

# EDGE GOD IN

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**Lesson 32 Title:** W.O.W. Your Mind in Christ

**Listen to Edge God In Podcast 32:** W.O.W. Your Mind in Christ

**Desired Learning Outcomes:**

- Overcome fearful thoughts with the word of God
- Identify thoughts that are fueled by the flesh
- Explore your choice points around specific behavior and what you want to experience more of in your daily life.

*The following lesson is taken from the book: 25 Solutions to Renew Your Mind in Christ by Lauren E Miller and Jennifer Chloupek:*

*Dear Lord, more of you and less of me. I know what I want to think and meditate on and yet find my mind is vulnerable to thoughts of fear, self-doubt and worry. Toss me into what my soul always knows: I am safe and valued in your eyes and that my choice to trust in you with all of my heart results in peace and confidence. You have my back, you are working on my behalf for a greater good than I could ever ask or imagine. Help me Lord to release the thoughts that produce fear and doubt. Help me Lord to hold onto one thing: your hand. Trust trumps fear. Ignite within me the ability to trust in you more today than yesterday, so much so that when life does not show up the way I want it to I can rest in peace knowing you are working it all together for my ultimate good and your glory.*

## **Learn:**

“Perfect love drives out all fear.” 1 John 4:8

Keep your lives free from the love of money and be content with what you have, because God has said,

“Never will I leave you;  
never will I forsake you.”

So, we say with confidence, “The Lord is my helper; I will not be afraid.  
What can mere mortals do to me?” Hebrews 13:5-6

“The devil comes to kill and destroy, but, I have come that you may have life and have it to the full.” John 10:10

“Trust in the Lord with all of your heart, and lean not on your own understanding; in all of your ways acknowledge Him and He will direct your paths. Do not be wise in your own eyes; fear the LORD and turn away from evil. This will bring healing to your body and refreshment to your

bones. Honor the LORD with your wealth and with the first fruits of all your harvest; then your barns will be filled with plenty, and your vats will overflow with new wine.” Proverbs 3:5-10

“Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we **will reap** a harvest if we do not give up.” Galatians 6:7-9

**W.O.W: Within Omnipresent Wonder.** When you find yourself swept up in the wonder of God’s omnipresence (present in all places at all times) you remember *whose* you are and pick up the trials of this world like a child’s toy.

Heaviness in life is the result of a mind driven by the need to know how things are going to turn out and why things happen as they do, fear overcomes trust. The flesh is a thief that continually steals your joy, peace and confidence in Christ. The love of God resurrects and recovers the pieces of you that spill out into the world along the way due to fear, self-doubt and worry. Your place of empowerment lies in your ability to re-member that you have the mind of Christ. When your mind is governed (controlled, influenced or regulated) by the Spirit the result is life. When your mind is governed by the flesh the result is death: of your confidence, self-worth, courage, power to overcome. Jesus’ words found in John 10:10 speak of the one who twists the mind and steals the identity of humanity: “The devil comes to kill and destroy but I have come that you may have life to the fullest.” How does the devil kill and destroy? By poisoning the mind with falsity.

### Reflect:

Zach Williams nailed this principle when he wrote the popular Christian song: **Fear is a Liar** (excerpt below):

*When he told you you're not good enough  
When he told you you're not right  
When he told you you're not strong enough  
To put up a good fight  
When he told you you're not worthy  
When he told you you're not loved  
When he told you you're not beautiful  
That you'll never be enough  
Fear, he is a liar  
He will take your breath  
Stop you in your steps  
Fear he is a liar  
He will rob your rest  
Steal your happiness  
Cast your fear in the fire  
'Cause fear he is a liar*

It is also important to reflect upon Jesus’ comparison to children when He referenced the kingdom of God. If we really want to enter God’s kingdom of love, purpose and freedom in

Christ we must master the mind. We are not alone in this journey for whatever God calls us to master, He also offers the strength, wisdom and guidance to do it (1 Thessalonians 5:24).

Children are in the W.O.W. experience of God, the younger they are, the more predominant it is, they live Within the Omnipresent Wonder of God. With curiosity and fascination within the present moment, they believe and therefore, create quickly and creatively whatever they imagine, as a result of belief, trust and confidence in the possible: *Oh, you of little faith, why did you doubt?* (Matthew 14:31).

When you ask a young child if they think something is possible, they will most often respond with: "of course it is" and then start imagining how to make the possible happen. The younger the child is, the quicker the focus is on the possible. Perhaps this is why Jesus invites us all to become like little children.

### Identify/Adjust:

St. Paul reminds us in Romans 8:6-11 that the same spirit that rose Jesus Christ of Nazareth from the dead lives within us.

WHAAAAT? Yes, that's right we live and move and have our being as believers in Christ with the spirit of Christ living within us. We live Within the Omnipresent Wonder of Christ: W.O.W. Saint Mother Teresa uses the analogy of a fish in water. Where ever we swim during this journey of life we are engulfed by the love of God, the spirit of Christ is behind us, before us, beneath us, above us, below us, within us urging us to think like Jesus, understand others like Jesus, forgive like Jesus, lighten up and live like Jesus who, as we are told in scripture, was not confined by status or the opinions of other people.

When you are made new in Christ, the old way of thinking is gone and the new thinking in Christ is resurrected. Your mind is governed by the Spirit which results in life and peace.

I grew up in Long Island, NY and during my B.C. days (Before Christ became the Lord of my life) I used to drop the "F" bomb like a sailor as my mind was certainly controlled by my flesh. I remember one time a close friend called me out on my language and I brushed them off with another curse word.

After Jesus took up residence within my interior castle instantaneously I had absolutely no desire to use that word again. My mouth was the first zone of interior cleaning that was resurrected into the likeness of Christ. The result? A light, kind and compassionate shift in my intonation and word choice. Jesus is always after recovering the lighter version of who we are created to be.

When your mind is controlled by the flesh, your identity is hijacked and confusion, suspicion, doubt and worry slither in between your two ears and spill out into your perceptions and behaviors.

Identify the thoughts you will often entertain that are governed (controlled, influenced or regulated) by the flesh (worldly desires, selfish ambitions and vain conceits)?

When you bring the light of your presence on the thoughts that fuel death to your inner peace, joy and confidence in the Lord, you are now in a position to SHIFT them into the light of Christ's presence within you and transfer that awareness into a positive behavior.

*For example: At times I will have a critical thought after facilitating a training that questions if the training good enough and suggests that I should have done more. This thought robs me of inner peace and confidence because it is fueled by a worldly desire to be enough.*

*How do I know? Because this thought is never satisfied, the more I feed it with my efforts and attention, the more it wants, it's never enough.*

*Once I became aware of my mind being governed by the flesh before and after an event I now implement the behavior of prayer: Dear Lord, thank you for the opportunity to facilitate growth and learning in the lives of people entrusted to my care. I invite you in to remind my mind that this is your work through me. Bless the words of my mouth, the meditations of my heart that you would be glorified in all of my efforts. More of you, less of me. Grant me the peace of knowing that with you all things are possible.*

### **Integrate/Act:**

When you have a thought that robs your inner peace and confident identity in Christ explore its source: the flesh is never satisfied, it always wants more and is fueled by insecurity, criticism, suspicion, fear, doubt and worry.

The Spirit is always willing to learn, grow, adjust, forgive, release and begin again with confidence and trust in God resulting in peace and life.

Many times, simply the conscious choice to die to yourself, your own desires, in the form of positive behavior that considers the needs of others above your own will SHIFT the governing of your mind from the flesh to the spirit.

Do you desire to be understood? Then make it your daily practice to understand other people's perspectives and life experiences. Jesus created instant connection with people because he loved first and then offered guidance.

Do you desire to experience more open doors in your life? Then make it your practice to create open doors for those around you.

Do you desire to experience generosity from other people? Then make it your practice to be generous with your time and talents to people around you.

Do you desire to experience more loving moments that are filled with laughter and joy? Then create loving moments, laugh more and play with those around you.

Live each moment this week within the W.O.W. You have the same spirit that rose Jesus from the grave. Invite the Spirit of Christ to govern your mind and life and peace will become your way in all things.

My 1 Thing I will focus on this week to Edge God In:

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*Lord, when my mind is controlled by your spirit I feel that all things are possible, I remember who I am and what I am not. My peace is expanded and my life feels more complete as I surrender all to you. I invite you today to rock my interior world with the power of your spirit within me. Take charge of my mind, will and emotions so much so that when people see me that walk away with a sense of how much you love and adore them. My greatest joy comes in the measure through which I love and serve others. My EGO is too big to make that happen on my own, so crash my pity parties and self-oriented thinking that is fueled by the fleshly desires to be seen, acknowledged and recognized. Help me to feel safe and connected being small in you with full confidence that when my I am controlled by your presence within me then my true identity is found and my peace is profound and my life is secure. Keep me W.O.W'd this week: Within your Omnipresent Wonder.*

**Surround yourself with people who make you a better person in life**