

## Redeeming our Mindset

---

*Romans 12:2 (NASB)*

*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.*

At the beginning of the year, we believe we received the word of the Lord and visionary theme for 2020: THE YEAR OF REDEMPTION. God has not changed His mind, and we still believe that He is willing and able to bring His promised REDEMPTION.

To **Redeem** something means to buy it back, to regain possession of it.

Every experience in our lives is influenced or “flavored” by our mindset. Dr. Carolyn Leaf describes mindset as attitude, thoughts with attached information & emotions that generate a particular perception. Since it has the power to propel us forward or backward, it is vital that we do our part to take responsibility for our own mindset.

### How do we allow God to redeem our mindset?

- **Plant good seeds.**

Thoughts are powerful seeds with great potential and influence over our lives. Our brain and body physically react and change according to our thoughts. Where our mind goes, our life follows.

*Proverbs 23:7*

*As he thinks in his heart, so is he.*

- **Water with thanksgiving.**

The words “think” and “thank” are from the same Latin root. Since we are at our best when we are grateful, we should water our thoughts with thanksgiving. Plus, when we express gratitude our brain releases dopamine and serotonin, which make us feel happy from the inside out!!

*1 Thessalonians 5:16-18 (MSG)*

*Be cheerful no matter what; pray all the time; thank God no matter what happens. This is the way God want you who belong to Christ Jesus to live.*

- **Let it grow.**

Whatever we think about most will grow and produce fruit. We will eat the fruit of our own lives.

*Philippians 4:8 (MSG)*

*Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.*