

# BE TRANSFORMED

Letting the Spirit Renew Your Mind

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**Session Answers**

## SESSION 1: MIND GAMES



*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. —Romans 12:2*

### OUR MIND, HEART, AND THOUGHTS MATTER TO GOD

There are over 700 references to the word heart in the Bible.

God intimately knows our: (Psalm 139:1-4, 23-24)

- thoughts (v2)
- words before they are spoken (v4)
- hearts (v23,24)

We act out of what is stored up in our hearts.  
(Matt. 12:33-35)

(Our actions flow from our words which flow from our hearts.)

We are accountable for our words. (Matt. 12:36-37)

Our human nature cannot be trusted because we deceive ourselves. (Jeremiah 17:9)

### THE WORLD'S WAY

*"Do not conform to the pattern of this world..."*

The world's way to renewing our minds relies solely on self.

- Stuff emotions
- Ignore thoughts
- Deny we have a problem
- Sheer will & determination

## GOD'S WAY

*"...but be transformed by the renewing of your mind..."*

### STRANGE PARTNERSHIP

"Be transformed" implies that we are active  
participants in the transformation process.

The Spirit is powerful and that same power lives in us!  
(Rom. 8:11, Eph. 1:13-14)

The Spirit will remind you of healthy thinking when you do  
your part to learn about yourself and examine your  
thoughts. (John 14:26)

### LASTING CHANGE

*"...Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

Choosing God's Way yields a dividend of discernment and  
transformation.

## SESSION 2: BUILDING A GOOD FOUNDATION



*Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.*

—Ephesians 4:14

### EXPECT TRIALS

We should expect to face trials and difficult circumstances in life. (John 16:33)

### DEALING WITH TRIALS

A sandy foundation is unreliable.

A foundation built on sand crumbles under pressure. (Matt. 7:27)

Rock is the word of God, the influence of the Spirit, and the truth of Christ.

A foundation built on rock stands under pressure. (Matt. 7:25)

### BUILDING ON THE ROCK

#### GOD'S WORD

When we read our Bibles we learn about God, ourselves and how to live our lives.

#### INFLUENCE OF THE SPIRIT

The Spirit is our Advocate and he reminds us of what Jesus said. (John 14:26)

The Spirit helps us in our weakness. (Romans 8:26)

The Spirit intercedes for us when we don't know  
what to pray. (Romans 8:26-27)

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TRUTH OF CHRIST

When we believe the truth of Christ  
and our identity in Him, we build a strong foundation.

(John 14:6)

## SESSION 3: OUR MINDS, THE FLESH, & SATAN



*Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.*  
—Proverbs 4:25-27

The two enemies of our minds: the flesh  
and Satan.

### THE FLESH

#### WHAT IS IT? (GALATIANS 5:13-26)

*In contexts like this, the Greek word for flesh (sarx) refers to the sinful state of human beings, often presented as a power in opposition to the Spirit. —NIV footnote*

- The NIV uses the phrase, “ the flesh ”.
- NLT uses “ sinful nature ”
- NASB uses “ old selves ”
- CEB uses “selfish impulses” or “selfish desires”

#### FIGHTING THE FLESH

walking by the Spirit keeps us from falling prey to our flesh. (Gal. 5:16)

### SATAN

Satan’s plan is to steal our hearts, kill our faith, and destroy our relationship with God.

(John 10:10)

## NAMES AND TACTICS

**Tactic 1:** Satan uses our circumstances to disrupt, distract, or derail us from God's plan. (Job 1:6-12)

**Tactic 2:** The Devil twists Scripture to turn us away from God. (Matt. 4:1-11)

**Tactic 3:** The Tempter tempts us in order to draw us away from our faith. (Matt. 4:3, 1 Thess. 3:4-5)

**Tactic 4:** The father of lies convinces us to believe lies instead of the truth. (John 8:44)

## OUR WEAPONS

**Weapon 1:** Proactive prayer focuses our hearts on God and His protection. (John 17:15)

**Weapon 2:** The truth is found in Scripture. To wield it, we must know it. (Matt. 4:1-11)

**Weapon 3:** Hold on to Jesus's teachings in order to know the truth. (John 8:31-32)

**More Weapons:** Armor of God. (Ephesians 6)

## SESSION 4: FEAR, WORRY, & ANXIETY



*But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. –Matthew 5:33-34*

Fear left unchecked leads to worry.

Worry left unchecked leads to anxiety.

Anxiety left unchecked leads to fear.

### FEAR

What can we do about our fear? (Isaiah 41:10)

1. Remember God is with us. ("I am with you.")
2. Remember God is in control. ("I am your God")
3. God is our source of strength.  
("I will strengthen you and help you")
4. Remember God is our support. ("I will uphold you")
5. Remember God delivers us from our fear if we trust Him. (Psalm 34:4, Psalm 56:3)

### WORRY

Matthew 6:25-34 tells us the reasons why we should not worry:

1. We can trust that God will provide for us because He provides for the birds of the air and the grass of the field. (v26, 30)



2. We are valuable to God. (v26,30)
3. Worrying is a waste of time. (v27)
4. Worrying will not affect the outcome. (v27)
5. Worrying is the world's way, not God's way. (v31,33)
6. God's way involves seeking His direction. (v33)

## ANXIETY

Casting our anxiety on God requires a humble heart. (1 Peter 5:6-7)

Casting involves deliberately and vehemently separating our anxieties from our presence. (1 Peter 5:6-7)

God sustains us when we cast our cares on Him. (Psalm 55:22)

God gives us peace beyond our understanding when we turn our anxiety into prayers and thanksgiving. (Philippians 4:6-7)

## SESSION 5: LOVE ONE ANOTHER (& YOURSELF)



*A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another. –John 13:34-35*

### SELF-CENTEREDNESS

Self-centeredness (loving ourselves too

much) keeps us from loving others.

The antidote for self-centeredness is

humility. (Philippians 2:3-4)

### LOW SELF-ESTEEM

Low self-esteem (loving ourselves too

little) keeps us from loving others.

God gives us abilities and expects us to use

them. (Matthew 25:14-30)

Our fear of God needs to override our fear

of failure. (Matthew 25:14-30)

### HEALTHY SELF-IMAGE

A sober self-image (loving ourselves just

right) enables us to live out God's plan and to use the

gifts He has given us. (Romans 12:3-8)

When we set our minds on heavenly things,

earthly things become less important. (Colossians 3:1-4)

## SESSION 6: THINK ON THESE THINGS



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. —Philippians 4:8 (NIV)

### NEW THOUGHTS

Ask yourself:

- Is this thought true? Is it rooted in truth and not disguised in a half-truth, deception, or lies?
- Is this thought noble? Is it blameless and honorable or worth thinking?
- Is this thought right or righteous? Is it just and thoughtful?
- Is this thought pure? Does it show regard for God and His commands?
- Is this thought lovely? Is it beautiful and gracious?
- Is this thought admirable? Does it deserve esteem?
- Is this thought excellent or praiseworthy? Does it reveal an attitude of gratefulness?

## POWER THOUGHTS

A "power thought" is a truth - filled sentence worded as an intention and based on the principles of Scripture or revelation from God through Bible studies, books, prayer, wise counsel, or journaling.

Example from Proverbs 29:25-26:

- I will not fear humans but I will trust and fear only God.
- I will not seek revenge. Instead, I will fear God for justice.

Proverbs 3:5-6:

- I will do my best and leave the rest to God.

Why craft power thoughts?

1. Easier to remember because they are personal.
2. Relevant to specific things I am dealing with.
3. Help me remember what God is teaching me.

## FRESH START

Psalms 32 from The Message

## SESSION 7: THE TRANSFORMATION PROCESS



*Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads.*

–Deuteronomy 11:18

### REMEMBER

The Spirit will remind us of what we've learned.  
(John 14:26)

Keep using God's Word as a weapon against  
negative thoughts. (Eph 6:14-17)

Put what you learn into practice and keep  
learning. (Phil. 4:9)

### PRACTICAL STEPS TO REMEMBER

1. Take some time to go back and finish any homework you missed.
2. Add notes to your journal or keep this study book so you can refer to what you've learned, especially in the hard times.
3. Add the most helpful power thoughts to your phone so you can read them whenever you need a reminder.
4. Print out your power thoughts and fix them to your bathroom mirror
5. Evaluate your thoughts.