

# RENEWING THE MIND 2.0



## Christian Faith

God loves us where we are and we are grateful He doesn't leave us there. We believe you can change. Your story is not yet complete; but if there is a spark of hope and desire in your heart, there are new things ahead for you. In these notes and discussions, we pray that you will find the thoughts, beliefs, and action steps you will need to experience change in your life. God will give you the grace to change and be renewed in your heart. Renewal comes by the grace of God, not in our own strength.

-Pastors Casey & Wendy Treat

**Gathering #1 - You Can Change**

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Romans 12:2 (NKJV)

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

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## Gathering #1 – You Can Change

### FOCUS SCRIPTURE

Joshua 1:9 Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.

### MAIN POINT

*When my spiritual father, Julius Young looked at me, newly saved and barely sober, and said to me, "Big Red, you can change", everything began to change. – Casey Treat*

Many people wish they could change. Many of us look at our lives and wish it were different, we wish our job was better, our marriage was happier, our future looked brighter. But a wish is not good enough to bring about change. You have to believe that you can change! Once you believe that you can, it is possible to move towards it. Today, I say to you that you can change. You are able and you are not alone.

### DISCUSSION QUESTIONS

- Does God require us to change? Why does He encourage us to be renewed?
- Share how your life has been changed since becoming born again.
- Discuss how grace plays a part of being renewed.
- The word "transformed" in Romans 12:2 means made totally new, not just improved. What does that look like in your life?
- Over the next week, which area of your life do you desire for God to renew in you?

### RENEWAL THOUGHT

Our own self-doubt can be the biggest sabotage agent. Believe that you can change! Believe that you are able and God is calling you to be strong and very courageous in every area of your life.

### PRAYER

God, we thank You for planting us in this church body. We ask You to continue to help us transform our beliefs of the past to align with your Word as we discover our purpose. Thank You for Your strength, guidance, and wisdom. In Jesus' name, Amen.

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## Gathering #2— Conformed or Transformed

### FOCUS SCRIPTURE

Romans 8:1 There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.

### MAIN POINT

***We don't cover or hide our old way of thinking; we replace it with a new way of thinking.***  
— Casey Treat

There are areas in our lives that if we were to be honest with ourselves, are conformed to the ways of the world. We think, act, talk, and live like the world—that is being conformed to the world. If you have a headache and reach for the medication before confessing healing, that is a simple sign that you are conformed, not transformed. God desires that we be transformed by the renewing of our minds!

### DISCUSSION QUESTIONS

- Discuss the difference between being changed and being transformed.
- Romans 8:1 compares walking in the flesh to walking in the Spirit. How is this related to being conformed or being transformed?
- How do you see being transformed as a part of the process of renewing our minds?
- What are some areas of your life that you would like to not be conformed to the world?
- What are some practical steps for you to take toward being transformed to become more like Christ?

### RENEWAL THOUGHT

God doesn't want to patch up your current way of thinking; He wants you to have a whole new way of thinking! This daily process is the journey of a lifetime! What one thought can you change today that will transform your life?

### PRAYER

Father, we believe we are on our way to a renewed mind and renewed life. We are taking the steps you give us to become the people you have called us to be. We will not stop, and we will not give up. We are called to be like Jesus and we are walking out that calling every day.

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## Gathering #3 – Resist the devil and he will Flee

Flee

### FOCUS SCRIPTURE

James 4:7 Therefore submit to God. Resist the devil and he will flee from you.

### MAIN POINT

***Every lie of the devil has a coinciding truth from God's Word, use the Word as your weapon and fight until the devil flees.***  
– Casey Treat

Jesus was tempted three times by the devil when He was in the middle of a 40 day fast in the wilderness. If Jesus was tempted by the devil, don't you think the devil is going to come after you and me as well? How can you resist the devil? Do exactly what Jesus did in Matthew 4, combat the devil's lies with the Word of God. When the thought comes that you are going to fail, remind the devil that God already promised you victory!

### DISCUSSION QUESTIONS

- How does the devil usually tempt us?
- What negative thoughts have you dealt with in your past that may actually be lies from the devil?
- Choose a scripture for one of these lies that you can use to combat the devil and share it with the group.
- Do you think actively resisting the devil is a part of how we submit to God (James 4:7)?
- Discuss what happens inside of you when you choose to fight back against the devil with the Word of God.

### RENEWAL THOUGHT

The Word of God is our sword (Ephesians 6:17). How can you wield your sword today to combat the devil and resist his lies and attacks?

### PRAYER

Father, we submit to you and resist the devil. We refuse to let doubt, fear or negative thoughts steal our faith, strength and renewal. We believe Your Word is true. We are healed, we are free, we are blessed, and we are living the abundant life. We reject the negative thoughts of the enemy and walk in the word of the Lord.

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## Gathering #4– The Power of a Seed

### FOCUS SCRIPTURE

Genesis 3:1-5 Now the serpent was more cunning than any beast of the field which the Lord God had made. And he said to the woman, "Has God indeed said, 'You shall not eat of every tree of the garden'?" And the woman said to the serpent, "We may eat the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God has said, 'You shall not eat it, nor shall you touch it, lest you die.'" Then the serpent said to the woman, "You will not surely die. For God knows that in the day you eat of it your eyes will be opened and you will be like God, knowing good and evil."

### MAIN POINT

***A seed is easily ignored as inconsequential in the magnitude of our lives because we don't see the tree when we see the seed. – Casey Treat***

Sometimes all the devil has to do to derail you is place a tiny seed of doubt in your mind. Then, you water it & nurture that seed until it is a full grown tree in your mind! The devil placed a seed of doubt in Eve's mind and instead of grabbing that thought and combating it with God's Word; she watered it and nurtured it which led her to sinning against God. The seed is powerful because, although it starts small and seemingly insignificant, it grows into something much more impactful.

### DISCUSSION QUESTIONS

- Share how you have seen the seed principle work in your life.
- Discuss what kinds of behaviors would water and feed thought seeds and help them to grow in your life, either positive or negative.
- Which seeds of negativity have you allowed to be planted in your life that you would like to now renew?
- How can hearing people's testimonies help to feed a seed and make it grow?
- Which positive seeds will you choose to be planted in your life to be watered and grow as you are renewed?

### RENEWAL THOUGHT

Just as a negative seed has the power to grow into an unhealthy harvest in our lives, so too does the positive seed! Sow seeds of faith and hope in your mind today. Remind yourself who you are in God and who He says that you are!

### PRAYER

The seeds of health, prosperity, peace and joy are working in us. Father, we believe Your Word is growing in us and will produce good fruit. We are rooted and grounded in Your Love, Strength, Favor and Blessing. Your seed is growing a great harvest in our lives. The harvest of the healthy and new relationships, prosperity, and peace are growing in us. Thank you God!

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## Gathering #5— Your Highest Calling

### FOCUS SCRIPTURE

Romans 8:29 For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren.

### MAIN POINT

***Sure you were born a certain way, we were all born into the sinful world but God says that we can be renewed to His perfect will and we were predestined to be conformed to the image of His Son! – Casey Treat***

Just because you were born with a specific makeup does not change that God says you can live according to His promises. Most times we believe what has been told to us for many years. “You have an addictive personality” or “everyone in our family struggled with diabetes” are repeated statements that go undetected in the fabric of our conversations. This is not God’s best and we can change this pattern of thinking! Your highest and truest calling is to be like Christ. You were created to be like Him and anything out of alignment with that truth must be removed from your life.

### DISCUSSION QUESTIONS

- Discuss the part of the verse that says your highest calling is to be conformed to the image of Jesus. How does this affect the importance of whatever else you have labeled as your calling?
- What are some areas of your life that you realize you or someone else have made incorrect identity statements over?
- Share some ways that you can renew those areas to be more conformed to the image of Jesus?
- “I was born this way” is a common statement made by people to explain why they are a certain way. How does this relate to Romans 8?

### RENEWAL THOUGHT

Your truest self is to be Christ-like. Your highest calling is to be like Jesus Christ and walk in His promises. Anything outside of this should be subjected to the Word of God and renewed.

### PRAYER

Thank you Father for the new faith that is growing in us. We are a new creation, with a new heart and a new mind. We pray you are leading us to new life in every way. We are not bound to the failures of our past. Thank you God for the blood of Jesus that gives us a new DNA. Health, strength and success in life are in our future. We believe You are working in us.

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## Gathering #6 – Work It Out

### FOCUS SCRIPTURE

**Philippians 2:12** Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

### MAIN POINT

**Jesus came to bring salvation to all people. Every single person on the planet is invited into intimacy with God through Jesus Christ. The way to that is what we call salvation. – Casey Treat**

Jesus came so that all might be saved (1 Timothy 2:4). This salvation, although an open invitation and a completely free gift, must be “worked out” Paul explains to the church in Philippi. When you work out a muscle, it starts to become toned, stronger, and better equipped for performance. How can you work out your salvation? We are to get saved & then begin to get stronger in the Word of God, stronger in prayer and stronger in the spiritual disciplines that God has invited us into.

### DISCUSSION QUESTIONS

- If salvation is a free gift, can we earn it or work FOR it? What part do we play in receiving our salvation?
- Discuss what does “working out our salvation” actually look like in our lives? What exactly are we to be doing?
- Philippians 2 tells us to work it out with fear and trembling. What should that indicate to us about the process of working out our salvation? What kinds of challenges or discouragements could we expect to encounter during this salvation work out?
- How is working out your salvation a part of the process of renewing your mind?
- Discuss the benefits of being spiritually disciplined and working out your salvation, for you and for those in your life.

### RENEWAL THOUGHT

You are given abilities and power to grow in every area of life. How can you work out your salvation today and become stronger as a Christian? Don't give up after one attempt. Keep building your muscles and refining the gift of salvation.

### PRAYER

Father, we pray you are working in us to work out our salvation. We believe we have the energy and wisdom of the Holy Spirit to work out Your Will for us in every realm of life. We believe You lead and guide us every day as we work out our salvation and find all You have for our lives.

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## Gathering #7 – Go-To Thoughts

### FOCUS SCRIPTURE

Philippians 4:19 And my God shall supply all your need according to His riches in glory by Christ Jesus.

### MAIN POINT

Before implementing positive go-to thoughts, I would have allowed my mind to spiral out of control but I avoided that pitfall and so can you. I started small so when big issues arose, I had already practiced my response. – Casey Treat

We can renew our mind day by day and continue to get better but when tragedy hits, our thoughts can run wild! When I was diagnosed with Hepatitis C, I was presented with many negative reports. However, years prior I started implementing go-to thoughts and creating a habit of confessing scripture the moment I heard bad reports. At the moment of a tragedy, I practiced speaking life. There is a higher thought and that is the thought you can go to.

### DISCUSSION QUESTIONS

- How does Philippians 4:19 relate to establishing go-to thoughts for yourself?
- Have you ever confessed scripture over yourself or someone else? Share about why you did and what the results were.
- Discuss some areas of life that it would be important for us to have go-to thoughts ready to respond with God's Word.
- Look in Ephesians 6:17 where the armor of God is being described. What is the Word of God likened to and how does that apply here?
- "The best offense is a good defense" is a well-used phrase, not just in sports. How is this related to creating go-to thoughts?

### RENEWAL THOUGHT

Your mind is going to go to what is comfortable and familiar in times of tragedy. Set your habits now for when hard times come to be ready and comfortable confessing scripture over your life.

### PRAYER

Father, help us to be strong when the storms comes against us. We pray we will believe when everything seems dark. We trust You, Holy Spirit, to guide us through the valley of the shadow of death. We know Your Word is true even when we face hard times. We pray the thoughts of God will lift us above the negatives of this world. We believe Lord, when we are weak Your grace makes us strong.

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## Gathering #8 – God Loves You for You

### FOCUS SCRIPTURE

Romans 5:8 But God demonstrates His great love towards us, in that while we were still sinners, Christ died for us.”

### MAIN POINT

*I think it is important to pause in our active pursuit of renewal and growth to remind you that God loves you. He is proud of you and loves you just as you are today. – Casey Treat*

I know I can get so wrapped up in the steps to change that I forget to pause and remember God’s endless love for me. If I never did change, if I failed one hundred more times, that cannot and will not change God’s love for me. Hating yourself and being hard on yourself won’t help you and is not what God wants for your life. He loves you and wants to see you prosper in every area of your life.

### DISCUSSION QUESTIONS

- Has this renewal process brought you to feel more loved by God? Or have you sometimes slipped into struggling to feel worthy of His love?
- Which areas of renewing your mind are easier for you to remember that God loves you no matter what? Which are more difficult?
- Think of a time in your life when someone really came down hard on you for something. Did that motivate you to want to change? Did that change last? What about when someone showed you exceeding love and grace?
- Discuss how keeping God’s love for us in mind can impact when we are trying to help others make positive changes or receive salvation.

### RENEWAL THOUGHT

Change must come from a positive emotion. Embrace God’s love for you and remember how proud He is of you, this will enable you to desire to know Him and be like Him more.

### PRAYER

Thank you Father, you love us and accept us just as we are, no matter what our weaknesses and problems are. You are for us, and you love us unconditionally. We believe the passion of the Holy Spirit is moving us. Not guilt or condemnation, but desire to see God’s best in every part of life. Thank you Father for your goodness toward us.

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## Gathering #9 – Keep Going, You are Closer than You Think

### FOCUS SCRIPTURE

Numbers 14:18 The Lord is longsuffering and abundant in mercy, forgiving iniquity and transgression; but He by no means clears the guilty, visiting the iniquity of the fathers on the children to the third and fourth generation.

### MAIN POINT

***One of the traits of God is that He is longsuffering. He is patient and committed to the process. This is a good trait to pick up now that we are coming to the close of our study.***

– Casey Treat

Sometimes we just give up too soon. Don't quit and get tired when the reward is right on the other side! Are you committed to the process and willing to keep going? Don't give up; results are closer than you think! You are better, stronger, and further along in the journey than you may be giving yourself credit for. Stay committed to these principles and remember that God is on your side.

### DISCUSSION QUESTIONS

- How has the Lord shown you mercy, forgiveness and been longsuffering with you?
- How should this affect the way have mercy and forgiveness in regards to ourselves?
- Discuss some of the areas in renewing your mind that you have seen success over these gatherings.
- Which areas would you still like to grow in more renewal?
- What thoughts or scriptures can keep you motivated to press on?

### RENEWAL THOUGHT

Every captured thought and every time you take a step in the right direction, the devil wants to pull you back and whisper lies of discouragement. Don't listen to the lies of the enemy but listen to God's voice of love and faith in you.

### PRAYER

Thank you Father for the strength to keep going. We refuse to give up or give in. We believe You have abundant life for us. We are running the race to win the prize. We pray, Holy Spirit, you strengthen and energize our lives to keep going and to receive all you have for us. We are strong in the Lord, we am on our way.

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## Gathering #10 – Everything Hangs on This

### FOCUS SCRIPTURE

**Matthew 22:37** “Jesus said to him, ‘You shall love the Lord your God with all your heart, with all your soul, and with all your mind. This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets.”

### MAIN POINT

**Trying to renew your mind and live a Godly life without loving God and loving yourself will continue to cause you to tilt like a poorly hung picture. You will repeatedly struggle if you keep forging ahead but fail to love as Jesus teaches us to. – Casey Treat**

My challenge to you is to love yourself and the unique qualities that make you who you are. You were fearfully and wonderfully made and God made you perfectly! Everything hangs on your ability to love God and love others as you love yourself. Being truly renewed according to God’s Word means that you have a Godly self-image and know the value you have in Christ.

### DISCUSSION QUESTIONS

- If we are fearfully and wonderfully made, why do we need to renew our minds at all?
- Which unique qualities of yourself are you able to embrace and love? Which are more challenging?
- Other than loving ourselves and God, what motives do we have for renewing our minds?
- Discuss the statement that the way in which we love ourselves affects our ability to love others, or even to love God.
- How do we love the Lord with our heart, soul and mind? What specifically does that look like?

### RENEWAL THOUGHT

The more you value something, the better you will treat it. You are priceless to God and His prized creation. Believe that about yourself and value yourself as God’s finest handiwork.

### PRAYER

Father, I believe Your love flows in our lives. We love you. We love those around us and we love who You are making us to be. We believe Your love never fails. We are moved by the love of God that is shed abroad in our hearts by the power of the Holy Spirit in us.

Romans 12:2 (NKJV)

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