some quiet time. Clear your mind, being fully present before the Lord. Maybe begin with a prayerful song. Save journaling and confirming with Scripture until later. Offer the pages of your life and the eyes of your heart to the Lord as you deal with your stronghold.
  - What emotion comes up around this issue? (Anxiety, worry, resentment, shame, rejection,

- abandonment, etc.) Ask Jesus when was the first time you experienced this emotion?
- Invite Him to bring contributing memories to mind. He may bring to mind a pattern instead of a specific event (neglect, distant parent, criticism, comparison, etc.).
- As the past bubbles up, ask yourself the question, “Who do I need to forgive?”
- Extend forgiveness to all who come to mind including other people and yourself. There may even be emotional value in “forgiving” God even though He does no wrong.
- Be still, look, and listen. What do you sense in the scene? What were you seeing, thinking or feeling then? What message did you receive? What did you believe? Did you make a vow?
- Now ask God to open your eyes to the movement His presence in the memory you are processing.
- As you are quiet in His presence, the Lord can reveal how He sees the events you are revisiting. He may speak comforting words or give visions of healing and hope.
- Now record your experience in your journal. Does what you saw and heard agree with the principles of God’s written word?
- Share your experience with a mature believer. Does it bear witness to them? Ask them to help you and remind you about the new thing God has done in your heart.
- When we see things the way God sees them, our minds are changed for the better. We have allowed Him to help us Think Again and cultivate the Mind of Christ!
- Insights:

C. Continue to apply the principles from our previous teaching on the Mind of Christ:

- Make it a priority to get to know God more intimately. Spend time with Him in pursuit of true, biblical, “yada” knowing through His Word and His Spirit.
- Meditate on the Scripture using these verbs: chew, speak, sing, moan, mourn, roar, and imagine.
- Pursue growth in your communication with God. Use the handout “Tools & Techniques: Listening to God” to help you gain confidence and spot obstacles.
- Discover your deeper desires using these questions:
  1. Where are my thoughts obsessing or my emotions expressing themselves intensely?
  2. How am I reacting to the circumstances (fight, flight, avoiding, acting out, etc.)?
  3. What are those actions accomplishing in terms of my wants or desires?
  4. Is there something deeper that I want even more?
- Prayerfully consider areas of your life where there’s no bumper crop. What is keeping you from hearing God’s Word and putting it into practice? Journal with the Lord about the specifics.
- Invite God to reveal misinformation, lies, or deceit that has been sown in your life. In this season of Thinking Again, trust that He will reveal His truth that will bring new freedom!
- Use the handout “Tools & Technique: I Feel But God Says” to help you cultivate the mind of Christ in light of your current circumstances. It is a practical way to “take every thought captive.”
- Keep a written record of how God ministers to you this week. If you don’t have one, start a spiritual journal. Come back ready to share what you’ve experienced.