Women's Midweek – November 13, 2024

Welcome, everyone! Tonight, we're diving into a powerful truth that affects every part of our lives: the power of our minds. Our thoughts shape our attitudes, guide our actions, and ultimately determine how we experience the world. But more importantly, our minds play a crucial role in our relationship with God. In fact, when Jesus was asked about the greatest commandment, He said, *"'Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength'"*(Mark 12:30, NIV).

This command reveals that loving God involves not just our feelings or actions but our entire being—including our minds. God wants us to love Him with our thoughts and our attitudes, bringing every part of us into alignment with His truth.

The journey of renewing our minds is essential because, as believers, we are called to think differently than the world. Yet, we know how challenging it can be. Negative thoughts, old habits, and daily stresses constantly seek to pull our attention away from God and His promises. That's why tonight we're going to break down practical ways to align our thoughts with God's Word, using an acronym that will help us remember how to keep our minds rooted in Christ.

The acronym **MIND** will guide us through four essential practices:

- **M – Meditate (on God's word)**
  We'll start by learning the importance of meditation—not just thinking about God's Word, but letting it deeply shape our perspective and fill our hearts.
- **I – Identify (negative/positive patterns)**
  Here, we'll discuss how to recognize the negative thoughts that hold us back and learn how to bring each one to God, allowing His truth to take root instead.
- **N – Nurture (a new mindset)**
  Nurturing a Christ-centered mind means constantly replacing old, worldly thoughts with the truth of who God says we are, committing daily to align our thoughts with His.
- **D – Dwell (in God's presence)**
  Finally, we'll talk about dwelling on God's presence—what it means to live in constant awareness of His peace, guidance, and love.

These four practices will help us actively renew our minds each day, allowing us to fulfill Jesus's command to love God with our whole heart, soul, mind, and strength. Let's journey together as we discover how to grow a mind that's firmly anchored in God, allowing Him to shape us from the inside out.

1. M – Meditate

  - *"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."*(Joshua 1:8)

- *"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."* (Philippians 4:8)
- *"I have hidden your word in my heart that I might not sin against you."* (Psalm 119:11)
- Meditating on God's Word aligns our thoughts with His will, letting His wisdom guide our decisions and actions.
- Emphasize that meditation isn't a one-time event; it's a daily practice of centering our thoughts on what is true and pure.
- As we meditate, we're filled with God's peace and gain insight into His character and promises.
- Choose one verse each week to meditate on, deeply. Consider posting it in a visible place or setting a reminder to review it daily.

2. I – Identify:

- *"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."* (Psalm 139:23-24)
- *"Above all else, guard your heart, for everything you do flows from it."* (Proverbs 4:23)
- *"The heart is deceitful above all things and beyond cure. Who can understand it?"*(Jeremiah 17:9)
- Identifying our thoughts is a practice of discernment, allowing God to reveal any thoughts that don't align with His truth.
- By identifying and guarding our thoughts, we're able to prevent negative patterns from taking root and affecting our actions.
- When we identify harmful thoughts and bring them to God, we allow Him to guide us in His truth and help us overcome self-deception.
- Ask God in prayer to reveal any anxious or negative thoughts throughout the day. Write them down and replace each one with a verse that aligns with God's truth.

3. N – Nurture

- *"Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."* (Romans 12:2)
- *"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."* (2 Corinthians 5:17)
- *"Put on the new self, which is being renewed in knowledge in the image of its Creator."*(Colossians 3:10)

- Nurturing a new mindset means making conscious choices to follow God's ways and not conform to worldly standards.
- We're new creations in Christ, and as we nurture our minds with His truth, we become more like Him.
- This renewing process requires daily commitment, focusing on God's guidance to transform our thoughts and habits.
- Write out affirmations from these verses to nurture a new mindset. Repeat these each morning, asking God to continue transforming you into His likeness.

4. D – Dwell

- *"The Lord is near to all who call on him, to all who call on him in truth."* (Psalm 145:18)
- *"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."*(Colossians 3:15)
- *"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."* (Psalm 46:10)
- Dwelling in God's presence is the act of continually seeking His peace and resting in His promises.
- God is always near and ready to comfort us, giving us strength and guidance when we focus our hearts and minds on Him.
- To dwell in God's presence is to cultivate a relationship with Him through prayer, worship, and stillness.
- Set aside a quiet time each day to dwell in God's presence. Spend this time in prayer, worship, and reflection, allowing His peace to fill you.

- **Recap the Acronym:**
  - M – Meditate
  - I – Identify
  - N – Nurture
  - D – Dwell

Commit to implementing one part of the MIND acronym each day this week. Begin by meditating on a new verse, identifying and taking captive negative thoughts, nurturing positive affirmations, and setting aside time to dwell in God's presence.