



# *Renewed Living:* BEING TRANSFORMED

HER PROMISE CIRCLE  
Women's Bible Study

[www.HerPromiseCircle.com](http://www.HerPromiseCircle.com)






# Section 1:

## UNDERSTANDING YOUR NEW CREATION IN CHRIST

As believers, understanding ourselves as new creations in Christ is foundational to our faith journey. When we accept Jesus as our Savior, Scripture tells us that we become entirely new beings, spiritually reborn and renewed by the Holy Spirit. This transformation is not merely external but penetrates to the very core of our being, altering our identity and purpose in profound ways. Being a new creation means that our old selves, with their sinful inclinations and worldly desires, have passed away. Through the redemptive work of Jesus Christ, we are liberated from the bondage of sin and set free to live a life of righteousness and holiness. This transformative process is ongoing, as we continually surrender to the leading of the Holy Spirit and allow Him to renew our minds and hearts. As new creations, we are called to embrace our identity as children of God and ambassadors of Christ. Our lives are no longer defined by our past mistakes or worldly standards but by the truth of God's Word and the indwelling presence of His Spirit. This newfound identity empowers us to live with confidence, purpose, and hope, knowing that we are deeply loved and accepted by our Heavenly Father.





# SCRIPTURE REFERENCES, STUDY QUESTIONS, AND PRAYER

## *Scripture References:*

2 Corinthians 5:17 (ESV) , Ephesians 4:22-24 (NIV)  
Romans 6:4 (NIV)

## *Study Questions:*

- Reflect on a time when you first accepted Christ as your Savior. How did this decision impact your understanding of yourself and your purpose in life?
- In what ways have you experienced transformation since becoming a new creation in Christ? Consider areas such as your thoughts, attitudes, and behaviors.
- How can you actively cooperate with the Holy Spirit in the process of renewing your mind and conforming to the image of Christ?

## *Prayer:*

Heavenly Father, Thank you for the gift of new life and identity in Christ. Help us to fully comprehend the depth of this reality and to live in accordance with our new nature. Grant us the wisdom and strength to continually renew our minds and walk in obedience to your Word. May our lives be a testimony to your grace and transformational power. In Jesus' name, Amen.



## Section 2:

# RENEWING THE MIND

Renewing the mind is a crucial aspect of our spiritual growth and transformation as believers. As **Romans 12:2** (AMP) exhorts us, "Do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the **renewing of your mind** [focusing on godly values and ethical attitudes]." This process involves intentionally aligning our thoughts, beliefs, and attitudes with the truth of God's Word, rather than conforming to the patterns of the world. Our thoughts serve as the foundation for our beliefs and actions, shaping the course of our lives.

**Proverbs 23:7** (NKJV) reminds us, "For as he thinks in his heart, so is he." Therefore, it is essential that we guard our minds and fill them with thoughts that are in accordance with God's will and purposes. **Philippians 4:8** (NIV) provides a blueprint for this practice, instructing us to focus on whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. Renewing the mind is not a one-time event but a continual process that requires diligence and perseverance. It involves identifying and challenging negative thought patterns and replacing them with God's truth. **2 Corinthians 10:5** (NIV) encourages us to "take captive every thought to make it obedient to Christ," recognizing that we have the authority and power, through the Holy Spirit, to control our thought life.






## Section 2:

As we engage in the process of renewing our minds, we must also be mindful of the condition of our hearts. Just as Jesus cautioned in **Luke 6:45 (NIV)**, "The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks." Therefore, let us cultivate hearts that are filled with the truth of God's Word, allowing His Spirit to transform us from the inside out.





# SCRIPTURE REFERENCES, STUDY QUESTIONS, AND PRAYER

## *Scripture References:*

Romans 12:2 (AMP) , Proverbs 23:7 (NKJV) ,  
Philippians 4:8 (NIV) , 2 Corinthians 10:5 (NIV) , Luke 6:45 (NIV)

## *Study Questions:*

- Reflect on your thought patterns throughout the day. Are they aligned with God's truth, or do they reflect worldly values and attitudes?
- What steps can you take to renew your mind daily and align your thoughts with God's Word ? Think about a specific area of your life where negative thought patterns have hindered your growth.
- How can you apply Scripture to transform your thinking in this area?

## *Prayer:*

Heavenly Father, Thank you for the power of your Word to renew our minds and transform our lives. Help us to be vigilant in guarding our thoughts and filling our minds with thoughts that are pleasing to you. Grant us the wisdom and strength to overcome negative thought patterns and align our thinking with your truth. May the meditation of our hearts and the words of our mouths be pleasing in your sight. In Jesus' name, Amen.



## Section 3:

# OVERCOMING STRONGHOLDS TO WHO WE ARE IN CHRIST


As believers, we are called to fully embrace our identity in Christ and walk in the freedom and victory He has provided for us. However, there are often strongholds that hinder us from fully embracing this truth. These strongholds can manifest as doubts, fears, insecurities, and lies that contradict God's Word and His promises for our lives.

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One of the enemy's tactics is to plant seeds of doubt and deception in our minds, much like he did with Eve in the garden of Eden. **Genesis 3** recounts how Eve questioned God's goodness and entertained the enemy's lies, leading to disobedience and separation from God. Similarly, we must be vigilant in recognizing and challenging the lies and deceptive thoughts that seek to undermine our identity in Christ.

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Scripture warns us about the importance of guarding our minds and casting down every argument and high thing that exalts itself against the knowledge of God (**2 Corinthians 10:5**). These strongholds are like fortified arguments that hold us captive to false beliefs and negative thought patterns. But through the power of God's Word and prayer, we can demolish these strongholds and take every thought captive to the obedience of Christ. Challenging negative thoughts and replacing them with God's truth is a vital aspect of overcoming strongholds. **Philippians 4:8** instructs us to focus on whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy, shifting our perspective from fear and doubt to faith and trust in God. By renewing our minds with the truth of God's Word, we can break free from the lies and insecurities that hinder our growth and walk boldly in our identity as beloved children of God.



# SCRIPTURE REFERENCES, STUDY QUESTIONS, AND PRAYER

## *Scripture References:*

Genesis 3:1-72 , Corinthians 10:5

Philippians 4:8 , Psalm 139:14

## *Study Questions:*

- Reflect on a time when you allowed doubt or fear to overshadow your identity in Christ. What lies or negative thoughts were you believing?
- How can you actively challenge and replace negative thoughts with God's truth in your daily life?
- Consider areas of insecurity or inadequacy in your life. How does knowing your identity in Christ counteract these strongholds?

## *Prayers*

Heavenly Father, Thank you for the victory we have in Christ and the power of your Word to overcome every stronghold in our lives. Help us to recognize and challenge the lies and negative thoughts that seek to undermine our identity in you. Fill our minds with your truth and remind us of who we are in Christ. Grant us strength and courage to walk boldly in our identity as your beloved children. In Jesus' name, Amen.





## Section 4:

# EMBRACING OUR NEW IDENTITY IN CHRIST


Embracing our new identity in Christ is not just a one-time event but a continual journey of discovery and transformation. As believers, we are called to reflect on the freedom and purpose that come with being new creations in Christ. Our identity is rooted in Him, and understanding and embracing this truth empowers us to live victoriously in every area of our lives.

In Christ, we are chosen, appointed, and purposefully planted to bear fruit that remains **(John 15:16)**. Our identity is not defined by our past mistakes or shortcomings but by who God says we are. We are the righteousness of Christ, forgiven abundantly through His sacrifice on the cross. Shame, guilt, and condemnation have no place in our new identity in Christ, for we have been set free by His grace.

Scripture reminds us that if anyone is in Christ, the new creation has come: the old has gone, the new is here **(2 Corinthians 5:17)**. We are fearfully and wonderfully made **(Psalm 139:14)**, with inherent worth bestowed by our Creator. Our identity is not determined by external validation or the opinions of others but by the unconditional love and acceptance we receive from God.

However, embracing our new identity can be challenging, especially when confronted with reminders of our past or feelings of unworthiness. Yet, we are called to let go of our old way of thinking and step into the truth of who we are in Christ. It requires forgiveness of ourselves, letting go of destructive behaviors and toxic relationships, and renewing our minds with the truth of God's Word.





# SCRIPTURE REFERENCES, STUDY QUESTIONS, AND PRAYER

## *Scripture References:*

John 15:16 , 2 Corinthians 5:17 , Psalm 139:14

Romans 10:17 , Hebrews 12:1

## *Study Questions:*

- Reflect on a time when you struggled to embrace your new identity in Christ. What challenges did you face, and how did you overcome them?
- How does understanding your identity in Christ empower you to live victoriously in your daily life?
- Consider any destructive behaviors or toxic relationships that may be hindering your growth in Christ. What steps can you take to let go of these and embrace your new identity fully?

## *Prayer:*

Heavenly Father, Thank you for the gift of a new identity in Christ and the freedom and purpose it brings. Help us to embrace who we are in you and to walk confidently in the truth of your Word. Grant us the strength to let go of anything that hinders our growth and to renew our minds with your truth daily. May we live victoriously, knowing that we are chosen, appointed, and loved by you. In Jesus' name, Amen.



# Her Promise Circle

UPCOMING EVENTS



**DATE:** June 1st, 2023

**TIME:** 5PM - 7:30 PM EST

480 John Wesley Dobbs Ave  
Suite 100, Atlanta, GA 30312

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## HPC X Woman Evolve 2024

Her Promise Circle Will be going to Woman Evolve 2024! We are Planning to Book A Suite At The Conference for a comfortable luxury Experience!

[\*\*Reserve Your Spot\*\*](#)



*Thank  
You!*



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