**The Mind of the Spirit**

**The Word**

Read together Romans 8:1-11

**The Big Idea**

The journey of our sanctification begins in the mind. Every day we are invited to be transformed by the renewing of our minds by fixing our minds on gospel truths that are in line with what the Spirit wants to do in our lives.

**Questions for Discussion**

1. We considered the “room of our minds” on Sunday. What are one or two specific aspects of your own “room” that stood out to you on Sunday?

2. In light of the fact that we are fallen and live in a fallen world, how realistic is it for us to expect a deep transformation of our minds so that “the room of our minds” is consistently a free and life-giving place to be? To what extent do you believe that is actually possible this side of eternity?

3. We spent most of Sunday talking about our minds, but this is a series on the Holy Spirit. What’s the difference practically speaking between renewing our minds and letting the Spirit renew our minds?

**Digging Deeper: Sermon Outline**

I. Sanctification

A. Sanctification is the process of being conformed into the image of Christ for the sake of others.

 B. The Spirit plays the key role in our journey of sanctification

 C. Sanctification begins with the renewing of our minds

II. The mind

A. “The mind is its own place and, in itself, can make a Heaven of Hell and a Hell of Heaven.” --John Milton

 B. No matter where you go, you are always in the place of your mind

1. That’s why an otherwise restful day can be a very anxious day in anticipation of an upcoming event.

2. That’s why two people can go through the same experience and come out with very different postures and conclusion

C. Consider the room of your own mind. What is the feel of the room? Is it a pleasant and life-giving place to live in?

III. The mind of the flesh

A. Paul’s summary: the mind of the Spirit is death, is hostile to God, does not submit to God’s law, cannot please God

B. Understanding the mindset the flesh

1. It is that independent, prideful streak in us that wants to be in charge and decide for ourselves how live

2. It is based on two fundamental lies that go all the way back to Genesis 3

 a. You can’t trust God

 b. You’ve got to go it alone and seek happiness in your own way

 3. It plays out in underlying messages that shape our thinking

a. Messages that drive our pursuit of happiness: “You need to be extraordinary, You need people’s approval, You need to be right, You need to look successful, etc.”

b. Darker messages when our pursuits are thwarted: “You’re a disappointment, you’re a failure, you’re not enough, etc.”

4. It creates a particular “feel” to the room of our mind that is not life-giving

IV. The mind of the Spirit

A. Paul’s summary: Is life and peace

 B. Understanding the mindset of the Spirit

 1. The Spirit frees us from those two false messages

 a. You can trust God: he loves you and wants good things for you

b. You don’t have to go it alone; you can look to God to give you the things you need in life

2. The Spirit roots us in some core gospel truths

a. There is no condemnation (Romans 8:1)

b. You are children of God (Romans 8:12-17)

c. God is for us and is working in all things for our good (Romans 8:28, 31)

d. Nothing can separate us from the love of God (Romans 8:38-39)

C. The mental room of the Spirit is a life-room of love, joy, and peace

 1. God intends for us to live in that room all the time

2. Living in that room provides the Spirit with the opportunity to do a deep work of transformation

V. Conclusion

A. We must set our minds on the things of the Spirit by preaching the gospel to ourselves each day.

B. “Most unhappiness in life is due to the fact that we listen to ourselves instead of talking to ourselves. The main art in the matter of spiritual living is to know how to handle yourself, question yourself, and preach to yourself. You must remind yourself of who God is, and what God has done, and what God has promised to do.” -Martyn Lloyd Jones