

## Week 1 Teaching Outline

Romans 12:1-2 (NLT)

*And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

Give you bodies to God – mind, whole person

Don't copy the behavior and customs of this world – The world (the god of this age) has an agenda and strategy to shape the character and values of those w/o Christ.

2 Corinthians 4:4 (NLT) *Satan, who is the god of this world, has blinded the minds of those who don't believe.*

Romans 12:2 (MSG) *Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out.*

Matthew Henry – The mind is the active ruling part of us; so that the renewing of the mind is the renewing of the whole man, for out of it are the issues of life.

Proverbs 4:23 (TPT)

*So above all, guard the affections of your heart for they affect all that you are.*  
(includes our thoughts, our will, our discernment, our affections)

Thinking – (*phroneo*) Pay attention, Am I thinking like Paul is teaching me?

Will – You will have a choice to make? Will I be obedient to the Word of God?

Will I have Kingdom of God thoughts?

Affections – emotions and feelings

The question is not “how do I feel about this?” but “what does the Word of God say about this?”

Conscience – I will intentionally align my conduct and character to follow this truth

Watch your thoughts, they become words

Watch your words, they become actions

Watch your actions, they become habits

Watch your habits, they become character  
Watch your character, for it becomes your destiny.

2 Corinthians 10:3- 5 (NASB)

*For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.*

*We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ*

Walk in the flesh = where we are living life

We do not war = fight

Weapons of our warfare are not flesh = tough girls can land a punch, others with words and attitudes BUT we do not fight with the flesh weapons

Our weapons are not of the flesh-

Ex: Right living is a weapon:

*The night is almost gone; the day of salvation will soon be here. So remove your dark deeds like dirty clothes, and put on the shining armor of right living.* Romans 13:12 NLT

Our weapons are divinely powerful:

Divinely = Gk *theos* = the things of God

Powerful = Gk *dynatos* = mighty, having power for something

Used 11X in Ephesians – 6:10 *Be strong in the Lord and in the power of His might*

For the destruction of fortresses

Destruction = Demolition

Of Fortresses = Gk *ochyroma* = of the arguments and reasonings by which I endeavor to fortify my opinion or defend against my opponent.

= **anything on which one relies**

What is your go-to thinking?

What pathways (highways) (fortresses) have you built in your mind?

Becky's example: you cannot face faith and fear at the same time

We are Destroying = Gk *kathaireō* = to pull down, demolish, likened to fortresses, to refute (to prove a statement or theory to be wrong)

Speculations = Gk *logismos* = a reasoning or imagination that is hostile to the Word of God

And Every lofty thing = Gk *hypsōma* = elevated structure i.e. barrier, rampart, bulwark  
Raised up = Gk = lifted up with pride, to exalt oneself

Becky's example: a pregnant construction

Leading priests plotting how to kill Jesus- *Then Satan entered into Judas Iscariot* –  
Entered = Gk *eiserchomai* = thoughts that come into the mind and establish themselves within, a pregnant construction

What fortresses do you have in your mind?  
What are your automatic thinking patterns?

What is one area of thinking that is toxic?

Toxic thoughts are powerful enough to make us sick –

And healthy thoughts are powerful enough to calm our minds

Listen to your words – they reflect what you are thinking

Fear, worry, bitterness, anger, anxiety, guilt, inadequacy, depression, confusion

Assignment:

- Keep an eye out for “How We Think”

Write down a verse, or comment, or revelation that is 'about the way that we think'.

Share it with your small group.

- Increase the awareness of your thoughts
  - What is your mind chattering about?
  - Catch a thought

“When you objectively observe your own thinking with the view to capturing rogue thoughts, you in effect direct your attention to stop the negative impact and rewire healthy new circuits into your brain.” Caroline Leaf, *Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health*

Your thoughts create pathways in your brain.

Ex: Every time you think about money your thoughts follow a pathway.  
To renew your mind – you need to make new pathways.

#1 Capture the thought

*We destroy arguments and every lofty opinion raised against the knowledge of God,  
and take every thought captive to obey Christ. 2 Corinthians 10:5 ESV*

Table Discussion Questions for Week 1

How do you take every thought captive? Give a personal example.