

Setting the Mind & Growing Free

Teach:

1. When the Holy Spirit gave us a new spirit, He did not give us a totally renewed mind nor did we receive instant healing for our emotions.
2. Healing happens as we are “transformed by the renewing of our mind” [Rom. 12:2] and
3. Although the Spirit of Christ lives within us and enables us to evaluate our experiences, our minds tend to live out of our fleshly emotions instead of on God’s truth.

Two Extremes

- Stuffing or denying them
- Being controlled by them.

Paul wrote, “*And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.*” Romans 12:2

Feelings are *facts (data)*, but are not necessarily *truth*

Dealing with Emotions

How can they help us?

- Feelings are indicators of deeper issues.
- Feelings reveal areas to avoid and warn us of danger.
- They are not right or wrong.

What to do with feelings

- Accept our feelings, without shame. 2 Cor. 1:8-9, 12:9b
- Be willing to face and to share our feelings with others

You cannot control them.

-We can change our thoughts, (set your mind) which can result in a change of feelings, but you cannot, by your effort, change your feelings.

-Some people feel guilty for the way they feel. They condemn themselves for feeling a certain way. They feel it is a sin to feel a certain way.

-You are not responsible for your feelings, then how can it be a sin? You don't choose to feel a certain way, you just feel. You don't choose to feel happy, sad, or angry - they are just emotions. You can choose beliefs and attitudes, but you cannot choose your emotions.

Emotions should not control us

-It is not appropriate to stuff feelings; either express them to another, or to God.

-Highly subjective people are often controlled by their emotions.

-Highly objective people are often indifferent to their emotions.

The example of Paul

And when I came to you, brethren, I did not come with superiority of speech or of wisdom, proclaiming to you the testimony of God. For I determined to know nothing among you except Jesus Christ, and Him crucified. And I was with you in weakness and in fear and in much trembling. 1 Corinthians 2:1-3, 4-5

-Paul came in fear and trembling.

-Paul wasn't ashamed of his emotions...he put his emotions in a letter.

-Paul expressed his fear and weaknesses.

- a. He was willing to face his feelings.
- b. He was willing to admit he had them.
- c. He was willing to share them and tell people in Corinth that he was afraid.

Responding to feelings

Yucky Flesh

-I FEEL AFRAID - then we say to ourselves

-I AM AFRAID - therefore, my actions might be to

-STAY HOME (avoid conflict, frustration, etc.).

Good Looking Flesh

-I FEEL AFRAID - therefore

-I AM AFRAID – But I grit my teeth, stuff hands in pocket and go - **determined to overcome fear in the flesh.**

-BUT I WILL GO. The result looks great in the world, but it is self effort instead of faith.

Exchanged Life Response

-I FEEL AFRAID - “2 *Tim 1:7* For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” Therefore,

-I HAVE A SOUND MIND (Identity statement) - ridiculous to the world. The world says, “I am what I feel.” But Paul says *this is my identity* –

-I DO NOT HAVE A SPIRIT OF FEAR. I have **emotions of fear**, but **not a spirit of fear.**

-SO I WILL GO - Out of the reality of *who I am* in Christ, knowing that I am in Christ, He is in me, **by faith I will put my confidence in Christ who is my life.** I will go with confidence in Him being my life **even though I feel afraid.**

Comparison: Husband try to swim – get in get out

Sister – go fast and quit half way

Wife – pray and trust God, take time and finish

Search for Significance, by Robert McGee *tells us that...*

This relationship of thinking, feeling, and acting is not always unidirectional. Our thoughts, emotions, and behaviors are dependent on each other; none exists in a vacuum. Changing how we think, feel and act is a process that involves the supernatural work of the Holy Spirit, honesty, time, modeling, affirmation, and truth.

Situations



Beliefs ⇔ **Thoughts** ⇔ **Emotions** ⇔ **Actions**

We often interpret the **situations** we encounter through our **beliefs**. Some of our interpretations are conscious reflections; most of them, however, are based on unconscious assumptions. These **beliefs** trigger certain **thoughts**, which, in turn, stimulate certain **emotions**, and from these emotions come our **actions**. In order for an emotion to persist, our belief system must continue to produce certain thoughts.

For example, we often will not stay sad without continuing to think sad thoughts. Think of it this way: Our minds contain deeply held beliefs and attitudes which have been learned through our environment, experiences, and education. These beliefs and attitudes produce thoughts which reflect how we perceive the events in our lives. These thoughts, then combined with past experiences, relationships, and patterns of behavior, are often the source of our emotions, and our emotions are usually the launching pad for our actions.

Share about Elephant tied up

Look at Setting the Mind worksheet

Challenge to continue to memorize scripture

Suggest Resources: Steps to Freedom in Christ

Bibliography

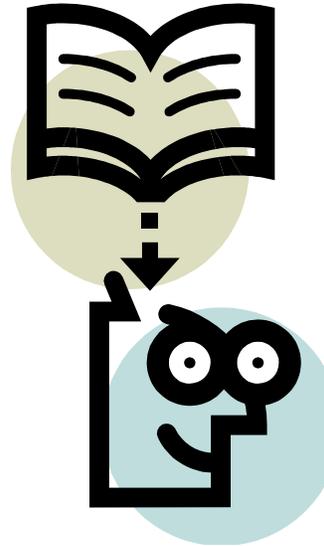
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Setting Your Mind

“Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. **Set your mind on things above**, not on the things that are on earth. For you have died and your life is hidden with Christ in God.”
Colossians 3:1-3

Four Principles for Setting your Mind

1. You can not set your mind on two things at once.
2. Feelings usually follow what your mind is set on.



3. If you don't set your mind, it will automatically set on something else.
4. You can't suppress a thought, but you can replace one thought with another.

Feelings

Guilt from the past
Dirty/cheap
Uncared for
Inadequate/helpless
Unacceptable
Stupid
Problems over me
Insecure/unwanted
Incompetent
Unworthy of forgiveness



God's Truth

Not Guilty – Ro 8:1
Righteous – 2Cor 5:21
Cared for – Phil 4:19
Adequate – 2Cor 3:4-6
Acceptable – Ro 12:1
His Mind – 1Cor 2:16
Problems under me – Eph 2:6
Secure – John 10:28
Complete – Col 2:9-10
Forgiven – Col 2:13