

For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

2 Corinthians 10:5-6

Yes, But How?

Yes, But How?

Question:

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Answer:

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Question: Do you believe we are to walk by the Spirit and not fulfill the lusts of the flesh (Gal. 5:16)?

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Question: Do you believe we are to offer our bodies as a living sacrifice to God (Rom. 12:1)?

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Ok, we know what the Lord commands.

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And we agree that what He commands is true.

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How do we act on what we know to be true?

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But we often struggle with the how's.

How do we act on what we know to be true?

And how can we do what the Lord commands?

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And it is a process known as “renewing your mind.”

Yes, But How?

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I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but (in contrast) be transformed (how) by the renewing of your mind, (why) that you may prove what is that good and acceptable and perfect will of God.

Romans 12:1-2

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What happens when our mind is renewed?

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Romans 12:1-2

And how can we take control of our thought life?

Yes, But How?

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For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for (1) pulling down strongholds, (2) casting down arguments and every high thing that exalts itself against the knowledge of God, (3) bringing every thought into captivity to the obedience of Christ, and (4) being ready to punish all disobedience when your obedience is fulfilled.

2 Corinthians 10:3-6

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KJV

- (2) casting down imaginations, and every high thing that exalteth itself against the knowledge of God,
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NASB (1995)

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But how? What is the process?

And what does this mean?

2 Corinthians 10:5

2 Corinthians 10:5

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See Philippians 4:8

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whatever things are noble,
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whatever things are lovely,
whatever things are of good report (commendable),
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(You, implied) Keep (to maintain in safety from injury or harm) your heart (*lēb* - the seat of one's self, the inner man, with mind, will, emotions, volition) with all diligence (the condition of being watched or guarded), (why) for out of it (heart) spring the issues (source, the place where something begins) of life.

Proverbs 4:23

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4. Finally, like everything else, you must choose to surrender your thought life to the Lord by learning how to reject wrong thinking and embrace truth.

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Let me give you ten practical examples:

Yes, But How?

Yes, But How?

1. Reject anger and embrace forgiveness.

Ephesians 4:26-27

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Ephesians 4:26-27

2. Reject worry and embrace trust.

Matthew 6:25-26, Philippians 4:6-7

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1. Reject anger and embrace forgiveness.

Ephesians 4:26-27

2. Reject worry and embrace trust.

Matthew 6:25-26, Philippians 4:6-7

3. Reject pride and embrace humility.

Philippians 2:2-4

Yes, But How?

Yes, But How?

4. Reject fear and embrace faith.

2 Timothy 1:7

Yes, But How?

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5. Reject lust and embrace purity.

Matthew 5:28

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4. Reject fear and embrace faith.

2 Timothy 1:7

5. Reject lust and embrace purity.

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6. Reject bitterness and embrace forgiveness.

Ephesians 4:31-32

Yes, But How?

Yes, But How?

7. Reject selfishness and embrace generosity.

1 Timothy 6:17-18

Yes, But How?

7. Reject selfishness and embrace generosity.

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Ephesians 4:29

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9. Reject unbelief and embrace faith.

Hebrews 11:6

Yes, But How?

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10. Reject hatred and embrace love.

1 John 2:9-10

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By developing this discipline, you will begin the process of having your mind renewed (Rom. 12:2), and be able to control your thought life and give Him the glory He deserves.

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It is mentally, “bouncing your eyes.”

