

BE RENEWED IN THE SPIRIT OF YOUR MIND

I. Why we need to renew our mind Rom. 12:2

A. Real damage was done by the Fall Eph. 2:1-3

B. There is a warfare for control going on 2 Cor. 10:3-5

C. Know where salvation took place & is to take place James 1:21

II. Be renewed in the spirit of your mind Eph. 4:23

A. Our: Perception – Interpretation – Evaluation form attitudes

B. Strongholds can be wrong attitudes from thoughts and lies from the enemy that get rooted in us; or a wrong response to things that happen to us.

C. Positive or negative attitudes depend on:

1. How different experiences affected us and our response

2. The focus of our thoughts (sometimes called “self talk”)

D. These attitudes (which can become strongholds) affect how we further Perceive, Interpret, and Evaluate things (Matt. 7:1-5).

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An attitude is a basic state or position of mind. It is a strong feeling or inner belief in regard to some matter. It is a viewpoint that arises from one's deepest desires, values, convictions or beliefs.

HOW ATTITUDES BECOME FIRMLY FIXED IN US

1. **Perception** – This is the record in our mind of what our senses have received from the world around us
2. **Interpretation** – On the basis of our past experience, we seek to interpret or understand what we perceived. What is the meaning or explanation of what our senses have taken in.
3. **Evaluation** – Once we interpret what we perceive we must evaluate or judge whether it is good or bad, positive or negative, and what value is it to us.

On the basis of our perception, interpretation, and evaluation we make some **choice, response, or reaction** (form a view, say or do something).

Once our mind and hearts become fixed in one direction or point of view, it strongly influences how we perceive, interpret, and evaluate events or experiences in the future.

Whether our attitude is positive or negative, good or bad, depends on how the experience affected us.

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To better see this truth, try to picture a person with a bucket in each hand, one side is for good/positive effects, the other side for bad/negative effects.

Every experience we have with a given area of life (people, places, things...) puts a “rock into one bucket or the other.

If the experience is related to strong feelings and effects, the size of the “rock” is large. (good experience, big rock into positive side; bad experience, big rock into negative side).

The kinds of events/experiences we have in life decide which way we will lean.

This is our attitude, that has been shaped and set by the size and the number of rocks each bucket has received. **We lean toward the side of the heavier bucket.**

One big bad experience or a number of smaller bad experiences can load our bucket on the negative side. The same is true for the positive side.

We can also load our buckets without repeated experiences and that is by our “self talk” or the way we repeat things to ourselves over and over in our minds.

