

# DISCIPLINE of the MIND




# *Discipline of the Mind*

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## **UNIT 1 – OUR SITUATION**

1. The Real You
2. Defunct by Default
3. A New Creation

## **UNIT 2 – OUR STEWARDSHIP**

1. Battle for the Mind
  2. Habits of the Heart
  3. Art of Redeemed Thinking
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## **UNIT 3 – OUR STRATEGY**

1. *Love*: Practically Valuing Christ More
2. *Resolve*: Pursuing God's Glory and Our Joy
3. *Fight*: Preparing for Temptation

## **UNIT 4 – OUR SUPPLY**

1. *Word*: Seeking the Mind of Christ
  2. *Prayer*: Seeking the Will of Christ
  3. *Spirit*: Seeking the Power of Christ
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## UNIT 5 – OUR SATISFACTION

1. *Feelings*: Leading Our Own Hearts
2. *Hope*: Renewing Our Minds Daily in the Gospel
3. *Joy*: Striving with Our Minds for Joy in God's Glory

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# ART OF REDEEMED THINKING

The Practice of Godliness

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

*Philippians 4:8*

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# PRINCIPLE #1: GLORIFY GOD

- **1 Corinthians 10:31** – So, whether you eat or drink, or whatever you do, do all to the glory of God.
- **Colossians 3:17** – And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.
- **Romans 12:1** – I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

# PRINCIPLE #2: RENEW YOUR MIND

- **Romans 12:2** — Do not be conformed to this world, but be transformed by the renewal of your mind
- **Ephesians 4:17, 22-23** — Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ... [But] put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds
- **Colossians 3:10** — Put on the new self, which is being renewed in knowledge after the image of its creator.
- **Psalms 51:10** — Create in me a clean heart, O God, and renew a right spirit within me.
- **2 Corinthians 4:16** — So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.



# PRINCIPLE #3: APPROVE WHAT IS EXCELLENT

- **Romans 12:2** — Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.
- **Philippians 1:9–11** — And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.
- **Philippians 4:8** – Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

# PRINCIPLE #4: DELIGHT IN CHRIST

- **1 Chronicles 16:10** — Glory in his holy name; let the hearts of those who seek the LORD rejoice!
- **Psalm 37:4** — Delight yourself in the LORD, and he will give you the desires of your heart.
- **Psalm 32:11** — Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!

*[Finally; In conclusion; or Now then] Brothers and sisters, think about [focus your thoughts on; fill your minds with] things that are true and honorable and right [just] and pure and beautiful [lovely] and respected [commendable]. If there is anything that is good [morally excellent] and worthy of praise, think about [focus your thoughts on; fill your minds with] these things.*

*Philippians 4:8  
(Expanded Version)*

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