

# CHANGING YOUR COURSE - Part 1

(The Renewal Process)

## THE CATALYST FOR CHANGE

- Renewal of the mind (**Romans 12:1-2 CSB**)
  1. We do something with our bodies
  2. We do something to change our minds/mindset

## THE PROCESS OF RENEWING OUR MINDS

- Notice thoughts
  1. Becoming more aware of how we are thinking
  2. A great way to notice the dark thoughts (**Psalms 119:130 NKJV**)
- Name them
  1. Not name it and claim it - name it and change it
  2. Exposing thoughts - fear, anxiety, dark thoughts
  3. Run the thoughts against the checklist (**Philippians 4:8 NLT**)
- Reframe them
  1. Taking the thoughts and reframing them in line with scriptures
  2. Again, speaking out loud helps us refocus our thoughts
  3. The Holy Spirit was sent to help us with the renewal process (**John 16:13 NKJV**)

## AREAS REQUIRING RENEWAL

- God is real and good and worth pursuing (**Hebrews 11:6 NKJV**)
  1. Be aware of thoughts to the contrary
- Jesus is Lord and worth serving and obeying
  1. We can serve Him on our jobs (**Galatians 1:10 NLT**)
- The Holy Spirit is God's gift to us (**2 Timothy 1:6-7 NKJV**)
  1. We rekindle or stir up the gift - don't ignore the gift
  2. He is not timid or fearful
  3. Jesus spoke highly of the Holy Spirit (**John 14:25-26 CSB**)
- We are spiritual beings, we have a soul, and live in a body
  1. We are made up of three parts (**1 Thessalonians 5:23 NKJV**)
  2. Helps us understand why spiritual things are not always felt