

CHANGING ALWAYS STARTS WITH CHOOSING

Resetting My Life – Part 2

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“Do not be conformed to the pattern of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2 (NLT)

3 REASONS RESETTING MY LIFE MUST BEGIN WITH CHANGING MY MINDSET

- **BECAUSE MY _____ DIRECT MY LIFE**

“Be careful how you think; your life is shaped by your thoughts.” Proverbs 4:23 (TEV)

- **BECAUSE MY _____ HAPPEN IN MY MIND**

“I love to do God's will so far as my new nature is concerned; but there's something else deep within me that is at war with my mind and wins the fight and makes me a slave to the sin within me. In my mind I want to be God's servant, but instead I find myself still enslaved to sin.” Romans 7:22-23 (LB)

- **BECAUSE IT'S WHERE GOD'S SPIRIT WORKS IN ME**

“Let the Spirit change your way of thinking and make you into a new person. You were created to be like God ...” Ephesians 4:23-24 (CEV)

“If your thinking is controlled by your old sinful self, it leads to death. But if your thinking is controlled by the Holy Spirit, that leads to life and peace.” Romans 8:6 (NCV)

3 DAILY CHOICES FOR RESETTING MY MIND

1. EVERY DAY I MUST CHOOSE TO FEED MY MIND WITH THE

_____ THOUGHTS

“Brothers and sisters, fill your minds with thoughts that are true, noble, right, pure, beautiful, and admirable. Think about things that are excellent and worth praising.” Philippians 4:8 (TEV)

VERSES & QUESTIONS

“A wise person is hungry for truth, while the fool feeds on trash.” Proverbs 15:14 (NLT)

Q. Am I being wise or foolish with what I allow in my mind?

“People need more than bread for their life; they must feed on every WORD OF GOD.” Matthew 4:4 (NLT)

Q. Am I feeding my soul every day with God's Word?

Jesus: “If you continue in my Word, you are truly my disciples. Then you will know the truth, and the truth will make you free.” John 8:31-32 (NCV)

Q. Would Jesus say I'm a disciple?

Q. Does my media intake create freedom or frustration?

Best time? Psalm 119:97, 147

2. EVERY DAY I MUST CHOOSE TO FREE MY MIND FROM

_____ THOUGHTS

“Those who are dominated by their sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.” Romans 8:5 (NLT)

“Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. [Our weapons] have divine power to demolish strongholds. We demolish any argument and every pretension that sets itself up against the knowledge of God, and we TAKE CAPTIVE EVERY THOUGHT to make it OBEDIENT to Christ.” 2 Corinthians 10:3-5

HOW TEMPTATION WORKS

“Temptation comes from the lure of OUR OWN evil desires. These evil desires lead to evil actions, and then the evil actions lead to death.” James 1:14-15 (NLT)

Step 1: Desire

Step 2: Doubt “Did God really say ...?”

Step 3: Deception – Believing a lie of Satan

Step 4: Disobedience and Defeat

3. EVERY DAY I MUST CHOOSE TO FOCUS MY MIND ON THE RIGHT THINGS

- **THINK ABOUT _____**

“Keep your mind on Jesus Christ ...” 2 Timothy 2:8 (CEV)

- **THINK ABOUT OTHERS**

“Don't just think about your own affairs, but be interested in others, too, and in what they are doing.” Philippians 2:4 (LB)

“Let us think about each other and help each other to show love and do good deeds.” Hebrews 10:24 (NCV)

- **THINK ABOUT ETERNITY**

“Let heaven fill your thoughts. Do not think only about things down here on earth.” Colossians 3:2 (NLT)

1. thoughts 2. struggles 3. best 4. destructive 5. Jesus

改變從選擇開始

重啟人生 (二)

華理克牧師

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「你們不要效法世人的行為和習俗，卻要讓上帝更新你們的思想，使你們轉變成新人。」
羅馬書 12:2 (新普及譯本)

重啟人生必須從改變心態開始的三個原因

- 因為我的_____引導我的人生

「所思所想要謹慎，因為生命是由思想定型的。」 箴言 4:23 (現代中文譯本)

- 因為我的_____發生在我的思想中

「因為，按照我內心的想法，我喜愛神的律；但我發覺自己的肢體中另有一個律，跟我內心的律交戰，它勝了戰鬥，把我擄去，使我屈從於那在我肢體中的罪的律。在思想中，我想成為上帝的僕人，但我發現自己仍然被罪所奴役。」
羅馬書 7:22-23 (新漢語譯本/意譯)

- 因為這是上帝的靈在我裏面作工之處

「並要讓聖靈更新你們的思想和心態。要披上你們的新性情，這性情是照着上帝的形象造的 ...」
以弗所書 4:23-24 (新普及譯本)

「所以，讓罪惡本性掌管你們的思想，就會引向死亡；讓聖靈掌管你們的思想，就會引向生命和平安。」
羅馬書 8:6 (新普及譯本)

每天三個選擇來重啟我的思想

1. 我選擇用_____的想法來餵養我的思想

「親愛的弟兄姊妹...你們要專注於真實、高尚、正義、純潔、可愛和令人欽佩的事，要思想美善和值得讚賞的事。」
腓立比書 4:8 (新普及譯本)

經文與問題

「智慧人渴求知識，愚昧人吞吃垃圾。」 箴言 15:14 (新普及譯本)

問：我是智慧還是愚昧，我允許甚麼進入我的思想？

「人活着不是單靠食物，而是靠上帝口裏所出的每一句話。」
馬太福音 4:4 (新普及譯本)

問：我是否每天用上帝的話語餵養我的心靈？

耶穌說：「你們若持守我的道，就真是我的門徒了；你們必定認識真理，真理必定使你們自由。」
約翰福音 8:31-32 (新譯本)

問：耶穌會稱我為門徒嗎？

問：我收看媒體的數量，帶來了自由還是挫折？

最好的時間？詩篇 119:97, 147

2. 我必須選擇讓我的思想擺脫_____的想法

「受罪惡本性支配的人，就思想罪惡的事；受聖靈掌管的人，就思想討聖靈喜悅的事。」
羅馬書 8:5 (新普及譯本)

「我們雖然在世上行事，卻不是按照世俗的方式作戰，因為我們作戰所用的兵器，不是屬於這世界的，而是在神面前有能力的，可以攻陷堅固的堡壘，攻破詭辯，和做來阻擋人認識神的一切高牆，並且把一切心意奪回來，順服基督。」
哥林多後書 10:3-5 (新譯本)

試探如何運作

「每一個人受試探，都是被自己的私慾所勾引誘惑的。私慾懷了胎，就生出罪；罪長成了，就產生死亡。」
雅各書 1:14-15 (新譯本)

第一步：慾望

第二步：懷疑，「上帝是否真的說過」

第三步：欺騙——相信撒旦的謊言

第四步：不順服和失敗

3. 我每天必須選擇將思想集中在正確的事情上

- 記着_____

「你要常常記着耶穌基督 ...」 提摩太後書 2:8 (新普及譯本)

- 顧念他人

「各人不要單顧自己的事，也要顧別人的事。」 腓立比書 2:4 (新漢語譯本)

「我們要彼此關顧，好激發大家相愛、行善。」 希伯來書 10:24 (新漢語譯本)

- 思想永恆

「你們要思想天上的事，不要只思想地上的事。」 歌羅西書 3:2 (新普及譯本/意譯)

1. 思想 2. 掙扎 3. 最好 4. 破壞性 5. 耶穌