**[PP slide 1: – Title]**

[Leader:

* Print out and produce enough paper copies of files [9 No Hold Renewing Mind 1a and 1b] so that each student will receive a copy of each file.
* Be prepared to provide a sheet of blank paper and a writing instrument to each of your students if they didn’t happen to bring one with them.
	+ The session notes will let you know when to distribute these materials.
* Please, as part of your preparation, do the Individual practice 1(including the Ungodly Beliefs worksheet) before you attempt to teach this session.]

[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]**

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: Fear 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.

**Body**

We will start this session by viewing the No Hold strategy from a different point of view. Up to now we have been interacting with it from a tactical point of view – from the “boots on the ground” perspective. In this session we will also be viewing the strategy from a bird’s eye view. The Bible calls this point of view **“renovation of your mind”**.

The Bible word translated renovation means:

**[PP Slide 17: Definition]**

**anakainosis** NT:342 ‎ ‎; from NT:341; **renovation:**

**renovation: "To make new" - not recent but different (not different in kind, but from what existed in the recent past).** – Webster’s Dictionary

[Leader: read definition aloud starting with the word “renovation”.]

Renovation happens when a person chooses to take some kind of organized action to make an old thing new (for example, renovating a building). It is an **organized process** that takes place over time.

[**DRF note**: God’s renovation process starts inside a person – in our “Inner person”, or “soul” - when we first believe. Then it is worked out in action according to God’s own plan.]

Here’s how Jesus talks about it.

**[PP Slide 18: Matt 12: 34-35]**

**Matt 12: 34-35**

**34 …For out of the abundance of the heart the mouth speaks.** **35** The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil.  **ESV**

[Leader: read passage aloud]

So let’s see how God’s renovation process is revealed in the Bible.

Let’s first look at God’s desire for the people He has made:

**[PP Slide 19: 2 Peter 3:9]**

**2 Peter 3:9**

**9** The Lord is not slow to fulfill his promiseas some count slowness, but **is patient toward you, not wishing that any should perish [be utterly destroyed], but that all should reach repentance [change of mind-set].** ESV

[Leader: read passage aloud]

This statement reveals God’s plan built around the renovation of our minds. It also reveals His heart’s desire for the plan – the reason He developed this organized, ongoing process.

This ongoing process starts before a person makes a decision to receive and follow Jesus.

**[PP Slide 20: John 6:44-45]**

**John 6:44-45**

**44 No one can come to me unless the Father who sent me draws [drags] him**. AndI will raise him up on the last day. **45** It is written in the Prophets,'And they will all betaught by God.' **Everyone who has heard and learned from the Father comes to me**  ESV

[Leader: read passage aloud]

In this next passage Jesus reveals God’s “starting point”. Jesus is teaching his disciples about His return to the Father.

(**PP Slide 21: John 16:7-8)**

**John 16:7-8**

**7** …**for if I do not go away, the Helper (Holy Spirit) will not come to you. But if I go, I will send him to you. 8 And when he comes, he will convict [rebuke/convince] the world concerning sin and righteousness [justice] and judgment [court action]**: ESV

[Leader: read passage aloud]

The next step would be when a person finally comes to the place where they become ready to change their mind [repent]. This is the window of salvation.

**[PP Slide 22: Romans 6:23]**

**Rom 6:23**

**23 For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.** ESV

[Leader: read passage aloud]

God’s renovation process isn’t finished at the time of salvation. His continues it without interruption.

Here is where we will begin to interact with His process today.

**[PP Slide 23: 2 Cor 4:16-18]**

**2 Corinthians 4:16-18**

**16** So we do not lose heart. **Though our outer nature is wasting away [ruin/decay], our inner nature is being renewed [renovated] day by day**. **17** Forthis slight momentary affliction is preparing for us an eternal weight of glory beyond all comparison, **18** as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. ESV

[Leader: read passage aloud]

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

Starting with person #1, please discuss the following question.

**[PP Slide 24: Question]**

**…our inner nature is being renewed [renovated] day by day…**

**What is one way that you notice God’s renovation process presently working in your life?**

[Leader: read question aloud]

Let’s, for a moment, look at the **end point** of God’s renovation process. Hint: it’s the same end point seen by the No Hold strategy. We will be investigating this end point in more detail in our last session, but take a look at what Paul says in this next passage:

**[PP Slide 25: Col 3:5-10]**

**Col 3:5-10**

**5 Put to death therefore what is earthly in you**:sexual immorality, impurity,passion, evil desire, and covetousness,which is idolatry. **6** On account of these the wrath of God is coming. **7** In these you too once walked, when you were living in them. **8** But nowyou must put them all away:anger, wrath, malice,slander, and obscene talk from your mouth. **9 Do not lie to one another, seeing that you have put off [wholly divested] the old self with its practices 10 and have put on [sunk into] the new self, which is being renewed [renovated] in knowledge [full discernment] after the image [likeness/resemblance] of its creator**. ESV

[Leader: read passage aloud]

As believers, we have already, with God’s help, taken off our old self and put on our new self. That was accomplished in the portion of God’s renovation plan related to our salvation experience. That much of repentance [changing our mind-set] has been completed. Getting rid of all the old habits of thought that still are part of our experience will require us to continue the process of **changing or minds**. We need to continue walking in God’s renovation process.

**At this point, we will come back to the tactical point of view.** Tactics speak to what **we do** to cooperate with God in this renovation process.

[**DRF note**: One word of caution:

Let me emphasize, and emphasize again, with the **strongest possible intensity**, 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.]

With that said,

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

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

**[PP Slide 26: Question]**

**…Put to death therefore what is earthly in you…**

**What would a believer have to do in order to kill old habits?**

[Leader: read question aloud]

And continue the discussion discussing this follow-up question:

**[PP Slide 27: Question]** - 5 minutes

**…put on [sunk into] the new self, which is being renewed [renovated] in knowledge [full discernment] after the image [likeness/resemblance] of its creator…**

**How would a believer be renewed (renovated) in knowledge?**

[Leader: read question aloud]

[**DRF note**: God will be involved in bringing us to the point of change, and will help us do the things (tactics) that need to be done. Within that understanding, Use your Vine Replacement Tool. Treat each habit as a separate vine].

To bring these concepts into the **No Hold** orientation:

* The tactics of the Vine Replacement Tool, **when practiced**,
	+ Are able to remove influence from agents of the kingdom of darkness because the places that they once occupied in our “inner man” due to our past sinful behavior have been reclaimed and turned over to the Holy Spirit.
* The other tactics of Forgiveness, Past History, and Mind Renovation, **when practiced**,
	+ Are able to prevent much ongoing kingdom of darkness influence by choosing to change our natural mind-set with the Holy Spirit’s help.
	+ Are able to increase the kingdom of Light influence making future mind renovation more likely.

It’s now time to look at Romans 12.

**[PP Slide 28: Romans 12:1-2]**

**Romans 12:1-2**

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

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

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

**[PP Slide 29: Question]**

**…Do not be conformed [fashion alike] to this world…**

**How does “not conforming” contribute to the renewing of your mind?**

 [Leader: read question aloud]

* Do not conform – a starting point for change.
* Provides a “structural framework” for renewal

Please note that transformation through the process of mind renovation is a process that happens over time. The renovating of our minds produces gradual behavior transformation. The time frame could be different for each individual.

Note also that testing [examination] appropriately starts as soon as the renovation process starts.

 “Testing” [examining] with your renovating mind is the Bible process that, over time, produces discernment [thorough separation] regarding the **value** of the will of God.

[**DRF note**: In the early stages it is easy to misunderstand the results of our examination since our minds still hold old ways of thinking. Expect, in the early years, to go through periods of frustration lamenting something like “I tried it and it didn’t work”. Our God is able to clear up the misunderstandings as time goes on.]

**(Group discussion 4: Question)**  - 5-10 minutes

As a full class, please discuss the following question.

**[PP Slide 30: Question]**

**…by testing [examination] you may discern what is the will of God, what is good and acceptable and perfect…**

**How would a person go about “testing” the will of God?**

[Leader: read question aloud and record class contributions]

* Careful experimentation (scientific method)
* Comparison (recognize the similarities and differences)
* Validation (how something works in experiences)

At this time we will interact with the No Hold strategic tactics focused on the renovation of our minds.

[Leader: pass out the “Renovation of Our Mind” tactics sheet]

**[PP Slide 31: Renovation Tactics]**

[Leader: read tactics aloud and insure that each student understands the meaning of the words]

**Renovation of our Mind 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

* Offer your body to God as a living sacrifice (1 Thes 5:23: May God himself, the God of peace, sanctify [set aside for holy use] you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.)
* Effectively resist, with God’s help, the efforts of kingdom of darkness agents to convince/force you to surrender your new mind-set and return to your old slavery. (Eph 6:13: Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.)
* Be transformed through ongoing mind renovation
	+ Continue your education! (Col 3:10: the new self, which is being renewed [renovated] in **knowledge** [full discernment] in the image [likeness/resemblance] of its Creator; 2 Tim 3:16: All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.)
	+ Become continually stuffed full of the Holy Spirit (Eph 5:18: Do not get drunk on wine, which leads to debauchery. Instead, [continually] be filled [filled to the brim] with the Spirit.)

[Leader: instruct students to turn over the tactics sheet]

**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.

* Regular Bible study and meditation (reveals God’s will)
* Research
	+ Biblical (similar phrases; word searches; consistent actions)
	+ Comparison (recognizing the similarities and differences)
* Careful experimentation (scientific method)
* Validation (how God’s will works in experiences)
	+ History (verification of God’s ways in the past)
	+ Personal journal (reveals renovation changes)
	+ Practice No Hold tactics

[Leader: pass out a sheet of blank paper and a writing instrument to each of your students if they didn’t happen to bring one with them.]

(Individual practice 1: Ungodly Beliefs study) – 5 Minutes

For the next 5 minutes, silently ask your heavenly Father what beliefs (mind-sets) you may still accept that are not yet renovated. Write down what He reveals to you.

[Leader: at the end of 5 minutes, pass out **Ungodly Beliefs worksheet**]

This **worksheet** has been provided with permission and with our thanks by the Restoring the Foundations ministry.

During this week, please fill out the form “Ungodly beliefs”, and pray through the results. Please bring the form back with you to our next session. We will process them at that time (**the information that you enter will not leave your hands, and will remain strictly confidential to you**).

Remember this final encouragement from John.

**[PP Slide 32: 1 John 5:14-15]**

**1 John 5:14-15**

**14 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**. ESV

[Leader: read passage aloud]

We have demonstrated that our recommended mind renovation tactics **are** God’s will for us. Please ask…and keep on asking.

**Conclusion**

Each of us is in a different stage of renovation, and has different personalities and histories. So God might have a “custom made” renovation plan for each of us.

The mind renovation tactics work with the other No Hold tactics to reduce kingdom of darkness influence and increase kingdom of light influence.

Please keep in mind that the mind renovation process takes time – please don’t get discouraged.

**Please bring your Vine Replacement Tool with you for the rest of our sessions. You will be using it often.**

We will investigate what the Bible says about a single mind in our next session.

**[PP Slide 33: Mind Renovation Graphic]**



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