
MEETING NEWSLETTER

INTRODUCTION TO RENEWING YOUR MIND

Welcome to WoW², Women of Worship, Women of Witness. We held a virtual social on June 16th; therefore, there are no Notes from that night. This newsletter captures topics discussed during our meeting on June 23rd. The newsletter may not capture everything, and the topics may not be in the exact order discussed. The newsletter is intended to capture key points from our evening together, with like topics being grouped together for convenience. We hope you are blessed as you join us on our journey.

CURRENT VISION: Thriving in the Wilderness. We will cultivate a safe place to grow in a peaceful environment by preparing the soil of our heart to receive and respond to God's guidance, anchoring ourselves in the Holy Spirit. **We will operate** according to the established guidelines of our group, all of which will bring to light the changes we need to make in our lives, so we can gain the nourishment necessary to grow as individuals and as a group.

Thriving, while in the Wilderness, **will be the outcome of our growth.**

TOPICS DISCUSSED:

Lesson 8 – Introduction to Renewing Your Mind: After a lot of struggle, it finally became clear that the logical lesson after asking God to search our heart was a lesson introducing the concept of renewing our mind by doing a deep dive into Romans 12:2. Using the Easy-to-Read Version, we summed up each section in our own words. Our summations, our overall takeaways, and our H.E.A.R.T. (Hear. Expect. Act, Rest. Trust) are below:

- **Part 1: “Don’t change yourselves to be like the people of this world, but let God change you inside with a new way of thinking.** In other words, don’t change yourselves to look like the people of this world, but let God change you inside with a new way of thinking, for His way is different than the world and what we’ve known. We’re to follow His ways even though His ways are not accepted by the world, and sometimes, not even by us; sometimes, our upbringing makes it hard to accept God’s ways. Therefore, we’re not to let circumstances and others change how we view

things. We're to let God show us what He sees. **Takeaway.** We need to change how we think!

- **Part 2: "Then you will be able to understand and accept what God wants for you."** In other words, looking at things from a Godly perspective helps us to understand what God wants for us and to accept those blessings, gifts, and responsibilities. Moreover, until our heart is completely surrendered, we won't be able to receive what He has for us. **Takeaway.** Thinking like God wants us to think brings healing and releases what He has for us.
- **Part 3: "You will be able to know what is good and pleasing to him and what is perfect."** To better understand what this means, someone defined "good," "acceptable," and "perfect." In looking up the definitions for "good," "pleasing" and "perfect," some key words that stood out.
 - **Good.** As an adjective it refers to something "desired, approved, having the qualities of a particular role." As a noun, it means "righteous."
 - **Pleasing.** Another definition for "pleasing" is "acceptable," and refers to things that are "satisfying or appealing; attractive or like to see."
 - **Perfect.** Perfect refers to "having all the required or desirable elements, qualities, or characteristics - as good as it is possible to be."
 - **The bottom line.** One sister summed up this of Romans 12:2 was "viewing things from a Godly perspective helps me to understand what God wants for me and to accept those blessings, gifts, and responsibilities with the added knowledge of what qualities and characteristics are needed and desired for the role He has for me to satisfy the work to be done as good as possible."
 - **Takeaway.** God's intention for us is perfection. Completion. For our heart to be in the purest place possible by cultivating our heart and renewing our mind to think like He wants us to think, so we know His will.
- **Takeaways from the Evening.** Since we were putting the three sections of Romans 12:2 in our own words, we weren't necessarily expecting there to be a lot of deep

revelation; however, we discovered this lesson was as deep as it needed to be, depending on the season and the soil we're in. We also noted this applies to all Scripture. We also discussed needing to let God change our insides with a new way of thinking. Our ways are not His ways. Our thoughts are not His thoughts. The challenge is when we hear His Word. **Takeaway.** Our ability to renew our mind is all about the season we're in and the soil His Word falls on.

- **Hear:** What you will see is how open you will allow yourself to see and what you will learn depends on your readiness to receive. However, if we keep going around the same mountain, we might hear God ask us how long will it take us to renew our mind in that area! Moreover, He's giving us a loving warning in our current climate. **Takeaway.** Our openness to receiving impacts our ability to hear.
- **Expect.** He expects us to keep trying to see and hear what He wants for us. We expect Him to teach, to guide, and to heal us! We're to renew our mind daily with an open and pliable heart, and we're not to agree with our flesh, but recognize our flesh from our spirit.
- **Act.** Ways we can act are to be purposeful in renewing our mind with Scripture, continually give Him thanks and praise. In addition, fervent prayer is needed to act on what we heard. Thus, we need to spend time with Him!
- **Rest.** Our emotions along with fear and doubt in our own capabilities can disturb our ability to rest in what we heard, but we have to remember, He is God of the possible; therefore, He will help us.
- **Trust.** Doubt disturbs trust. A very interesting insight was wondering if we really heard what we heard, because it was DEEP! And, when we're not expecting deep revelations, it can cause us to doubt our ability to hear the Lord, and it can feel a little scary! However, if we're to overcome our emotions to trust in Him, we have to go deeper than we're used to going.
- **What are we afraid of?** Not knowing how to implement what He reveals and/or not fully understanding what He said are things that can make deep revelations scary to us. However, even though, we might not do what He asked the right way, that's okay.

It reminded us of the Japanese art of Kintsugi, where broken pottery is carefully restored using gold, silver, or platinum dust. We noted, the last message from our first retreat was “Beautifully Broken.” On this evening we declared, we’re not just beautifully broken, but we’re beautifully put back together! We get stuck in “broken” when God is trying to restore! Therefore, we are embracing the restoration that’s happened, is happening, and will happen!

- **Dealing with our emotions.** We had an extensive discussion about the emotional aspect of renewing our mind. When we’re struggling with our emotions, we can ask God for help and for grace. It also helps to have a plan for how we’ll respond when we feel our emotions getting ready to overwhelm us. This helps us learn how to go to God in the moments of the raw emotion. It also helps to deal with why we’re having an emotional reaction! It’s in our “why” that our healing begins! We discussed there can be varying emotional levels. There’s the initial ability to obey God, which helps to remove the emotions from being a distraction. But, that level of initial obedience has not reached our heart. It’s simply an act of submission, which is a huge piece of submitting our will to Him by reverencing His Word. In essence, we’ve learned to recognize the #9 bus when it’s coming, but then we step out the way of it only to be hit by something we didn’t see coming! Therefore, we need to recognize what is happening, because the enemy will distract us with our emotions, but the emotions highlight what’s inside us. Our next goal is to overcome the learned behavior that’s not His way, so we can consciously bring our emotions in reverence to His Word; however, that can be a struggle! **Takeaway.** If we are to align our emotional reactions with the parable of the sower and the seed, we have to first understand what’s happening. Then we have to get beyond not wanting to obey God, so we can recognize how to feel His heart in the situation, rather than just be obedient, but to truly feel His heart beyond ourselves. When we recognize we are seated in Heavenly places with Christ Jesus, it helps us to see God’s heart in the matter, because we are sitting in His presence looking down at the situation! The bottom line is we have to sacrifice our emotions in that moment!

- **Dealing with the hurt.** Rather than settle in the hurt, we can recognize the devil is trying to trip us up, so we don't keep making progress. We also discussed how to handle when we've been hurt by someone and then they hurt us again. We can give those emotions to the Lord. This is another time when we can also recognize how to feel God's heart in the situation, not just be obedient, but feel His heart beyond ourselves. In essence, we sacrifice our emotions to the Lord in that moment. Otherwise, we end up acting out; thereby, wearing the moment instead of being in the moment. If we really process why are we allowing ourselves to wear what attacks, not only our character, but God's, we can get to a place where we want to take off the clothes of wearing our emotions! **Takeaway.** We really need to know His way and His heart to operate in a way pleasing to Him.

Homework Assignment(s): None, since not all of us shared

Next Meeting: Our next meeting will be on Tuesday, June 30th, via Zoom. We will finish Lesson 8.

Closing: We closed our meeting in prayer with a time of need-specific prayer for the challenges that were lifted up, for the group overall, and as the Holy Spirit led.

If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at wow2@wow2women.com or complete a Contact Form on our site.