

## **Adopted Course - Renewing of the Mind**

In your reflection time Holy Spirit may have revealed a number of wounds and lies that have distorted your view of Father God, Jesus and Holy Spirit, yourself and others. By forgiving the person(s) who caused these wounds, you have allowed Father to heal them and by renouncing the lies, you are now able to believe the Truth.

However, what you have done is not a silver bullet that makes everything perfect. Holy Spirit has given you the freedom to believe truth but you have to **choose** to believe it. This takes time and mental discipline. Romans 12:2 tells us to “be transformed by the renewing of your mind” and this is what you now need to do. The way to do this is by choosing to be proactive in absorbing the truths that Holy Spirit has given you, instead of believing the lies which were your default in the past.

Many of the triggers that appeared to confirm these lies will continue to happen in life, because we cannot control our circumstances. However, we can control **our responses** to those circumstances by re-programming our thoughts. As you choose truth and godly responses to these triggers, you will increasingly live in the freedom that Jesus purchased for you.

The process of renewing the mind (described below) is based upon Dr Caroline Leaf’s “**21 Day Brain Detox Plan**”. You can read about this in much greater detail, plus the neural-science and scripture behind it, in her book called “**Switch on your Brain**”. ([www.drleaf.com](http://www.drleaf.com))

You will need to commit 7-10 minutes a day (preferably at the start of the day, for at least 21 days), to concentrated thought, guided by the Holy Spirit and meditation on the truth. To take full advantage of what Holy Spirit is doing for you, it is best to start this process straight after Holy Spirit begins identifying the lies he wants to remove. You will also find it hugely beneficial to put aside some more dedicated time, probably an hour or two, at regular intervals (weekends work well) to meditate on what Holy Spirit is doing in your life.

### **Daily Steps**

#### **Step 1**

Ask Holy Spirit which lie, revealed during the Adopted Course, he wants to begin “rewiring” with truth.

#### **Step 2**

Ask Him to show you incidents in your life that reaffirmed that lie. Many of these incidents will have been highlighted during the reflection time on the Adopted Course, but you need to allow the Holy Spirit the opportunity to deal with all the incidents He deems relevant. Where people have hurt you, forgive them.

#### **Step 3**

Ask Holy Spirit to show you mindsets or patterns of behaviour that confirmed your belief in this lie. Identifying these is necessary so that you can learn to respond to them in the right way, rather than being controlled by them (e.g. if the lie I believed is that “I always get rejected”, then a friend not inviting me to a social event (trigger) can seem like a major rejection and cause me to react very negatively, when in fact they had just chosen to spend time with someone else on that occasion). Acknowledge that these thoughts and feelings are lies and repent for believing them.

#### **Step 4**

Ask Holy Spirit to reveal how **He** saw you/felt about you/thought about you in that situation. Allow His truth to fill your mind. Meditate on His truth. Think about how that makes you feel. Express these emotions to Him. Thank Him for the way He feels about you and the truth He speaks over you.

#### **Step 5**

Write down the truths that Holy Spirit is saying to you. Be creative: draw, mind map, diagram, use colour, don't be limited. As you document the truths that He says and express your emotions and feelings about those truths, He will give you more.

#### **Step 6**

Re-read what you have written down but now read it **out loud** as a declaration of what you now believe about yourself. "I believe that I am.....", "I believe that I can" etc. Speaking it out loud is more effective than just speaking it inwardly.

#### **Step 7**

Practise! Now that you recognise the triggers that you used to react to in an unhelpful way, you have the opportunity to choose a different response. In those situations, recognise the stimulus/lie, stop your previous reaction and remind yourself of what Father God says and/or who He says you are. This will enable you to choose a godly response that is loving, joyful, peaceful, patient, kind and self-controlled.

**The following two steps can be done when you have a longer time set aside.**

#### **Step 8**

Ask Holy Spirit if there are any people who have been hurt by your wrong responses to these stimuli. If there are, you may need to ask for their forgiveness. Remember, you have forgiven and released them from any wrong they may have done to you so this is not about putting blame on them. Your conversation with them may sound like this. "God has shown me how I have acted in an ungodly way in certain situations and I recognise that my words/actions may have hurt you. I apologise and ask you to forgive me". Remember, you can't control **their** responses, only your own. Whether they decide to extend their own forgiveness to you or not is **not** your responsibility.

#### **Step 9**

Ask Holy Spirit to show you if you have formed escape mechanisms/protective habits that prevent you from recognising these lies. (e.g. if I struggle with rejection, I may keep people at "arm's length" so they never get the opportunity to reject me). Repent for these self-protective habits and, when in similar situations, actively do the opposite.

**After 21 days of this process, the new way of thinking is becoming established in your brain. You can now begin to rewire another truth into your brain.**

