

Mind Shift:
The Mastery of the Mind & the Fight Against Sin
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(Sermon Outline)

FOCUS:

How to live life in the Spirit versus life in the flesh.

KEY TEXT:

Romans 7: 18-25; Romans 8:1-9; Romans 12:1-2

CONTEXTUAL THEMES:

1. Law of God- God's commandments and precepts that establish divine order.
2. Law of Sin- The natural inclinations and dictates of our carnal nature.
3. Law of the Mind- The moral/ethical conscience that wills to obey God's precepts.
4. Law of the Spirit- Interchangeable reference to the Law of God which leads to life.
5. Flesh/Members- "Sarx" in Ancient Greek meaning physical substance, body, meat, muscle.
6. The Mind- "Nous" in Ancient Greek meaning the intellect, reasoning, and moral awareness in relation to spiritual matters. Also, it means one's worldview, outlook, and mindset.

Tripartite Nature of Mankind

Human beings are made in the Image and likeness of God as trichotomous beings. This is called the tripartite theory of man.

****Diagram below developed by Dr. Rick Tague, M.D.,M.P.H., and T.M.****

- SOUL- Relates to self and others. Psychological self-consciousness.
- SPIRIT- Relates to God. Spiritual God-consciousness.
- BODY- Relates to the environment. Physiological world-consciousness.



Life in the Flesh

- Life in the flesh is governed by your five senses: sight, sound, taste, smell, & touch. This nature is bound to sin and produces death. When we are in the flesh, we are in our carnal nature and we cannot please God. The carnal nature comes from the first Adam.

Life in the Spirit

- Life in the Spirit is God's empowering presence superimposed over the human will. It is motivated by obedience to the Will of God through: Scripture, Prayer, Fasting, Community, & Giving. It is freedom to obey God leading to life and peace and it is our new nature in Christ, the second Adam.

CHANGE YOUR MIND-

Habit Formation, Neuroplasticity,

Romans 12:1-2

- **GOOD NEWS-** You are not stuck with the brain and habits you have. They can be changed.
- **Neuroplasticity** is the ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience. This is what repentance looks like in action. Changing your neurological makeup around the choices you make.
- It takes 90 days to form lasting habits, according to research by neuroscientist, Dr. Caroline Leaf, in what she calls a "neurocycle."
- Your daily habits are automated by consistent repetition and routine, but the condition of your heart is the animating center that drives your impulses.
- What you do consistently proves what you believe and whatever you focus on will grow.

THE ADDICTION CYCLE

- **Cycles of addiction** are motivated by a mental obsession and emotional voids- restlessness, irritability, discontentment, and boredom.
- These **voids lead** to the usage of addictive substances or behaviors such as food, sex, drugs, porn, alcohol, technology, and work.
- The **continued usage** creates a physical craving for the substance or behavior, thereby leading to a "binge" which is excessive use.
- A binge leads to natural consequences that most addicts do not enjoy such as physical illness, fractured relationships, and loss of money, time, or other resources.
- Once an addict hits the natural consequences, they desire to stop and make resolutions, which can be short-term or long, depending on their plan of action and motivation for change.

STAGES OF CHANGE

****A Transtheoretical Model developed by James Prochaska and Carlo DiClemente explaining how people change unwanted behavioral patterns.****

Stages of Change

- Precontemplation- unaware that a change must be made. Oblivious to the harm the addictive pattern is having on them.
- Contemplation- awareness that there needs to be change, but is unsure how to make those changes. No plan in place.
- Preparation- Adding up the cost, developing a plan of action to make change
- Action- Putting the proposed plan into action motivated by faith.
- Maintenance- Consistency in working the plan and remaining in action for lasting change.

GUARD YOUR GATES

Imagine that your body, soul, & spirit are fortresses that must be guarded at all costs. Whatever comes into the body through the five senses influences the soul and spirit of a person. Ask yourself who or what are you listening to, touching, smelling, tasting, and watching? Once you take inventory of your external influences, you can identify the root causes of your behavioral patterns and make different choices for how you desire to live.

SPIRITUAL PRACTICES

In order to resist the old nature, you have to implement alternative ways of coping with life that align with your new nature in Christ. Thankfully, God has shown us “The Way” through Yeshua’s example. Warning, they should **not** be regarded as optional practices.

Spiritual Practices

- SCRIPTURE
- PRAYER
- FASTING
- COMMUNITY
- GIVING

BOOK RESOURCES:

For practicing spiritual practices:

Comer, John Mark. *Practicing the Way: Be with Jesus. Become like Him. Do as He Did.* WaterBrook, 2024.

For recovery from sex addiction & pornography:

Stringer, Jay. *Unwanted: How Sexual Brokenness Reveals Our Way to Healing.* NavPress, 2018.

For psychoeducation on brain health & neuroplasticity

Amen, Daniel G. *Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness.* Revised and expanded ed., Harmony, 2015.

Leaf, Caroline. *Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health.* Baker Books, 2013.

Amen, Daneil G. *The End of Mental Illness: How Neuroscience Is Transforming Psychiatry and Helping Prevent or Reverse Mood and Anxiety Disorders, ADHD, Addictions, PTSD, Psychosis, Personality Disorders, and More.* Tyndale House Publishers, 2020.