**[PP slide 1: Title]**

[Leader:  **“**Please join me now in prayer”

Dear Heavenly Father, “May the words of our mouths, and the meditations of our hearts be pleasing in Your sight, our Rock and our Redeemer.” In Jesus name, amen.]

**Introduction**

Review:

In our first session, I described a strategy called **No Hold** which is rooted in, and inspired by, Jesus’ statement in John 14.

**[PP slide 2: John 14:30-31]**

We noted that there seems to be a dynamic relationship between reducing influence and growing influence between the two “kingdoms”.

**[PP Slide 3: Inverse/build graphic]**

We next identified some tactics that the devil uses to produce **places of access and ownership** in our lives.

**[PP slide 4: Ephesians 4:25-28]**

In relation to that understanding, we emphasized the role of the **Holy Spirit** in this dynamic process.

**[PP slide 5: Eph 5:17-18]**

In session **2**, we talked about strategic structure – end point, pathways, and tactics.

We recognized our Biblical end point as full spiritual maturity,

**[PP slide 6: – Eph 4:11-13]**

and discussed a Biblical pathway called “standing firm”.

**[PP slide 7: – Eph 6:13]**

We then looked forward at several families of **tactics** connected to the **No Hold** strategy.

**[PP Slide 8: Outline]**



[Leader: Explain outline: These tactical families include: Forgiveness, Personal History, and Mind Renovation. Forgiveness and Personal History focus our attention on past events into present; then Mind Renovation is oriented to the present into the future. In our last session, we will return to the **No Hold** strategy to investigate its end point in more detail.]

In session **3** we moved forward to focus on the **tactics** of forgiveness connected to the **No Hold** strategy.

We recognized that Jesus’ **criminal justice system** is the context into which the tactics of forgiveness fit.

The next important concept we described in the context of forgiveness, was **sin** (lawlessness/criminal behavior).

The final concept we described in the context of forgiveness was the activity of Satan as the **accuser** of the Christian believers.

We then noted how forgiveness is defined:

**[PP Slide 9: Definition]**

**aphiemi** (NT:863), primarily, **"to send forth, send away"** [regarding] ‎(b) sins…

1. ‎**firstly signifies the remission [dismissal] of the punishment due to sinful conduct…**
2. **‎secondly, it involves the complete removal of the cause of offense**

[Leader: read definition aloud starting with “firstly”.]

We emphasized that a court’s sole purpose is to establish guilt or innocence and dispense justice. Mercy and forgiveness are processes that could be termed **“out of court settlements”**. They are related to the maintenance of social order, but provide alternative processes to actual court action.

We also defined a family of forgiveness tactics included in the No Hold strategy:

**[PP Slide 10: Tactics]**

1. Receiving forgiveness from God
2. Receiving forgiveness from others
3. Granting forgiveness to others

[Leader: read tactics aloud]

In session **4** we investigated **two** of these forgiveness tactics;

* receiving forgiveness from God, and
* receiving forgiveness from others;

**and practiced them**.

We also noted a way of interpreting the definition of forgiveness:

**[PP Slide 11: Interpretation]**

1. **To forgive – a sense of laying aside; getting rid of something; letting something go; sending something away.** 
   1. **Opposite of holding onto; keeping something close; grasping onto something**
2. **If it’s laid aside, it’s gone.**

In session **5** we investigated and practiced the third forgiveness tactic, which is granting forgiveness to other people. We also recognized a **warning** that Jesus gave regarding forgiveness: if we forgive, we will be forgiven; if we don’t forgive, we will not be forgiven.

In session **6** we interacted with a set of No Hold tactics oriented toward our personal history. This tactic set is referred to as a Vine Replacement Tool.

**[PP slide 12: VRT]**

Tactics 1-2 enable you, with God’s help, to take back the places (given over to, and owned by, the devil) that give the vine a rooting place. Tactic 3 cleanses those places formerly owned by the Devil. Tactic 4 fills those places with the righteousness of God. Tactic 5 gives the places once owned by the devil to the Holy Spirit. That way, the devil can’t move back in. Tactics 6 and 7 are a way to benefit the people who have used the places to influence our inner man toward the kingdom of darkness strategy. The hope is that our prayer, as the injured person, will make it easier for one or more of those people to come to follow Jesus just as we have.

In session **7**, we presented some tactics that, if practiced, could help a person walk free of anxiety. We looked at Paul’s counsel found in Philippians 4,

**[PP slide 13: Phil 4:4-7]**

and found three alternatives to walk in instead of being anxious.

**[PP slide 14: Alternatives]**

1. Rejoice always (heavily emphasized)
2. Pray saturated with thanksgiving
3. Choose to walk in the peace and understanding that comes from God

We then identified two tactics to use in order to free ourselves from anxiety.

**[PP slide 15: Tactics]**

Anxiety Tactics

1. Use the VRT to remove the vine(s) of worry/anxiety.
2. Keep the worry vine from growing again:
   1. It’s a matter of choosing [changing your mind] to trust God, and continuing to walk out that decision in your immediate situations.

In session **8**, we discovered that our heavenly Father wants us to walk free of slavery resulting from the fear (terror) of death, so He will support every effort on our part that agrees with His revealed will. He will also, if we request it, strengthen our inner man so that we are able to stay free.

The No Hold strategy holds three strategic tactics that together are able to drive out the fear of death.

**[PP Slide 16: Tactics]**

Fear of Death Tactics

Tactic 1 – Choose, with the Lord’s help, to change your mind-set (repent).

Tactic 2 – Treat the whole history of a specific fear as a vine, and use your Vine Replacement Tool.

Tactic 3 – Walk in the perfect (complete) love that drives out fear.

In session **9**, we interacted with several Biblical passages talking about God’s Mind Renovation process. Paul speaks extensively regarding the process. One of his teachings is found in Romans 12.

**[PP Slide 17: Rom 12:2]**

**Romans 12:2**

**Do not be conformed [fashion alike] to this world, but be transformed [‎metamorphose] by the renewal [renovating] of your mind**, that by testing [examination] you maydiscern what is the will of God, what is good and acceptable and perfect. ESV

[Leader: read passage aloud]

This renovation process starts when we first believe, and continues until we reach full maturity. This is a process that we participate in by choosing. God’s part is producing the renovation through His Spirit working through the revelations contained in the Bible.

We have three No Hold tactics acting in the Mind Renovation process:

**[PP Slide 18: Tactics]**

Mind Renovation Tactics

**Tactic 1:**  use your Vine Replacement Tool and Treat each old habit as a separate vine (or set of vines).

**Tactic 2:** Cooperate with God’s mind renovation process.

**Tactic 3:** Test and approve God’s will. Test His ways of doing things in the fire of experience. Prove to yourself that His ways really are good, pleasing and perfect.

[Leader: Read the tactics aloud]

**Body:**

(Individual practice 1: Ungodly Beliefs study) Follow-up to Ungodly Beliefs worksheet: - 5 Minutes

Did you bring your completed Ungodly Beliefs worksheets with you?

[Leader: pass out UGB Teaching Aids to students who have worked through their copy of the ungodly Beliefs worksheet.]

We will not be reviewing your Ungodly Belief worksheets in class. Instead, here is the UGB Teaching Aid. This week please prayerfully work through the Teaching Aid that accompanies your Ungodly Beliefs worksheet. If you have any questions, please share them privately in our next session.

**This week** I hope to focus our attention on becoming single, or whole minded.

Having said that let me emphasize, and emphasize again, with the strongest possible force, that God is actively involved in this process. I am **NOT** advocating, in ANY WAY self-developed mind expansion/control efforts. ALL SUCH EFFORTS ARE USELESS, WORTHLESS.

Before going any further, a couple of definitions will be helpful. In the definitions, “OT” or “NT” means Old or New Testament. The number is a reference number from Strong’s Greek/Hebrew Definitions.

Both Old and New Testaments use the following two words: “heart” and “mind”. Quite a bit of confusion swirls around these two words, so we will find out how Strong’s dictionary defines them.

The Old Testament, written in the ancient Hebrew language, uses the same word for both “heart” and “mind”.

**[PP slide 19: Definition]**

**leb** (OT:3820)**, "heart; mind; midst… Can be used of the man himself or his personality: Can be used of the inner man, contrasted to the outer man: The seat of desire, inclination, or will: is regarded as the seat of emotions: Could be regarded as the seat of knowledge… Memory is the activity of the "heart": May be the seat of conscience and moral character.**

[Leader: read the definition aloud]

The New Testament, written in the ancient Greek language, uses two different words for “heart” and “mind”, but both are defined much like the other.

**[PP slide 20: Definition]**

|  |  |
| --- | --- |
| **kardia** (‎NT:2588), **"the heart"**  **By an easy transition the word came to stand for man's entire mental and moral activity, both the rational and the emotional elements.** | **nous** (‎NT:3563), **"mind"**  **…the seat of reflective consciousness, comprising the faculties of perception and understanding, and those of feeling, judging and determining.** |

[Leader: read the definitions aloud]

[**DRF note:** The word translated “Heart” and “Mind” is the same Hebrew word in the OT; and two close Greek synonyms in the NT when they are used in relation to our “inner man”. They each refer to both mental and emotional processes, and often seem to be used interchangeably.]

Another word critical to our understanding in this session is “all”, or “whole”.

Both Hebrew and Greek use a single word that can be translated either “all” or “whole”.

**[PP slide 21: Definition]**

‎**kol** (OT:3605); from (OT:3634); **properly, the whole; hence, all…**

**holos** (NT:3650);for which **see ALL, and ALTOGETHER, signifies "whole,"…**

[Leader: read the definitions aloud]

OK – so let’s start.

**(Group discussion 1: Question)**  - 5 minutes

As a “**whole**” class, please discuss the following question.

**[PP Slide 22: Question]**

**How would you describe singleness of mind?**

(Leader: record audience suggestions)

The Bible uses the term “all/whole” instead of “single” mind, but it **does use** the phrase “double minded”. This passage out of James shows how it is used:

**[PP Slide 23: James 1:5-8]**

**James 1:5-8**

**5** If any of you lacks wisdom,let him ask God,who gives generously to all without reproach, and it will be given him. **6** Butlet him ask in faith,with no doubting [opposing/hesitating/wavering], for the one who doubts is likea wave of the sea that is driven and tossed by the wind. **7 For that person must not suppose that he will receive anything from the Lord; 8 he is a double-minded [vacillating] man, unstable [inconsistent] in all his ways.** ESV

(Leader: read passage aloud)

Double minded – bouncing back and forth between – blown and tossed by outside influences. Wavering; Unpredictable – who or what is such a person going to believe next?

So let’s consider this passage for a moment:

**(Group discussion 2: Question)**  - 5 minutes

Starting with person #2, please discuss the following question.

**[PP Slide 24: Question]**

**…he is a double-minded [vacillating] man…**

**What do you think causes a “double minded” condition?**

Jesus gives us a solution to doubting. He says the following to Peter when he tried to walk on water:

**[PP Slide 25: Matthew 14:31]**

**Matthew 14:31**

**31** Jesus immediately reached out his hand and took hold of him, saying to him, **"O you of little faith [‎lacking confidence], why did you doubt [waver]?"** ESV

(Leader: read passage aloud)

I think that Jesus revealed a solution to doubting, but He doesn’t talk about how to go about the change process.

So how does a person build confidence in God?

John may provide a solution:

**[PP Slide 26: 1 John 3:21-24]**

**1 John 3:21-24**

**21** Beloved, **if our heart does not condemn [find fault with] us, we have confidence [assurance] before God**; **22** andwhatever we ask we receive from him, **because we keep his commandments and do what pleases him**. **23 And this is his commandment that we believe in the name of his Son Jesus Christ and love one another**,just as he has commanded us. **24** Whoever keeps his commandments abides in him, and he in them. Andby this we know that he abides in us, by the Spirit whom he has given us. ESV

(Leader: read passage aloud)

John says the solution is to believe Jesus and love each other. He goes on to talk more about confidence. We interacted with his teaching in the session on slavery due to the fear of death.

**[PP Slide 27: 1 John 4:17]**

**1 John 4:17**

**17** By this is love perfected [completed] with us, so that we may have confidence [bold assurance] for the Day of Judgment, **because as he is so also are we in this world**. ESV

(Leader: read passage aloud)

James provides another step for walking in this whole mind condition:

**[PP Slide 28: James 4:7-10]**

**James 4:7-10**

**7** Submit [‎subordinate/ obey] your selves therefore to God.Resist [stand against] the devil and he will flee from you. **8 Draw [approach] near to God, and he will draw near to you**.Cleanse your hands; you sinners, **and purify [make clean] your hearts, you double-minded.** **9** Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. **10** Humble yourselves before the Lord, and he will exalt you. ESV

(Leader: read passage aloud)

James provides several life-style instructions in this passage, but he doesn’t tell us how to go about doing them. So…

**(Group discussion 3: Question)**  - 5 minutes

Starting with person #3, please discuss the following question.

**[PP Slide 29: Question]**

**…purify [make clean] your hearts, you double-minded…**

**How would you go about cleansing a double (flopping back and forth) mind?**

The No Hold strategic Forgiveness and Personal History tactics are targeted on this heart/mind cleansing process.

In addition, maybe Paul is on to something when he says in his letter to the Philippian church:

**[PP Slide 30: Philippians 4:8-9]**

**Philippians 4:8-9**

**8** Finally, brothers, **whatever is true [unconcealed], whatever is honorable [honest] , whatever is just [right, innocent] , whatever is pure [clean/perfect], whatever is lovely [friendly towards], whatever is commendable [reputable], if there is any excellence, if there is anything worthy of praise, think about [take inventory of] these things.** **9** What you have learned andreceived and heard and seenin me—practice these things, andthe God of peace will be with you. ESV

(Leader: read passage aloud)

Choosing carefully what we think about [pay attention to, keep track of] is able to produce clean thinking. According to James, clean thinking produces a whole mind.

Maybe looking at this Whole Mind condition through the No Hold “Mind Renovation” lens might provide a wider point of view.

**[PP Slide 31: Inverse/build graphic]**

Remember, God’s Mind Renovation process starts with His action, and He is involved throughout the process.

[**DRF note**: The following is my personal understanding of this renovation process:

This Mind Renovation process seems to reveal several, can I say, “stages” of maturation. The first stage is a condition in which a person recognizes some kind of “Need”. It then moves into a condition that I call the “Salvation Window”. This condition of salvation would be the second stage. The next stage would be the condition of some kind of “Tipping Point” where we come to value the good ways of the Lord more than our old lifestyle. As we become more mature [completed], we may come to a stage of choosing the condition of a “Whole Mind”. The next stage would be the condition of a “Stayed Mind”. The final stage would be a condition of “Full Maturity [completion]”.

While a person is walking in stages 1-3, a double mind will be gradually reduced through a cooperative relationship between a person and our heavenly Father (our Father doing the “heavy lifting”). By the time a person is brought to the stage of a “whole mind”, our double mind will be mostly removed.

The stages of “Whole Mind”, “Single Mind” and “Full Maturity” do not mean that a person becomes more “perfect”. The issue of perfection or “sinless perfection” does not have a place in this process. We are all saved by grace through faith, not by how we behave. This renovation process assumes that we still have a capacity for sinning and will still find a necessity to stay humble before God and confess [freely admit] our sin. But, my pastor has a saying that I appreciate: As long as we live in our mortal body “we will never be sinless; but we can sin less!”.]

May each of us walk (at least a short while) in full maturity before God calls us home.

[Leader: substitute your own experience, or use my following testimony]

**[DRF’s testimony**:

“Let me share my experience with this issue. In my early years following Jesus, my mind would have been described as “double”. Sometime during my “tipping point” time frame, I became aware of an inner emptiness. It persisted in spite of healthy family and friend relationships. As I continued to mature spiritually (having my mind renovated), I came into a growing hunger to experience more direct, real-time interactions with God. I remember saying to several people, ‘I know a lot about God, but I don’t know *Him*’. During this time the following passage captured my attention…”]

This passage comes out of a letter that Jeremiah wrote to the exiled Jews living in Babylon.

**[PP Slide 32: Jeremiah 29:10-14]**

**Jeremiah 29:10-14**

**10** "For thus says the Lord:When seventy years are completed for Babylon,I will visit youand I will fulfill to you my promiseand bring you back to this place. **11** For I know the plans I have for you, declares the Lord , plans for wholeness and not for evil,to give you a future and a hope. **12** Then you will call upon me and come and pray to me,and I will hear you. **13 You will seek [search for] me and find me. When you seek me with all your heart**, **14** I will be found by you, declares the Lord,and I will restore your fortunes andgather you from all the nations and all the placeswhere I have driven you, declares the Lord, and I will bring you back to the place from which I sent you into exile. ESV

(Leader: read passage aloud)

And much later, Paul caught my attention:

**[PP Slide 33: Romans 1:8-10]**

**Romans 1:8-10**

**8** First,I thank my God through Jesus Christ for all of you,because your faith is proclaimed in all the world. **9 For God is my witness, whom I serve with my spirit [whole heart]** in the gospel of his Son,that without ceasing I mention you **10** always in my prayers, asking that somehowby God's will I may now at last succeed in coming to you. ESV

(Leader: read passage aloud)

**[DRF’s testimony continued**

“…The highlighted statements stood out boldly to me when I read them. It took several more years before I finally understood the value of a whole heart/mind. During those years, I tried several times to solve my “inner man” issue. Nothing worked, and I seriously wondered if my emptiness would ever be filled. Finally, in late December 2013, I lay on my back in bed crying like a baby – desperate. I recognized that my heart was scattered [competing loyalties] instead of whole. I begged God to help me make my heart whole. I kept up my prayer every night. The night of 1/3/2014 the Lord helped me come into a whole heart condition. That night everything changed for me. My “inner man” has not been the same since.”]

(!!! Caution: each person will have a different experience as they seek to establish a whole heart!!!)

Just to review:

**[PP Slide 34: Review]**

A whole heart/mind would be:

* Without doubt (opposition/hesitation), (James 1:5-8)
* Cleansed/purified (James 4:8; 1John 1:7,9; Phil 4:8)

[Leader: read the review aloud]

Here are the No Hold strategic Whole Mind tactics:

**[PP Slide 35: Tactics]**

Whole Mind Tactics

Tactic 1: Choose to stop doubting

* Building confidence by believing Jesus and loving our fellow believers removes doubting. (1 John 3:21-24, 4:17 - ,because as he is so also are we in this world.)

Tactic 2: Clean up our minds

* Choose carefully what we think about (pay attention to, keep track of). Clean thinking produces a whole mind. (Phil 4:8-9 - …think (take inventory of) about these things)
* The No Hold strategic Forgiveness and Personal History tactics are also targeted on this heart/mind cleansing process.

Encouragement:

Some of us, who are in the earlier stages of maturity, might be saying to ourselves something like: “these tactics are impossible to attain”. Others might say “I can’t just *change* my mind”. If you are experiencing this sense of frustration as you interact with these tactics, please be **encouraged**; and be patient. Growing in relationship with Him, our Lord **will** bring each of us into full maturity according to His plan.

Each of us, however, **are** able to pray into our own future development. We are emphasizing here the encouragement of **asking**. Hear and remember the Word of the Lord regarding this matter:

**[PP Slide 36: Encouragement]**

Encouragement: Ask God to help you (1 John 5:14-15 **- And this is the confidence (boldness) that we have toward him, that if we ask anything according to his will he hears us. 15 And if we know that he hears us in whatever we ask, we know that we have (hold) the requests that we have asked of him.**

[Leader: pass out the Whole Mind Tactics worksheet]

(Individual practice 2:) 5 Minutes

For the next 5 minutes, if you are willing, please ask your heavenly Father to help you make your heart whole. He wants us to have a whole heart, so **will** help us. He also appreciates the relational contact as we humbly ask Him.

Record on your worksheet what issues you think could be changed in your thinking right now. Through the coming week, if you are willing, use your No Hold tactics to remove doubt and clean your thinking. Record your progress. This information will not leave your hands or be made public in our class session.

[Leader: At the end of 5 minutes, instruct class participants to turn over their Whole Heart/Mind worksheets]

Here are some of the opportunities attractive to a person walking in the stage of Whole Heart/Mind. All believers interact in some way in these opportunities, but the activity blossoms in the stage of Whole Heart/Mind.

[Leader: if you have time, ask for questions]

**What questions might you have at this point?**

**Conclusion**

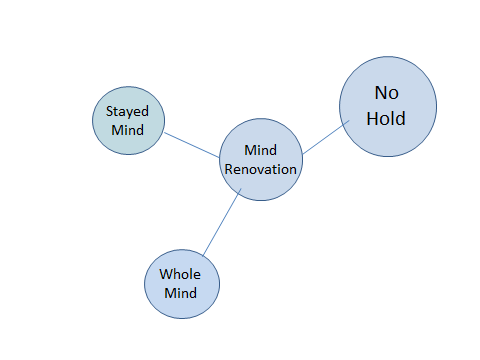
Here’s the point: getting to a condition, with God’s help, where we are actively walking in a whole heart, provides increased steadiness, ability to focus, and ability to find and interact with our heavenly Father. It is an important milestone in the No Hold Mind Renovation process that reduces our vulnerability to kingdom of darkness influence and increases our capacity of Godly influence.

“Whole Heart” is a condition of Mind Renovation short of full maturity. We recognize that a whole heart/mind is not to be equated with perfection. We do have the opportunity, however, to actively pursue a whole heart/mind, and, with God’s help and timing, are able to come to a condition where we are able to walk in it through our salvation position and the power of the Holy Spirit.

A whole heart is a gigantic advantage. Please pursue it sooner and harder than I did. Any place would be a good starting place – start right where you are right now.

In our next session we will deal with how to walk in a stayed mind.

**[PP Slide 37: Mind Renovation Graphic]**



[Leader: who would be willing to close us in prayer?]