

## **Transformed! *How God Changes Us!***

Grace Fellowship Church Shrewsbury

October 23, 2016 Alex Gilbert

### **The Battle Plan for the War of Your Mind**

Romans 8:1-17

*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God.*

Romans 8:5-8 ESV

**The Battle Plan = to set our \_\_\_\_\_ on  
the \_\_\_\_\_.**

#### **Why?**

- • Minds set on the Spirit produce \_\_\_\_\_ &  
\_\_\_\_\_.
- Minds set on the Spirit \_\_\_\_\_ &  
\_\_\_\_\_ God.
- Minds set on the Spirit \_\_\_\_\_ God.

#### **How?**

1. \_\_\_\_\_ your \_\_\_\_\_ with  
thoughts about \_\_\_\_\_.
2. **Remind yourself of your \_\_\_\_\_.**
3. **Put the \_\_\_\_\_ to \_\_\_\_\_.**
4. **Preach the \_\_\_\_\_ to yourself  
\_\_\_\_\_.**

**Notes:**

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### **Homework Week 7**

1.) Read Romans 8:1-17 daily this week. Answer questions the following questions.

I. What is your response when you read that there is no condemnation for us who are in Christ?

II. Why did Jesus condemn sin for us? (The answer is in the passage!)

III. What does it mean to mind something? How do you set your mind on something?

IV. How can you specifically set your mind on the things of the Spirit this week? Think up at least 3 ways that you can do this.

V. How will you setting your mind on the Spirit this week impact and change the lives of others?

2.) Find a genre of music that you like and find some artists that you like in that genre who sing about Jesus. Watch movies or TV shows and look for ways that they point to Jesus. Take notes in how they reflect the Gospel story.

3.) Consider memorizing a big section (chapter or book) of the bible. Pick a section and start memorizing it. Look up the book "An Approach to Extended Memorization of Scripture" by Dr. Andrew Davis for help on how to make this happen.

4.) Think through who you are in Jesus. Who does He say you are IN HIM? Come up with at least 10 things He says about who you are as a result of who He is.

5.) Take seriously your sin this week. Find the things in your life that you know are causing you to stumble or sin and remove them from your life immediately. Find someone to help you and hold you accountable in this process.

6.) Preach the Gospel to yourself every day this week. Do it multiple times every day. Remind yourself of the incredibly good news of Jesus and what He has done to save you. Ephesians 2:1-10 is a great and concise passage that proclaims that truth.