

RENOVATING YOUR HABITAT

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NEW YEAR, NEW MIND
Constructing a Life from the Inside Out



Covenant of Life
Bringing Life to Your Story

SERMON SERIES

JAN 4TH - JAN 25TH

NEW YEAR, NEW MIND: Constructing a life from the Inside Out.

Jan 4th - **RENOVATING YOUR HABITAT**
Jan 11th - **REFRAMING YOUR INTERNAL DIALOGUE**
Jan 18th - **THE GATE OF YOUR HABITAT**
Jan 25th - **A MIND WORTH LIVING IN**

- January 31, ADVANCE Intensive w/Dr. Mark Chironna
- Wednesdays, Series on RENEW (Prayer & discussions about RENEW video)

Don't miss this month. 🤞 This month is going to set the course for 2026.

PRAYER

...For Holy spirit to write upon our heart Your Word and Your Truth. You help us change our minds and the way we think to align with Your perfect will for our lives in 2026. Thank you for impartation and confirmation of Your Word with signs following. In Jesus' name we pray. Amen

New Sermon Series

NEW YEAR, NEW MIND—CULTIVATING A LIFE FROM THE INSIDE OUT

Our life is all about INSIDE OUT if you're in the Kingdom.

First Message

RENOVATING YOUR HABITAT

Definition

HABITAT = It is the environment, natural or spiritual, for a specific physical place where an organism —such as a plant, animal or microorganism lives, grows and reproduces.

So, a HABITAT is the environment that we live in. So, we're going to use this natural analogy to speak of the **Habitat of our MIND**.

Scientists discovered that our MIND was designed to store data based on their calculations and run for 3 million years, the best they can guess. That's why a lot of people have a lot going on in their mind. *But something happened in the Fall to our MINDS when sin entered the world and Adam fell.* If you notice, Einstein for example only used 6% of his brain they say. So the average human being never really passes the usage of about 9% of their mind. That leaves a lot.

So there's a lot of capacity that you have that you perhaps do not realize. For example, your *subconscious MIND* which is part of your mind can record content and data and information four times faster than your *conscious MIND* can. So your mind is divided in two categories...

- The **CONSCIOUS**, the things that you are aware of—Right now you see me holding a mic and talking to you, your conscious MIND processing that
- Your **SUBCONSCIOUS MIND** has got access to data that you need to access on a regular basis. Like driving to a familiar place when actually supposed to go somewhere else. That's my subconscious mind based on data I've given it over time that it knows kind of where I'm going.
- Then you have your **NON-CONSCIOUS** or also referred to as the **UNCONSCIOUS MIND**, however you want to refer to it.

This is your MIND that from the time your brain is formed in your mother's womb—which is after your heart is formed your brain starts to form. *And once this part of your brain is formed, the unconscious mind, it starts to RECORD DATA.* It records every sound, every feeling of the mother, of the environment, the emotion, the language, the spiritual climate around your home, the presence of God. All that starts to influence the baby and gets recorded in the *unconscious or non-conscious MIND*.

That's why John the Baptist had a Holy Spirit experience in his mother's womb. He was filled with the Spirit while he was in his mother's womb. Isn't that exciting? So, a baby can have a supernatural spiritual influence and experience in the womb just like the mind of the child can record all kinds of things. That's why it is important how we treat our children while they are yet in the womb. It's important what they hear because their little baby brains are recording everything. They don't know what they're recording. They can't interpret what it means, *but they FEEL IT and the carry it and the RECORDING starts.* And from that time till into eternity future, *your UNCONSCIOUS/NON-CONSCIOUS MIND is going to continue to record data.*

Isn't that awesome? So that makes you pretty valuable, doesn't it?

So when we look at the MIND and we look at our LIVES, in this year, you're going to hear many prophetic words about 2026. And some of them will be very good. And some of them will be not so good. We're not against prophetic words in this house. You'll hear prophetic words in this House. You heard a prophetic word last Sunday when Beverley ministered.

However, *what I'm talking about this morning and throughout this month is vital for you to experience any of God's Promises and EXPERIENCE any Prophetic Word really COME TO PASS in your life.*

How about having the TOOLS to see it as a reality?

That's what we're going to get down to today. Because it is more important ...

👉 that you **EXPERIENCE** what **GOD'S HEART** and **DESIRE** is for you and your family.

And we are going after that...

- ➡ We want you to TAKE NEW GROUND
- ➡ We want you to EXPERIENCE GOD'S GENUINE BLESSING in your life
- ➡ and GENUINE INTIMACY
- ➡ And GENUINE RELATIONSHIP
- ➡ We want you to HAVE EVERYTHING GOD HAS PROMISED YOU.

However, there might be a reason why you find yourself in a situation where you might be stuck. Where there's things that you believe God wants to do in your life, but you're not sure why they perhaps have not yet occurred.

What we're talking about this month is going to help you throughout this year *to see things occur in your life that God desires and that you desire* and that are part of His promises in His Word. Amen. How many like to see that happen?

👉 It's one thing *to have a prophecy*. It's another thing *to EXPERIENCE the reality of it.*

*Romans 12:2 AMPC—' Do not be **conformed** to this world (this age), [fashioned after and adapted to its external, superficial customs], but be **transformed** (changed) by the [entire] renewal of your **mind** [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect **will** of God, even the thing which is good and acceptable and perfect [in His sight for you]. '*

We have two options: CONFORMATION or TRANSFORMATION.

➡ You will know with certainty what is the will of God for your life—for your family—for your church—for the Kingdom of God—for my children—for my finances—for my health.

➡ **YOU WILL KNOW WITH CERTAINTY WHAT IS THE WILL OF GOD.**

⚠ If you don't know the will of God, that is a clue to you right now that ↗ something needs to occur in your MIND.

Meaning of “be not conformed” in the Greek text or Romans 12:2. The real depth of the meaning is that you don't want to be placed in a mold. A mold it takes a liquid that gets squeezed into the mold in the mould and it comes out of the mold and it becomes something. So the picture we're talking about here is that **we don't want to be put in the wold of the world's system** where we're literally squeezed into it, forced to fit into it. Because we now are ↗ BORN AGAIN. We are ↗ BELIEVERS.

We are ↗ KINGDOM CITIZENS and the ↗ HOLY SPIRIT lives on the INSIDE OF US.

So something different is going on in us. And as a result, we don't want to be molded by the world's system and conformed into the image of the world. We don't want to *think* like them. We don't want to act like them. We don't want to *process* like them. We don't want them to *program our mind* or in other words our *soul*, our *psyche*. And this word *mind* here is a very interesting word.

Definition

MIND = refers to the *learning center of our mind*. It's a Greek word. It's spelled like nuance.

➡ It's talking about **the emotional seat** within your SOUL

➡ It's talking about **the learning center** of your SOUL

➡ It's talking about the part of you that **perceives**.

This word *mind* is often translated *understand* in the New Testament.

➡ It's **where understanding dwells**.

➡ It's **how you make decisions**

➡ It's **how you perceive what is the right thing to do**

➡ It's **where you learn, you develop, you grow**.

So this is a very important part. That's why I like the word entire RENEWAL OF YOUR MIND. Some translations will say *CHANGE the way you think*. That is definitely part of it.

↗ But it's got to get deeper *on the inside of you* !!

**THE CHANGE HAS TO OCCUR
NOT JUST ON THE CONSCIOUS LEVEL OF THE MIND,
IT HAS TO GET INTO YOUR SUBCONSCIOUS,
EVEN INTO YOUR NON-CONSCIOUS PART OF YOUR MIND.**

➡ It has to get into your **EMOTIONS**

➡ It has to get into your **BELIEF SYSTEM**

This is dealing with the belief system, *what creates the BELIEF SYSTEM in our soul*.

That's what this is talking about. And we have a powerful text in Luke 6:43-46

Luke 6:43-45 “For a good tree does not bear bad fruit, nor does a bad tree bear good fruit.

It's talking about us as people. Jesus is referring to this example to give us insight into ourselves.

44 For every tree is known by its own fruit. For men do not gather figs from thorns, nor do they gather grapes from a bramble bush. 45 **A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.**

So something is going on *ON THE INSIDE* of us and inside your SOUL

👉 that actually helps us **understand the SPIRITUAL STATE of where we are.**

And often times we can tell that simply by what comes out of our mouth.

➡ So as we go through these series, I want you  TO TAKE SOME INVENTORY

**IF YOU EVER WANT TO SEE WHAT YOUR SPIRITUAL CONDITION IS,
JUST DO AN HONEST ASSESSMENT OF WHAT WE'RE TALKING LIKE**

Not to beat yourself up, but just to say, "Hey, wait a minute. That tells me what I actually believe." Often times that is the case. And so if you let yourself go and you relax and you're not putting up a facade, and you're not marrying a mask, and you're not being fake, *you'll start saying the stuff that's really in your heart* ❤️

And that's what Jesus was talking about 👈 **WHAT'S HAPPENING ON THE INSIDE?**

Because when God says, "*RENEW your mind*", *RENOVATE your mind*", He's talking

➡ **that your life will be TRANSFORMED**

Definition

TRANSFORMED—Greek word “*metamorphosis*.”

You might have heard that word before in reference to a caterpillar becoming a butterfly, it goes through a process called *metamorphosis* where the caterpillar enters a cocoon and it *metamorphoses* into a butterfly.  *So it doesn't look like how it used to when it went in.* 

👉 **EVERYTHING about it is CHANGED**

And the same thing God is saying that...

**WHEN YOU GO THROUGH THE PROCESS OF THE RENEWAL OF YOUR MIND
EVERYTHING ABOUT YOU CHANGES**

First on the INSIDE and then life changes on the OUTSIDE.

3 John 1:2 ‘Beloved, I pray that you may **prosper in all things** and **be in health**, just as your soul prosters..’

God's definition of WELL-BEING—MENTAL health, EMOTIONAL health, FAMILY LIFE—all this stuff is connected to your SOUL. He didn't say “spirit” because 👈 **you already have the Life in God in your SPIRIT if you are born again.** So then...

➡ **WHY ISN'T THAT LIVE FLOWING THROUGH YOUR LIFE** and you see it expressed in every area?

WHY do we have this? **!! Because there is BLOCKAGES IN OUR SOUL !!**

So the issue is not that God doesn't want to heal you. The reality is according to Scripture and the Word of God, Peter says, you were already healed on the cross. Like Isaiah prophesied and said, “you are healed,” Peter said, “you were healed.”—Did Jesus die on the cross?—*Just like salvation is available to you.*

Now, that's very hard to process because right now, **you're going to identify a BELIEF SYSTEM.**

In this example internally, it's the **INTERNAL DIALOGUE** that's going on in your life.

➡ It's **what you SAY** to yourself

➡ It's **how you SEE** yourself

➡ It's **how you FEEL** about what I'm talking about right now.

You have a FEELING that this statement I made creates in you. It either reminds you of the pain of perhaps where you have not been healed yet. And it reminds you of the pain you've experienced while you have been sick. And if you've been sick and you've had a number of people pray for you and you have not gotten healed, that hurts, folks. That's a tough pill to swallow. Or perhaps somebody we know died of sickness and then someone says to you that Jesus is your healer and wants you to be healed. Then you have to process that.

And that's the place that the Holy Spirit is saying  YOU HAVE TO RENEW YOUR MIND.

Let's look at Romans 12:2 in the Passion Translation. I want to show you a key in there. *This WORK OF RENEWING YOUR MIND is not meant to occur outside of the HELP OF THE HOLY SPIRIT.* That's the Good News. Where does the Holy Spirit live right now? *In your Spirit. We have God living on the INSIDE of our SPIRIT—born again, regenerated human spirit.*

Then we have to be honest with ourselves...

-  *Lord, why am I not living the life I know You've called me to live?*
-  What is LACKING?
-  What is MISSING?

Is something missing in the Holy Spirit? Is something missing in the work of Jesus on the cross? And often people will find definitions and justifications to agree with that narrative that something's missing. For example, "God doesn't heal today." That's a narrative people have created based on the fact of their whatever. That's not what the Bible says, though. And this occurs to every area of your life. I just picked on healing. I'll pick on another one in a minute. But the reason I'm going here is I want you to be healed. I'm guilty as charged. *I want people to really EXPERIENCE genuine healing.* I know the Father does. And **He's done everything he can do.** Now He wants us through the HOLY SPIRIT to help us EXPERIENCE it.

So what God began to show me is...

- *The BARRIER in the SOUL*
- *The BLOCKAGE in the SOUL*
- *The STRONGHOLD in the SOUL, like the Bible refers to strongholds*

 **These are the things that are holding us back !!**

And that's exactly what Romans 12:2 is saying.

Romans 12:2 TPT 'Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes.'

Now we're talking about culture. That sounds like a habitat to me. *Opinions of the culture around you. But be inwardly, inwardly...That's the key part!* So, I love that because now we're talking about GOING INSIDE. So in the mind, but deep in your mind,

 **INWARDLY TRANSFORMED BY THE HOLY SPIRIT**
THROUGH A TOTAL REFORMATION OF HOW YOU THINK

So in other words, how you think about healing may need a REFORMATION.—But you developed a **BELIEF SYSTEM** and a **VALUE SYSTEM** where "other people can get healed probably, but I really don't think I can." And that's the INTERNAL DIALOGUE you're having. *Your circumstances and your experience in your SOUL are having a conversation* that you don't know that's happening on a sub-conscious level that is just there. So that's why when you hear the word *healing*, it's a bit of a trigger for you because you're like, "Look, I don't want to face this thing, pastor. I don't want to get the hope that I might get healed. Because I've already been through that and I can't afford to have false hope in this area of my life. So I'm just doing the best I can." I don't say we shouldn't take care of our health. I'm not saying we shouldn't see doctors. We should. That's all good.

But what I am saying is ➡ SOMETHING HAS TO CHANGE—ON THE INSIDE! This is exactly what God's talking about. There can be an **INWARD TRANSFORMATION**.

This word *transformed* in the Greek is the word TRANSFIGURED. And this word in Romans 12:2 is only used to describe two things in the New Testament...

- The mount of Transfiguration experience of Jesus. Only time
- And 2 Corinthians 3:18 where the Holy Spirit will TRANSFIGURE and TRANSFORMS you from one degree of Glory to the next degree of Glory.

That is the same word—*transfigured, transformed, and changed*.

Again, ➡ It's the **WORK OF THE HOLY SPIRIT**. And that's what I am thankful for.

And as we go through this series and we *REALLY DEAL* with the are of *RENEWING* and *TRANSFORMING* our lives through our minds, **THE HOLY SPIRIT'S GOING TO HELP US**.

Let's go back to the Passion Translation, "inwardly transformed by the Holy Spirit through **A TOTAL REFORMATION OF HOW YOU THINK**. What is he saying? REFORMATION means *it's completely opposite*. So that means that...

➡ you developed a **STRONGHOLD** or a **PATTERN OF THINKING** over a long period of time.

You either developed it by ...

- wrong INFORMATION
- wrong TEACHING
- CULTURE
- BAD HABITS
- TRAUMA

I don't know how you got there. And in all honesty, you may not know either. But that's okay.

But if you allow the HOLY SPIRIT—through the **REVELATION OF HIS WORD**—

➡ To begin to **DEAL** with the **WAY YOU THINK** right now

➡ And **TAKE INVENTORY** of what you really **THINK** about

➡ And **HELP REFRAME THE INTERNAL NARRATIVE**

you'll notice that ➡ the **clogs** and **blockages** will begin to **move out** of the way and the

➡ **LIFE OF GOD** will begin to **flow** in you in a **GREATER MEASURE** than it ever has before in 2026.
27:39

Proverbs 23:6-8 'Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes.' 7 'For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you.' 8 'The morsel you have eaten, you will vomit up, And waste your pleasant words.'

miser = a person with an evil eye.

Context: you...

Key text: **AS A MAN THINKS IN HIS SOUL, SO IS HE.**

God is saying: ➡ WE HAVE TO DEAL WITH OUR THINKING, with our inner dialog **!!**

TAKING INVENTORY of what's going on in my mind.

- *WHY DO I FEEL THIS WAY* when I encounter this person?
- *WHAT IS IT IN ME* that brings about this feeling?

If you do that and you look in the mirror of the WORD, you will see the difference.

You cannot just go around and parrot the Word.

2 Corinthians 4:13 'And since we have the same spirit of faith, according to what is written, "I believed and therefore I spoke," we also believe and therefore speak.'

We can pretend to say the right thing, but not believing it in our heart.

Romans 8:5-8 NLT—Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. 7 For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. 8 That's why those who are still under the control of their sinful nature can never please God.

→ You have got to learn to TAKE INVENTORY.

Romans 8:4 that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.

The Holy Spirit is coming changing...

Philippians 1:6 being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ

→ **Whatever your soul agrees with, that's what will come out of your life.**

You will become a new person. You will not be recognized.

THE REAL BATTLE IS IN THE MIND.

You will start to see your body heal.

If your body agrees with the Word, your body will start to heal. *Our body is made to heal itself.*

We got to deal with our mind.

COMMUNION

1 Corinthians 11:24- 25 and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." 25 In the same manner He also took the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me."

Isaiah 53:4-5 Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. 5 But He was wounded[e] for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.

If He was beaten for you, why are you beating yourself up?

We need to learn to forgive ourselves for the things we feel that we are not qualified for that.

2 Corinthians 10:4-6 For the weapons of our warfare are not [a]carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is fulfilled.

Beverley Watkins

Matthew 6:23 TPT—For your heart will always pursue what you value as your treasure.

Where is your treasure? Where are your finances?

Where your treasure is, is your heart.