

Where does your mind rest?

Transformation into a person of love starts with the **renewal of the mind.**

The mind is its own place and in itself can make a heaven of hell or a hell of heaven.

Milton, *Paradise Lost*

Hear O Israel, the Lord is our God, the Lord is One. Blessed is the name of His glorious kingdom for ever and ever. You shall love the Lord your God with all your heart and with all your soul and with all your might.

- The Shema

“Teacher, which command in the law is the greatest?” He said to him,
“Love the Lord your God with all your heart, with all your soul, and with all
your mind.

Matthew 22v36-37

The mind is the **greatest area of freedom** we have in this life.

Transformation into a person of love starts with the **renewal of the mind.**

Renewal of the Mind — the replacing of deceptive lies with the truth of Jesus and habituating that truth into our lives.

What is the mind?

The brain puts things into our consciousness, but it is the mind that chooses whether to listen and how to listen.

Jeffrey Schwartz

Mind = directed attention

Mind = imagination

The **mind** and the **heart** are intertwined in the Biblical narrative

Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. Do not be conformed to this age...

From Rom 12v1-2

How Our Minds Are Conformed

Truth & Lies

Truth = all of reality (seen and unseen by us) as it is seen and known by
God.

- David Takle

Truth is that which declares to our heart the full significance of who God is, who we are, and what our relationship with Him actually consists of..

Jesus is the Truth and Way and Life that we need. This is no mere metaphor, it is the very meaning of truth. Truth is alive and incarnational.

Truth is personal, relational, and communal.

- David Takle

The 3 Enemies of The Soul

He was a murderer from the beginning and does not stand in the truth, because there is no truth in him. When he tells a lie, he speaks from his own nature, because he is a liar and the father of lies.

– John 8:44

Ideas

The fight against temptation is a fight to take back control of our minds from their captivity to lies – deceptive ideas – and liberate them with the weapon of truth

Lies We Live From

- No one listens to me anyway, so I should stay silent
- My emotions are “too much”, I’ll just shut them in
- If anyone actually knew me, they would reject me.
- I can't trust my wife; she'll cheat on me just like my mom cheated on my dad
- God does not care about me.
- No one cares about me.
- Evil is more powerful than good.
- I will never be loved the way I need to be.
- If you really knew me, you wouldn't like me.
- I am a failure, a mistake, an embarrassment.

Negative Rumination

Addictive & Compulsive Behaviors

How Our Minds Are Transformed

He has rescued us from the domain of darkness and transferred us into the kingdom of the Son he loves.

Col 1v13

The one who believes in me, as the Scripture has said, will have streams of living water flow from deep within him.

– John 7v38

But be transformed by the renewing of your mind...

— from Romans 12v1-2

Renewal of the Mind — the replacing of deceptive lies with the truth of Jesus and habituating that truth into our lives.

The process of spiritual formation in Christ is one of progressively replacing those destructive images and ideas with the images and ideas that filled the mind of Jesus himself.

– Dallas Willard

Put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

– Ephesians 4v22-24

Yada

truth [is] a penetrating light that exposes our heart and mind, revealing the inner workings of our malformed soul in ways that allow the Spirit of God to reform our implicit beliefs about who He is, who we are, and what we need in order to live as we were designed.

- David Takle

Contemplation

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

– 2 Corinthians 3v17-18 (NIV)

So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.

2 Corinthians 3v17-18 (NLT)

You become like what you look at

You become like what you abide in

If you contemplate God long enough, something surprising happens in your brain. Neural functioning begins to change. Evolution or God or both gave us a nervous system that actively participates in its own neural construction, something we do not see in other animal brains...it appears to strengthen the same neurological circuits that allow us to feel compassion [read empathy] for others’.

Andrew Newberg, MD

Contemplation

Watchfulness: Guarding Your Mind

Meditation: Guiding Your Mind

Beholding Prayer

Scripture Reading

Where do you want your mind to rest?