

SEVEN KEYS™ CONFIDENCE

Key Truth #2: To Change My Life, Change My Mind

Why is it so hard to change my destructive patterns?

- Because I _____ on them
- Because they have a _____
- Because I _____ with them
- Because I've had them _____

The secret to changing my life: Changing my _____

"Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires." Rom. 8:5

"...let God transform you inwardly by a complete change of your mind." Rom. 12:2 LB

"...we take captive every thought to make it obedient to Christ." 2 Cor. 10:5

"For as a man thinks in his heart, so is he." Prov. 23:7

4 Biblical ways I change my mindset:

1. Focus on _____ not _____
(See Rom. 8:5 above) *"You'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious— the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse." Phil. 4:8 TM*

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

2. Focus on _____ not _____
"The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; the sinful mind is hostile to God..." Rom 8:6-8 (See Rom 8:12-13)

3. Focus on _____ not _____
"You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness." Rom. 8:9-10

4. Focus on _____ not _____
"And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you." Rom. 8:11

"Fix your thoughts on Jesus..." Hebr. 3:1

Daily Meditations

Here's a chance to "take it home": Spend a few minutes every day reading Scripture, praying, and answering thought provoking questions about this weekend's topic!

This week's memory verse: *"Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things... think about all you can to praise God and be glad about." Phil. 4:8 LB*

Monday

Reread Romans 8:5-11. Look back over the message notes. Which point or points really stood out for you?

How can a change of mindset help, in very practical ways?

Which is the hardest kind of focus for you to have?

Ask the Lord to help you focus on the right things this week!

Tuesday

Read Romans 8:5; Colossians 3:1,2; Hebrews 3:1,2; 2 Corinthians 4:18; Matthew 15:18; and Philipians 4:8. What's the common theme in all these verses?

Write a list from these verses-- what are you to focus on?

What do you tend to focus on?

How can you shift your focus to the things mentioned in these verses?

Pray: Lord, please help me focus on you, and the good gifts you give me. Help me to think of Jesus and His grace instead of the bad things I need to overcome. May my focus be the things mentioned in these verses!

Wednesday

You may not know what Scriptures to focus on! Here are some suggestions/verses I have used myself. I'd like to suggest that you write these on 3x5 cards and read them daily throughout the month. You'll see your attitude begin to change— and then your actions, too!

Rom. 8:1 - Therefore, there is now no condemnation for those who are in Christ Jesus...

Rom. 8:28 - And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Phil. 4:13 - I can do everything through him who gives me strength.

2 Tim. 1:7 - For God did not give us a spirit of fear, but a spirit of power, of love and of a sound mind.

1 John 4:18 - There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

Matt. 28:20 - And surely I am with you always, to the very end of the age."

Josh. 1:9 - Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go."

Ps. 107:1 - Give thanks to the LORD, for he is good; his love endures forever.

1 Thess. 5:18 - Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Thank God for the truth in these verses! Ask him to help you focus on the good, not the bad.

Thursday

Take some time to review your notes from this past weekend, as a midweek reminder. Practice the kind of mindset or focus in each of the four main points. Read 1 Thessalonians 5:18. Giving thanks is an important part of changing our mindset. Sin is often a result of wanting something I don't have! Since this is true, how does an attitude of gratitude help combat sin?

Write down 10 things in your life for which you can be grateful:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Thank God for these things now!

Friday

Reread Romans 3:23-28. Sometimes when we think of the sins we need to overcome, we can be overloaded with guilt! We deeply long to somehow make a difference between what we are and what we should be! That's why reviewing verses like these is part of renewing our minds. What do these verses say about our guilt and God's provision?

When God removes our sins, He does a great job! Thank God today for His absolute and total forgiveness!

Saturday

Look back over the meditations from this week and finish those you missed. Polish up the memory verse at the top of the previous page. Think about how much God loves you! *Please pray for our Father's Day services this weekend. Thanks!*