



# Mariner's **DISCOVERY** Church

*OurMDC.org*  
(925) 354-1096  
1641 Bixler Road,  
Discovery Bay  
California 94505

## ***Program for Sunday, February 15, 2026***

*Please welcome the worship music team this week!*

**Call to Worship: God So Loved**

*Good Good Father*

**Welcome, announcements, and prayer:**

### **Announcements for Sunday February 15, 2026**

Thanks for joining our Worship Service today....

- Bible Studies are on temporary Hiatus until further notice.
- The 2025 Giving Statements have been mailed out. If you didn't receive yours or you have any questions, please contact the Church Office at 925-354-1096.
- Please plan on attending our Potluck, and Annual Business Meeting following the worship service on Sunday, March 1<sup>st</sup>. We will give a property construction update, present the 2025 financial report, and vote on the 2026 budget. There will also be a question-and-answer session. This is an important meeting so please mark your calendars to attend.
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**Adoration: Amazing Grace (My Chains Are Gone)**

**Selected Scripture readings.**

**Message: The Transformed Mind**

**Affirmation: Glory to Glory**

**Close of Worship Service, Fellowship continues**

## **Selected Scriptures:**

**Proverbs 4:20-23** My son, give attention to my words;

Incline your ear to my sayings.

21 Do not let them depart from your sight;

Keep them in the midst of your heart.

22 For they are life to those who find them

And health to all their body.

23 Watch over your heart with all diligence,

For from it flow the springs of life.

**Romans 12:1-2** Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect

**Ephesians 4:22-24** if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

**Colossians 3:9-10** Do not lie to one another, since you laid aside the old self with its evil practices, 10 and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him —

**Philippians 4:8** Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

**Friday Devotional 2 Samuel 6:6-7** But when they came to the threshing floor of Nacon, Uzzah reached out toward the ark of God and took hold of it, for the oxen nearly upset it. And the anger of the Lord burned against Uzzah, and God struck him down there for his irreverence; and he died there by the ark of God.

**1 Chronicles 13:9-10** When they came to the threshing floor of Chidon, Uzza put out his hand to hold the ark, because the oxen nearly upset it. The anger of the Lord burned against Uzza, so He struck him down because he put out his hand to the ark; and he died there before God. When they came to the threshing floor of Chidon, Uzza put out his hand to hold the ark, because the oxen nearly upset it. The anger of the Lord burned against Uzza, so He struck him down because he put out his hand to the ark; and he died there before God.

### **What are strongholds?**

**2 Corinthians 10:3-5** For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

- Speculations, Arguments, Lofty things,
- Thoughts that exalt themselves against the knowledge of God.
- Internal structures of belief that oppose the truth of God.
- Strongholds keep a believer stuck, deceived, and spiritually ineffective.
- Strongholds are NOT:
  - demons.
  - a personality trait. Not “just how I am.”

- not circumstances. Strongholds are interpretations, not events.
- nor trauma itself. Stronghold is the lie you believe because of the trauma.

### What strongholds look like in a believer's life:

- Mental Strongholds
- Emotional Strongholds
- Behavioral Strongholds
- Identity Strongholds
- Worldview Strongholds

**How strongholds form:** A stronghold forms when a **lie** becomes a **belief**, a **belief** becomes a **desire**, a **desire** becomes a **habit**, and a **habit** becomes a **fortress**.

### How strongholds fall:

A stronghold falls when a **lie is identified, exposed, replaced, and submitted to Christ**, and then **new habits** are formed by the Spirit.

### How strongholds form and fall:

How strongholds form:	How strongholds fall:
1. Lie Introduced.	1. Lie Identified.
2. Lie Believed.	2. Lie Exposed to Scripture.
3. Desire Shaped by Lie.	3. Lie Replaced with Truth.
4. Habit Formed.	4. Truth Submitted to Christ.
5. Pattern Established.	5. New Habits by the Spirit.
6. Stronghold Built.	6. New Patterns Formed.
	7. Freedom Experienced.

### How strongholds persist:

Reason Strongholds Persist	Scripture	Summary
Mind not renewed	Romans 12:2	Old thinking remains
Lies not identified	John 8:44	Deception unchallenged
Sin not put to death	Romans 8:13	Sin grows
Flesh not denied	Galatians 5:17	Flesh dominates
Enemy not resisted	Ephesians 4:27	Foothold becomes stronghold
Word not dwelling	Colossians 3:16	Truth absent
Unconfessed sin	Psalm 32:3–4	Darkness strengthens sin
Isolation	Hebrews 3:13	No correction or support
Trauma/wounds	Psalm 34:18	Lies formed in pain
Thoughts not taken captive	2 Corinthians 10:5	Lies become patterns
Lie is not replaced with truth	Ephesians 4:22–24	Empty space refills
Partial surrender	Romans 6:13	Unyielded areas remain bound

### The Transformed mind: Hear and See.

#### Proverbs 4:20-23

- Guarding my inputs in an age of overload.
  - To what am I giving my attention?
  - To what am I listening and watching?
- Repeated focus (attention) + engagement + embodied practice = reshaped patterns of thought and desire.

- Meditative scripture reading.
- Bring your inner world to God.

### **The Transformed mind: Resist.**

#### **Romans 12:1,2**

- As the mind is renewed, believers increasingly recognize and embrace God's will as "good and acceptable and perfect."
- Salvation leads to consecration.
- Worship is whole-life sacrifice. Every vocation, every relationship, every habit is on the altar.
- We belong to the kingdom of heaven with kingdom values.
- Transformation is from the inside – out.
- A believer's mind is renewed by the Spirit through the word, prayer, and community. Our thinking is reshaped to align with Christ, and the will of God.
- We are not performing to earn mercy. We are consecrated because of mercy.
- Transformation means replacing a performance based narrative (I must earn the favor of God) with gospel truth (I am responding to mercy already given).
- Preach that good news to ourselves (Romans 5:8; Romans 8:1)
- Prayer, obedience come from gratitude, not fear.
- Spiritual life is not separated from "real life."
- Integrate my faith with my daily decisions.
- Resist cultural conformity, requires critical discernment.
- Mind transformation is connected to habits of thought.
- What we meditate on, mentally rehearse, and believe.
- Scripture, prayer, daily actions can reshape neural and spiritual pathways.
- Replace recurring lies with the truth.
- Use scripture memorization and meditation as "mental re-scripting."
- Renewed minds test, discern, and approve the will of God in concrete situations in life: relationships, career choices, ethical dilemmas, what to do with time, money, my talents.
- This is wise application of scripture and dependence on the Holy Spirit.

### **The Transformed mind: Renew.**

- Already and not yet of the old and new self.
- But believers still have to lay aside and put on = daily align our life with our new identity.
- Become what God has declared what we already are.
- This renewal is ongoing and essential for growth to become like Jesus (holiness = set aside for use by God).
- Our inner transformation is a truth war: lies vs. truth, deceitful desires vs desired shaped by reality as God defines it.
- Name and lay aside the patterns of the "old self."
- Identify what that looks like in the context of your life.
- Self-protective anger, people-pleasing, cynicism, greed, escapism, self hatred, etc.
- These are "Old-self" scripts rooted in deceitful desires and false beliefs.
- Confess old self beliefs, and new self true identity in Christ.
- Identify lies. Replace them with truth of scripture.
- Renewal of the mind is not just what you think, but how you think.
- Spiritual growth is a process, not a one-time mountaintop experience.

### **The Transformed mind: Live.**

- One another: community command.
- Community requires truth and trust.
- Old self: former identity/ lifestyle apart from Christ.
- Old self is past tense. New self is new identity in Christ.
- Standard and pattern of renewal is God Himself, seen in Christ. We reflect the image of God as revealed in Christ.
- Believers have died with Christ and have been raised with Christ. This is an identity shift.
- Our ethics, and lifestyle flow from this new identity.
- The new self is already (declared by God) and not yet. We are being renewed (ongoing process). We are living out what is already true in Christ.
- The image of God, marred at the fall (Genesis) is restored in Christ.
- Truthfulness is tied directly to the new identity.
- Replace “old self” self-talk with the truth of the new identity in Christ.
- Unlearn the false narratives of the world, the flesh, and the devil, and replace them with the truth in scripture.
- Regular engagement with scripture, prayer, and Christian community is “reality training.”
- Refrain from image management and embrace integrity.
- Build relations that have truth in love as normative.
- “Being renewed” is a Spirit-driven, Scripture-saturated process that also aligns with how repeated thoughts and practices reshape the brain.

### **The Transformed mind: Dwell.**

- **True:** That which corresponds to reality as God defines it; opposed to falsehood, illusion, and self-deception.
- **Honorable:** Noble, dignified, worthy of respect; not trivial, crude, or shameful.
- **Right:** Just, righteous; aligned with God’s moral standards.
- **Pure:** Morally clean, unmixed, free from defilement.
- **Lovely:** Attractive in a morally and spiritually beautiful way; that which calls forth love and delight in what is good.
- **Good repute:** Commendable, of good report; things that are well-spoken of for the right reasons.
- **Excellence:** Moral excellence, virtue; anything that truly reflects goodness.
- **Praiseworthy:** Things that God and godly people can rightly praise.
- **Dwell:** Things that God and godly people can rightly praise. It is an ongoing, deliberate mental focus, not a passing thought.
- What we habitually think about shapes our emotions, our choices, and our character.
- Our minds are a central arena of our discipleship and spiritual formation.
- Our personal discipleship includes intentional mental formation, not just behavior modification.
- The Holy Spirit uses truth-filled, God-centered thinking as a means of transformation.
- Sanctification is not “anti-thinking,” it is redeemed thinking.
- Instead of letting anxiety, impurity, cynicism, or bitterness dominate, believers are called to actively redirect their thoughts.
- The list is broad enough to include Christian realities as well as good, beautiful, and just things in the wider world (<- common grace).
- Though we live in a world of constant noise, we are called to curate our thinking, intentionally choosing what we dwell on.

- After we bring our anxieties to God, we are to choose what we are going to dwell on. This does not deny problems. It just refuses to let them dominate the mental landscape.
- Philippians 4:8 can be a discernment grid that can act as a filter for what we mentally consume.
- As such, we should evaluate media, entertainment, conversations, books through this verse. This is how we can become a wise stewards of our mental and spiritual health.
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- When we notice that our minds are dwelling things that are false, or corrupt, we can thank the Holy Spirit for bringing it to our attention and redirect our thoughts to something that fits on the list.
- We can develop a taste for what is morally and spiritually beautiful.
- Our inner world should eventually be marked by truth, purity, and loveliness, not cynicism and impurity.
- Practice gratitude and notice the “whatevers” in your life.
- Celebrate and share stories of excellence and praiseworthy things.

### **The Transformed mind: In Process.**

- What does it mean for you to “incline your ear” to God’s Word in a practical sense?
- Where in your life do you feel your heart is most vulnerable to being mis-shaped by what you see and hear?
- In what areas of your life do you feel most pressured to conform to the world’s values?
- What step can you take this week to resist conformity and align your thinking with God’s will?
- How does the Holy Spirit renew your thinking through Scripture, prayer, and fellowship?
- What does it mean to “put off the old self” and “put on the new self” in your context?
- How can your renewed mind lead to renewed behavior in your relationships, work, and worship?
- What are some “weeds” in your thought life that need to be pulled up (bitterness, envy, gossip)?

How is God calling me to differently: Hear and see, Resist and Transform, Renew, Live, and Dwell this week?

**You are not alone. God is with you! MDC wants to help. We are here for you.**

Prayer Request: [PrayerRequest@OurMDC.org](mailto:PrayerRequest@OurMDC.org)

Pastor Larry: [PastorLarry@OurMDC.org](mailto:PastorLarry@OurMDC.org)

Information: [Info@OurMDC.org](mailto:Info@OurMDC.org)

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Prayer Request: [PrayerRequest@OurMDC.org](mailto:PrayerRequest@OurMDC.org)  
 Pastor Larry: [PastorLarry@OurMDC.org](mailto:PastorLarry@OurMDC.org)

Office Location: 1641 Bixler Rd., Discovery Bay  
 Mailing: PO Box 1667,  
 Discovery Bay, CA 94505  
 Church phone: (925) 354-1096

Information: [Info@OurMDC.org](mailto:Info@OurMDC.org)



# Mariner's **DISCOVERY** Church

*OurMDC.org*  
(925) 354-1096  
1641 Bixler Road,  
Discovery Bay  
California 94505

## ***Program for Sunday, February 15, 2026***

*Please welcome the worship music team this week!*

**Call to Worship: God So Loved**

*Good Good Father*

**Welcome, announcements, and prayer:**

### **Announcements for Sunday February 15, 2026**

Thanks for joining our Worship Service today....

- Bible Studies are on temporary Hiatus until further notice.
- The 2025 Giving Statements have been mailed out. If you didn't receive yours or you have any questions, please contact the Church Office at 925-354-1096.
- Please plan on attending our Potluck, and Annual Business Meeting following the worship service on Sunday, March 1<sup>st</sup>. We will give a property construction update, present the 2025 financial report, and vote on the 2026 budget. There will also be a question-and-answer session. This is an important meeting so please mark your calendars to attend.
- We have signed a contract for the construction of the Patio Cover Addition. Work should begin between Feb. 24th and March 24th, depending on County permitting and receipt of materials. Thank you for your continued support.
- If you have any prayer requests, please fill out a Connect Envelope and place it in the wooden offering box in the back. Also, during the week you can email requests at: [PrayerRequest@OurMDC.org](mailto:PrayerRequest@OurMDC.org)

**Thank You for your Offerings!!**

**To Donate:**

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Discovery Bay, CA. 94505

or **CALL THE OFFICE - (925) 354-1096**

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**Adoration: Amazing Grace (My Chains Are Gone)**

**Selected Scripture readings.**

**Message: The Transformed Mind**

**Affirmation: Glory to Glory**

**Close of Worship Service, Fellowship continues**

## **Selected Scriptures:**

**Proverbs 4:20-23** My son, give attention to my words;

Incline your ear to my sayings.

21 Do not let them depart from your sight;

Keep them in the midst of your heart.

22 For they are life to those who find them

And health to all their body.

23 Watch over your heart with all diligence,

For from it flow the springs of life.

**Romans 12:1-2** Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect

**Ephesians 4:22-24** if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

**Colossians 3:9-10** Do not lie to one another, since you laid aside the old self with its evil practices, 10 and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him —

**Philippians 4:8** Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

**Friday Devotional 2 Samuel 6:6-7** But when they came to the threshing floor of Nacon, Uzzah reached out toward the ark of God and took hold of it, for the oxen nearly upset it. And the anger of the Lord burned against Uzzah, and God struck him down there for his irreverence; and he died there by the ark of God.

**1 Chronicles 13:9-10** When they came to the threshing floor of Chidon, Uzza put out his hand to hold the ark, because the oxen nearly upset it. The anger of the Lord burned against Uzza, so He struck him down because he put out his hand to the ark; and he died there before God. When they came to the threshing floor of Chidon, Uzza put out his hand to hold the ark, because the oxen nearly upset it. The anger of the Lord burned against Uzza, so He struck him down because he put out his hand to the ark; and he died there before God.

### **What are strongholds?**

**2 Corinthians 10:3-5** For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

- Speculations, Arguments, Lofty things,
- Thoughts that exalt themselves against the knowledge of God.
- Internal structures of belief that oppose the truth of God.
- Strongholds keep a believer stuck, deceived, and spiritually ineffective.
- Strongholds are NOT:
  - demons.
  - a personality trait. Not “just how I am.”

- not circumstances. Strongholds are interpretations, not events.
- nor trauma itself. Stronghold is the lie you believe because of the trauma.

### What strongholds look like in a believer's life:

- Mental Strongholds
- Emotional Strongholds
- Behavioral Strongholds
- Identity Strongholds
- Worldview Strongholds

**How strongholds form:** A stronghold forms when a **lie** becomes a **belief**, a **belief** becomes a **desire**, a **desire** becomes a **habit**, and a **habit** becomes a **fortress**.

### How strongholds fall:

A stronghold falls when a **lie is identified, exposed, replaced, and submitted to Christ**, and then **new habits** are formed by the Spirit.

### How strongholds form and fall:

How strongholds form:	How strongholds fall:
1. Lie Introduced.	1. Lie Identified.
2. Lie Believed.	2. Lie Exposed to Scripture.
3. Desire Shaped by Lie.	3. Lie Replaced with Truth.
4. Habit Formed.	4. Truth Submitted to Christ.
5. Pattern Established.	5. New Habits by the Spirit.
6. Stronghold Built.	6. New Patterns Formed.
	7. Freedom Experienced.

### How strongholds persist:

Reason Strongholds Persist	Scripture	Summary
Mind not renewed	Romans 12:2	Old thinking remains
Lies not identified	John 8:44	Deception unchallenged
Sin not put to death	Romans 8:13	Sin grows
Flesh not denied	Galatians 5:17	Flesh dominates
Enemy not resisted	Ephesians 4:27	Foothold becomes stronghold
Word not dwelling	Colossians 3:16	Truth absent
Unconfessed sin	Psalm 32:3–4	Darkness strengthens sin
Isolation	Hebrews 3:13	No correction or support
Trauma/wounds	Psalm 34:18	Lies formed in pain
Thoughts not taken captive	2 Corinthians 10:5	Lies become patterns
Lie is not replaced with truth	Ephesians 4:22–24	Empty space refills
Partial surrender	Romans 6:13	Unyielded areas remain bound

### The Transformed mind: Hear and See.

#### Proverbs 4:20-23

- Guarding my inputs in an age of overload.
  - To what am I giving my attention?
  - To what am I listening and watching?
- Repeated focus (attention) + engagement + embodied practice = reshaped patterns of thought and desire.

- Meditative scripture reading.
- Bring your inner world to God.

### **The Transformed mind: Resist.**

#### **Romans 12:1,2**

- As the mind is renewed, believers increasingly recognize and embrace God's will as "good and acceptable and perfect."
- Salvation leads to consecration.
- Worship is whole-life sacrifice. Every vocation, every relationship, every habit is on the altar.
- We belong to the kingdom of heaven with kingdom values.
- Transformation is from the inside – out.
- A believer's mind is renewed by the Spirit through the word, prayer, and community. Our thinking is reshaped to align with Christ, and the will of God.
- We are not performing to earn mercy. We are consecrated because of mercy.
- Transformation means replacing a performance based narrative (I must earn the favor of God) with gospel truth (I am responding to mercy already given).
- Preach that good news to ourselves (Romans 5:8; Romans 8:1)
- Prayer, obedience come from gratitude, not fear.
- Spiritual life is not separated from "real life."
- Integrate my faith with my daily decisions.
- Resist cultural conformity, requires critical discernment.
- Mind transformation is connected to habits of thought.
- What we meditate on, mentally rehearse, and believe.
- Scripture, prayer, daily actions can reshape neural and spiritual pathways.
- Replace recurring lies with the truth.
- Use scripture memorization and meditation as "mental re-scripting."
- Renewed minds test, discern, and approve the will of God in concrete situations in life: relationships, career choices, ethical dilemmas, what to do with time, money, my talents.
- This is wise application of scripture and dependence on the Holy Spirit.

### **The Transformed mind: Renew.**

- Already and not yet of the old and new self.
- But believers still have to lay aside and put on = daily align our life with our new identity.
- Become what God has declared what we already are.
- This renewal is ongoing and essential for growth to become like Jesus (holiness = set aside for use by God).
- Our inner transformation is a truth war: lies vs. truth, deceitful desires vs desired shaped by reality as God defines it.
- Name and lay aside the patterns of the "old self."
- Identify what that looks like in the context of your life.
- Self-protective anger, people-pleasing, cynicism, greed, escapism, self hatred, etc.
- These are "Old-self" scripts rooted in deceitful desires and false beliefs.
- Confess old self beliefs, and new self true identity in Christ.
- Identify lies. Replace them with truth of scripture.
- Renewal of the mind is not just what you think, but how you think.
- Spiritual growth is a process, not a one-time mountaintop experience.

### **The Transformed mind: Live.**

- One another: community command.
- Community requires truth and trust.
- Old self: former identity/ lifestyle apart from Christ.
- Old self is past tense. New self is new identity in Christ.
- Standard and pattern of renewal is God Himself, seen in Christ. We reflect the image of God as revealed in Christ.
- Believers have died with Christ and have been raised with Christ. This is an identity shift.
- Our ethics, and lifestyle flow from this new identity.
- The new self is already (declared by God) and not yet. We are being renewed (ongoing process). We are living out what is already true in Christ.
- The image of God, marred at the fall (Genesis) is restored in Christ.
- Truthfulness is tied directly to the new identity.
- Replace “old self” self-talk with the truth of the new identity in Christ.
- Unlearn the false narratives of the world, the flesh, and the devil, and replace them with the truth in scripture.
- Regular engagement with scripture, prayer, and Christian community is “reality training.”
- Refrain from image management and embrace integrity.
- Build relations that have truth in love as normative.
- “Being renewed” is a Spirit-driven, Scripture-saturated process that also aligns with how repeated thoughts and practices reshape the brain.

### **The Transformed mind: Dwell.**

- **True:** That which corresponds to reality as God defines it; opposed to falsehood, illusion, and self-deception.
- **Honorable:** Noble, dignified, worthy of respect; not trivial, crude, or shameful.
- **Right:** Just, righteous; aligned with God’s moral standards.
- **Pure:** Morally clean, unmixed, free from defilement.
- **Lovely:** Attractive in a morally and spiritually beautiful way; that which calls forth love and delight in what is good.
- **Good repute:** Commendable, of good report; things that are well-spoken of for the right reasons.
- **Excellence:** Moral excellence, virtue; anything that truly reflects goodness.
- **Praiseworthy:** Things that God and godly people can rightly praise.
- **Dwell:** Things that God and godly people can rightly praise. It is an ongoing, deliberate mental focus, not a passing thought.
- What we habitually think about shapes our emotions, our choices, and our character.
- Our minds are a central arena of our discipleship and spiritual formation.
- Our personal discipleship includes intentional mental formation, not just behavior modification.
- The Holy Spirit uses truth-filled, God-centered thinking as a means of transformation.
- Sanctification is not “anti-thinking,” it is redeemed thinking.
- Instead of letting anxiety, impurity, cynicism, or bitterness dominate, believers are called to actively redirect their thoughts.
- The list is broad enough to include Christian realities as well as good, beautiful, and just things in the wider world (<- common grace).
- Though we live in a world of constant noise, we are called to curate our thinking, intentionally choosing what we dwell on.

- After we bring our anxieties to God, we are to choose what we are going to dwell on. This does not deny problems. It just refuses to let them dominate the mental landscape.
- Philippians 4:8 can be a discernment grid that can act as a filter for what we mentally consume.
- As such, we should evaluate media, entertainment, conversations, books through this verse. This is how we can become a wise stewards of our mental and spiritual health.
- Repeated focus shapes our mental pathways. We can focus on what reflects the character of God.
- We can use this verse as a checklist for our thoughts.
- When we notice that our minds are dwelling things that are false, or corrupt, we can thank the Holy Spirit for bringing it to our attention and redirect our thoughts to something that fits on the list.
- We can develop a taste for what is morally and spiritually beautiful.
- Our inner world should eventually be marked by truth, purity, and loveliness, not cynicism and impurity.
- Practice gratitude and notice the “whatevers” in your life.
- Celebrate and share stories of excellence and praiseworthy things.

### **The Transformed mind: In Process.**

- What does it mean for you to “incline your ear” to God’s Word in a practical sense?
- Where in your life do you feel your heart is most vulnerable to being mis-shaped by what you see and hear?
- In what areas of your life do you feel most pressured to conform to the world’s values?
- What step can you take this week to resist conformity and align your thinking with God’s will?
- How does the Holy Spirit renew your thinking through Scripture, prayer, and fellowship?
- What does it mean to “put off the old self” and “put on the new self” in your context?
- How can your renewed mind lead to renewed behavior in your relationships, work, and worship?
- What are some “weeds” in your thought life that need to be pulled up (bitterness, envy, gossip)?

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