

SPIRIT, MIND, and BODY

How to Actually Change

April 19, 2026 - Week Two

I am a
SPIRIT

I have a
MIND

I live in a
BODY

>> We think forgiveness and transformation happen at the same time.

Romans 12:2

Do not conform to the pattern of this world, but **be transformed** by the **renewing of your mind**.

>> You are not your body.

Ecclesiastes 12:7

and the dust returns to the ground it came from, and the spirit returns to God who gave it.

>> There is a difference between your spirit and your mind.

>> Your mind is a tool that you use. It is not you and It is not in control.

Colossians 3:1-2

1 Since, then, **you have been raised with Christ**, set your hearts on things above, where Christ is, seated at the right hand of God. 2 **Set your minds** on things above, not on earthly things.

>> The pathway to transformation is not right actions but right thinking.

>> God says transformation happens when we get into the driver's seat of our mind, but way too many of us are just along for the ride.

>> The pathway to transformation runs through your mind.

1. Catch the thought.
2. Judge your thinking.
3. Replace the thought.

Romans 12:2

Do not conform 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.

Romans 4:21

fully persuaded that God had power to do what he had promised.