



UPGRADE

“UPGRADE MY THINKING”

¹ And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. ² Don't copy the behavior and customs of this world, but let God transform you into a new person **by changing the way you think**. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:1-2 NLT

- Changing the way you think will change **the way you act**.
- Changing the way you think will change **the way you talk**.
- Changing the way you think will change **the way you see**.
- Changing the way you think will change **the way you live**.

HOW DO I CHANGE THE WAY I THINK?

FOCUS ON **GOD AND HIS TRUTH**.

¹ Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. ² Think about the things of heaven, not the things of earth. ³ For you died to this life, and your real life is hidden with Christ in God. **Colossians 3:1-3 NLT**

REALIZE THERE IS **A BATTLE**.

²¹ I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. ²² I love God's law with all my heart. ²³ **But there is another power within me that is at war with my mind**. This power makes me a slave to the sin that is still within me. ²⁴ Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? ²⁵ Thank God! The answer is in Jesus Christ our Lord... **Romans 7:21-25a NLT**

- The battle with sin begins **in our mind**.
- Our thinking is often saturated with negative thinking and opinions that **we invite into our lives**.
- TV, movies, books, music, social media, etc.
- “Garbage in, garbage out.”
- We have a **choice!**

³ For though we live in the world, we do not wage war as the world does.

⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. **2 Corinthians 10:3-5 NIV**

ALLOW THE HOLY SPIRIT TO RENEW YOUR THOUGHTS AND ATTITUDES.

²¹ Since you have heard about Jesus and have learned the truth that comes from him, ²² throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like God—truly righteous and holy. **Ephesians 4:21-24 NLT**

RENEWAL IS POWERED BY THE HOLY SPIRIT.

⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God. ⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. ¹⁰ But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you. **Romans 8:5-11 NIV**

FOCUS YOUR THOUGHTS ON THE RIGHT THINGS, THE BEST THINGS!

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 NIV**

THE POWER OF JESUS CHRIST CHANGES EVERYTHING!

Next Steps for me today...

- To surrender my life to the life-changing power of Jesus
- To eliminate any negative influences that are unnecessary
- To focus on God's promises and truth