



**FREEDOM FOR MEN • New Heart • New Mind • New Life**  
*Trusted, experienced, faith-based men helping men find hope and freedom!*

**Chapter 12. Discovering your true IDENTITY and renewing your mind.**

**Week 45: Finding your identity and replacing your negative SELF-TALK with God's truth.**

**Video: Rocky Balboa**

[Click here to watch a video clip in our Vimeo account.](#)

**Word of the Week: Mind**

**Theme verse:** *Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so.* – Romans 8:5-7

**Theme Quote:** “The devil knows that if he can capture our mind, he holds our future.” – Joe Campbell

**John Eldredge:** “The most dangerous man on earth is the man who has reckoned with his own death. All men die; few men ever really live.”

**Questions:** What do you fill your mind with daily? What is God doing to help create a new heart and mind in you? Do you think the enemy is using your past and attacking your mind daily?

**Highlight Video: Who I Am, Ben Fuller**

[Click here to watch in our Vimeo account.](#)

## Word of the Week: Mind

### Dictionary:

*noun*

- In a human or other conscious being, the element, part, substance, or process that reasons, thinks, feels, wills, perceives, judges, etc.: *the processes of the human mind.*
- Psychology. the totality of conscious and unconscious mental processes.

*verb*

- to pay attention to.
- to heed or obey (a person, advice, instructions, etc.). • to obey.

**Quotes: “The devil knows that if he can capture our mind, he holds our future.”** – Joe Campbell

**“Man’s mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild.”** – James Allen

**“You have power over your mind - not outside events. Realize this, and you will find strength.”** – Marcus Aurelius

**“For every minute you remain angry, you give up sixty seconds of peace of mind.”** – Ralph Waldo Emerson

**“Reading is to the mind what exercise is to the body.”** – Joseph Addison

**“Growing older with grace is possible for all who will set their hearts and minds on the giver of grace, the Lord Jesus Christ.”** – Billy Graham

**“Christ is the true light of the world; it is through him alone that true wisdom is imparted to the mind.”** – Jonathan Edwards

**“The mind, once stretched by a new idea, never returns to its original dimensions.”** – Ralph Waldo Emerson

**“You either control your mind or it controls you.”** – Napoleon Hill

### Bible: Ecclesiastes 1:13

I applied my **mind** to study and to explore by wisdom all that is done under the heavens. What a heavy burden God has laid on mankind!

### **Ecclesiastes 7:25**

So I turned my **mind** to understand, to investigate and to search out wisdom and the scheme of things and to understand the stupidity of wickedness and the madness of folly.

### **Matthew 22:36-38**

“Teacher, which is the greatest commandment in the Law?” Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your **mind**.’ This is the first and greatest commandment.

### **Romans 7:22-23**

For in my inner being I delight in God’s law; but I see another law at work in me, waging war against the law of my **mind** and making me a prisoner of the law of sin at work within me.

### **Romans 8:5-7**

Those who live according to the flesh have their **minds** set on what the flesh desires; but those who live in accordance with the Spirit have their **minds** set on what the Spirit desires. The mind governed by the flesh is death, but the **mind** governed by the Spirit is life and peace. The **mind** governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so.

### **Romans 12:2**

Do not conform to the pattern of this world, but be transformed by the renewing of your **mind**. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

### **2 Corinthians 4:4**

The god of this age has blinded the **minds** of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

### **Ephesians 4:22-25**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds.

### **Hebrews 8:10**

This is the covenant I will establish with the people of Israel after that time, declares the Lord. I will put my laws in their **minds** and write them on their hearts. I will be their God, and they will be my people.