

# Renewing the Mind ...let us throw off everything that hinders and the sin that so easily entangles...

Heb 12:2 NIV

2010

**Prayer:** Rom 12:2 – “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.”

In the first devotion of this series, we covered Knowledge being the prerequisite for Action in this process of renewing our minds. Today we will look at practical ways to take action. By taking action, we develop habits, and with habits in place, living a spirit led life becomes more of a joy, even though we will still struggle at times. (See Matt 10:38/16:24 – Mark 8:34 – Luke 9:23/14:27)

Are you facing something specific in your life? Something you want to remove, or change the way you act/react? The more urgent the need to change, like an addiction, the more likely we are to lack patience, both with the process and ourselves. Trust me on this one – you will have to be patient with yourself!

Instead of immediately taking on the ‘big one,’ try something smaller, like patience. I know – I know... No one wants to learn patience, but, get this – what do you think is one of the byproducts of patience? Nope, not frustration, though it is frustrating at times *being* patient. No, it is not madness, and I’m not talking about anger here, but going mad.

The prime result of enacting patience is peace. That’s right – PEACE.

How can this be? When I make myself react with patience I feel more at peace than when I react in anger. It is the application of action on our part when implementing new ways of thinking that brings the changes we want. This applies to all destructive habits, addictions, and thoughts we carry inside our heads. “We are what we think,” as some writer has it.

Many years ago, I went through a time of depression that got so bad I reached the point of suicidal despair. It wasn’t that I wanted to die, but that I couldn’t see any other way out of the emotional pain - other than to die. My thoughts spiraled, circling around hopeless circumstances. I dwelled on the same despairing thoughts day after day over a 3 month period and these thoughts fed the depression. Downward I went until I began planning ways to end my life. Once I made the decision to kill myself, I felt better. Finally, I thought, the pain would be over. This is why many who take their lives seem happy in the last few days before their death.

I tell this story so you know I have experienced the power of renewal, in my mind and consequently, in my life since those dark days.

Every one of us has this power to change. It begins in the mind. So, back to patience as an example, *believing* in something is not the same as *feeling* that thing is true. When *being* patient you will not always *feel* patient. But, you must *believe* patience is a benefit, otherwise, why try it?

If you are willing, I want you to try something. The next time you’re in heavy traffic running late, or in a crowded place having a hard time getting where you need to be and the frustration builds, the temper starts cooking – take a breath – let it out slowly and –

(Continued next week –*come on now* – be *patient!*)