

# HOW TO HEAR FROM GOD THROUGH RENEWING OUR MIND

Romans 12:1-2 | Hebrews 4:12 | Eph. 4:17-24

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## **BIG IDEA:**

To hear from God, we must:

- 1) **Renew** and **transform** our way of **thinking**.
- 2) Grow in **discerning** His ways.
- 3) Have a **sound** mind.

## Romans 12:1-2 ESV

[1] I appeal to you therefore, brothers, by the mercies of God, to **present your bodies as a living sacrifice, holy and acceptable to God**, which is your spiritual worship.

[2] Do not be conformed to this world, but **be transformed by the renewal of your mind**, that by **testing** you may **discern** what is the **will** of God, what is good and acceptable and perfect.

12:2 **NLT** - but let God transform you into **a new person by changing the way you think.**

The word *discern* and its derivatives are translations of the Greek word *anakrinc* in the New Testament. It means “to distinguish, to separate out by diligent search, to examine.”

**In its simplest definition, discernment is nothing more than the ability to decide between truth and error, right and wrong.** Discernment is the process of making careful distinctions in our thinking about truth.

## **POINT:**

To discern between truth and lies, we must **renew** and **retrain** our minds, aligning our thoughts with God's truth. This **equips** us to hear from Him more clearly and better understand His ways.

## **Hebrews 4:12 ESV**

For **the word of God** is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and **discerning the thoughts and intentions of the heart.**

## **MESSAGE POINT:**

You can't experience **renewal** without **replacement.**

The process of renewal always involves replacing the **old** with the **new**.

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### **Ephesians 4:17-24 ESV**

Now this I say and testify in the Lord, that you must **no longer walk as the Gentiles do, in the futility of their minds.** [18] *They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.* [19] They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. [20] But that is not the way you learned Christ!-

[21] assuming that you have heard about him and **were taught in him, as the truth is in Jesus,** [22] **to put off your old self,** which belongs to your former manner of life and is corrupt through deceitful desires, [23] and to be **renewed in the spirit of your minds,** [24] and to put on the new self, created after the likeness of God in true righteousness and holiness.

## **Ephesians 5:6-11 ESV**

[6] Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

[7] Therefore do not become partners with them; [8] for at one time you were darkness, but now you are light in the Lord. Walk as children of light [9] (for the fruit of light is found in all that is good and right and true), [10] **and try to discern what is pleasing to the Lord.** [11] Take no part in the unfruitful works of darkness, but instead expose them.

## **POINT:**

In order to hear from God we must have a **sound mind**.

A **sound mind** is the result of growing in **discernment** of God's ways.

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### **2 Timothy 1:7 ESV**

for God gave us a spirit not of fear but of power and love and a **sound mind** (sound judgment ; self control ; self discipline)

## **SIDE NOTE:**

There is a connection between **hearing** from God and **growing** in your relationship with Him, which is rooted in **discipline** and **discernment**.

**Remember,** The spiritual disciplines are designed to help us grow in godliness and deepen our relationship with Christ. **They are not the ultimate goal but rather the means—pathways** that lead us toward the ultimate purpose of knowing and drawing closer to Him.

**Spiritual Disciplines = Path**

**Spiritual Growth** (closer to God & becoming more like Christ)= **Purpose**

# PERSONAL DISCUSSION & REFLECTION

## SCRIPTURE

What does it mean to **renew your mind** according to Scripture? (e.g., Romans 12:2)

What is spiritual discernment? How does renewing our mind help us **discern** God's voice from other influences?

How do you see the connection between **renewing your mind** and spiritual growth (becoming more like Jesus) in your walk with Christ (Romans 12:2)?

## PERSONAL

Can you think of a time when your thought patterns changed after spending time in God's Word or prayer? How did that impact your ability to hear from Him?

What lies or worldly influences might be hindering your ability to hear from God clearly?

How do you personally guard your mind against distractions or negativity that could cloud your discernment?



## **PRACTICAL**

What practical steps can you take to renew your mind daily?

How can meditating on Scripture or memorizing God's Word help you recognize His voice?

What role does prayer play in the process of renewing your mind and hearing from God?

## **COMMUNITY**

How can Christian community help us in the process of renewing our minds and discerning God's voice?

How can we encourage each other to replace lies with truth and focus on God's perspective?

