

Renewing the Mind – Lie/Fear Based Thinking

Keys to Transformation: Renewing the Mind

As a coach, one of our primary roles is to help our clients become aware, (identity) and take captive the lie/fear-based thinking that has kept them stuck.

> *"We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and **we are taking every thought and purpose captive** to the obedience of Christ," ~2 Cor. 10:5 AMP*

We are then able to provide the tools for our clients to begin to replace lower order (fear-based) thinking with higher (love-based) order thinking. Progressively new beliefs and attitudes replace the old and the mind is re-NEW-ed.

> *"And d**o not be conformed** to this world [any longer with its superficial values and customs], but*
> *be **transformed** and **progressively changed** [as you mature spiritually] **by the renewing of your mind [focusing** on godly **values** and ethical **attitudes**], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in **His plan and purpose for you**]." ~Romans 12:2 AMP*

It is often a new concept for the client to think about their thinking. Most assume thoughts just happen. It is also a shift to realize that thinking a thought does not make it true.

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Tool #1 - Examine

"Take every thought captive" by examining it. Questions for reflection:

1) **Where did this thought come from**? Is it even mine? (So often we take on the thoughts of our parents, teachers, or culture without conscious reflection.)
2) **Is it absolutely true**? (Am I *really* too old, fat, stupid? Is it true I can't…?)
3) **How do you know**? (What evidence are you basing your belief on?)

Tool #2 - Identify the "Fruit"

It is important to understand and become aware of the connection between the thought "seed" with the effect "fruit" it produces.

Proverbs says our words (which stem from thoughts) have a fruit and we "eat" that fruit.

> *Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof. ~Prov. 18:21 KJV*

- **What effects does this thought produce in my life**? How does it make me feel? What does it cause me to do or not do?
- **Practice fixing your mind on the pure, lovely, and noble.** The evidence this is occurring is peace.

> *"You will keep in **perfect peace** all who trust in you,*
> *all whose **thoughts are fixed** on you!" ~Isaiah 26:3 NLT*

> *"Finally, [a]believers, **whatever is true**, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, **whatever is lovely and brings peace**, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, **think continually on these things** [center your **mind** on them, and implant them in your **heart**]. " ~Philippians 4:8 AMP*

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*[8] And now, dear brothers and sisters, one final thing. **Fix your thoughts on what is true**, and honorable, and right, and pure, and lovely, and admirable…" ~Phil 4:8 NLT*

What is Coaching Success?

- Client understands how the mind is renewed.
- Client has initial awareness that every thought is either lie/fear-based or love-based.
- Client has begun using the tools to renew the mind.
- Client is experiencing great peace.

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