

The Israelites' time in the wilderness teaches us an important truth: You can't enter the Promised Land with an Egypt mindset. Many of them physically left Egypt but their minds were still trapped in fear, doubt and complaining because they refused to renew their thinking, an entire generation missed out on God's best for them.

But for those who trusted God, Joshua, Caleb and the next generation walked into the promise. They renewed their minds by believing God's word over their fears, obeying His commands and relying on Him daily.

The wilderness was meant to renew Israel's mind but many resisted change. Those who trusted God and embraced His ways entered the Promised Land. For us, renewing our minds means letting go of fear, doubt and old habits and embracing faith, obedience and gratitude.

What about you – are you still holding on to an old mindset – fear, doubt and negativity? Or are you ready to allow God to renew your mind so you can step into everything He has for you.

Romans 12:2 – “Do not be confirmed to this world, but be transformed by the renewing of your mind”. The choice is yours: will you stay in the wilderness with old thinking or will you allow God to transform your mind so you can step into His promises?

This week, commit to one practical step to renew your mind, whether it is speaking

God's promises or shifting your focus to gratitude or trusting Him more.

Thanks be to God, Amen

## ***“Renewing Your Mind”***

*March 16th, 2025 — Selby United Church – Scripture Romans 12:1-8*

*By Glenda Hudgins*

**May** the words of my mouth and the meditations of my heart be acceptable in your site, Oh God, our strength and redeemer.

Are you fearful, renew your mind; are you tempted, renew your mind; are you stressed, renew your mind; are you frustrated, renew your mind, are you discouraged, renew your mind,

Renewing your mind can be explained by two words in Romans 12 verse 2:

**transform and renew** “Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change (renewal) of your mind.” Transform is the process of metamorphosis, turning something old into something new.

Think caterpillar into butterfly but this does not happen overnight, a caterpillar takes time to turn into a butterfly, you have to be patient and diligent. Renew is to return to an original position after an interruption. Your mind has to be rewired and retrained, and this takes time so give yourself time

Paul writes “the Importance of renewing your mind is so you can have a changed life. When you say yes to Jesus, you are born again and you are renewed as a new person in Christ,

One of the most popular news year's resolution every year is to change a certain habit so that you can change your life. This can be a small subtle change, a change in eating habits, change in spending, the kind of change is almost endless. God is more concerned about changing your mind, than changing your circumstances. We pray and we ask God to change our circumstances such as maybe get a new job or new place to live, but God is more concerned about changing our minds. God is more concerned about what is going on inside of us instead of what is going on around us. True change comes from within, it comes from the way that we think, it comes from our perspective when we have this renewal in our minds, just like the passage we just read. There are two choices that we have to make every single day that transform our minds so that we can have a good life.

First, we must feed our minds with truth. Feeding our bodies with the right types of food and right types of ingredients strengthens our body, but on the other hand if we eat a lot of sugary foods or a lot of high calorie foods, then our body becomes slow and lethargic. In the same way if we want to have a good mind, a strong mind, we must feed our mind with truth. When you read the word of God daily, your mind slowly begins to be filled with truth, so that all the lies and all the deceptions that the enemy is trying to

tag you with is now being cast away from you. This is why filling your mind with truth is so important.

In Genesis 3, the reason why Adam and Eve disobeyed God was not because the enemy forced his will upon them, but what happened was Adam and Eve were deceived by the enemy who planted deception and lies in their mind. Because of that lie, they disobeyed God. In order for us to combat the fight against any lies and deception, we have to fill our minds with truth every single day. There will be days the enemy will try to deceive you and say “you are not good enough”, but the truth and the word of God is “I am pleased with you”. The enemy is going to try and trap you and say ‘no, you are not worthy of love’ but the truth of God says no, that is not so, I have loved you with an everlasting love. It is very important for us to fill our minds with the truth of God so our lives can be changed and we will not be brought down with the lies and deception from the enemy. Always remember to fill your mind with the truth of God.

The second choice that we need to make is that we have to focus on what is important to God. In Colossians 3:2 it says “set your mind on things above and not on earthly things”. Paul is urging us to think about eternity. We need to realize that this world is not our own and that we are called to eternity, that will change the way that we live. We need to focus on what matters to God. Ask yourself today, am I living in a way that is going to make a lasting impact for the kingdom of God and for the name of Jesus Christ. Changing

our minds is what will change our lives because our minds matter most to God.

Our minds are powerful, shaping our actions, emotions and even our faith. The good news is that God has given us the ability and the command to renew our minds.

God doesn’t just want to tweak our thinking, He wants to transform us from the inside out.

Renewal begins with repentance, turning away from wrong patterns of thinking and surrendering to God’s way. Ephesians 4:22-24 tells us to “Put off your old self and be renewed in the spirit of your minds”. This means we must let go of negative mindsets, fears, doubts and sinful patterns.

We must intentionally read, meditate on and apply the bible so that it shapes how we think.

We must replace fear with faith, lies with truth and negativity with God’s promises. A renewed mind isn’t just about removing bad thoughts but replacing them with thoughts that reflect God’s character.

The renewal of the mind is a process that starts with surrendering to God, repenting of wrong thinking and consistently filling our minds with His word. When we do this daily, transformation follows and we begin to think, act and live according to God’s will. So, how do we do this.

Start your day with God’s word. Before checking your phone or engaging in distractions, spend time in Scripture and

prayer. Psalm 119:11 “I have stored up your word in my heart, that I might not sin against you”. Try reading a Bible passage, meditate on just one verse and ask, how does this apply to my life today?

Ask God to help you see things from His perspective and to remove any negative or sinful thoughts. Pray specifically for an area where you struggle in your thinking like fear, doubt or anxiety.

When negative or ungodly thoughts arise, challenge them with God’s truth. 2 Corinthians 10:5 “We take captive every thought to make it obedient to Christ”. If a thought doesn’t align with God’s Word, reject it and replace it with scripture.

Your mind is shaped by what you consume daily. Be mindful of social media, TV, music and conversations, choose things that build your faith.

Your words reinforce your thoughts. Instead of saying “I’m always anxious, say, “God has given me a spirit of power, love and a sound mind.” Second Timothy: 1:7;

Transformation happens when you not only read God’s Word but live it out.

Renewing your mind is a daily process, not a one-time event. But as you consistently apply these steps, you will begin to experience real transformation, your thoughts will align with God’s truth and your faith will grow and your life will reflect His Will.

Remember the story of the Prodigal Son in Luke 15: 11-32 – The younger son begged his father to give him his inheritance and

he set off to see the world. Well, things didn’t go as he planned and when he spent all of his money, he went to work for a farmer. In verse 17, “But when he came to himself, he said, “How many of my father’s hired servants have more than enough bread, but I perish with hunger!”. The son recognized his need for God and made the decision to go home. He said to his father, I have sinned against you and God, please forgive me. Renewing the mind often involves humility and surrendering to God’s authority.

Think of the Israelites’ journey through the wilderness. They had to renew their minds by shifting from a slave mentality to a people of faith. However, their renewal was a struggle and only a few truly embraced it. The Israelites were used to Egypt’s provisions, even though they were slaves. In the wilderness God provided manna daily, teaching them to trust Him instead of hoarding or worrying. They panicked when Pharaoh’s army pursued them but God parted the sea, showing His power to save. Instead of fear in crises, we renew our minds by remembering God’s past faithfulness. God gave them the Ten Commandments and laws to shape them into His holy people, shifting them from a culture of idolatry and sin to a lifestyle of obedience to God. The Israelites constantly grumbled about food, water and hardships, yet God provided, but they kept looking back to Egypt. They had to move from complaining to gratitude and contentment, to renew their minds by focusing on what God has done instead of complaining about what they lacked.