

NEW LIFE FREEDOM

Lesson 10



Putting new content into our minds and bodies will help us get out of tendencies to avoid the pain of our tough situations by making unhealthy choices. Proverbs 17:24 puts it this way: “Wisdom is with the one who has understanding, but the eyes of a fool are on the ends of the earth.” What have you used in your escape from dealing with the truth? Where have you looked for peace or security?

Most of us have chosen to accept the world’s suggestions and found that the results haven’t produced anything that works. It may have seemed great at the time, but now that we’re going deeper into our problems, we can see why these things haven’t produced what we’d been searching for. None of them have gotten to the root causes and certainly couldn’t be called wise choices when we look at them honestly. This isn’t a new condition. The apostle Paul talked about it in his book to the Roman church. In chapter 12 verse 2 he warned them, “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.” Our culture isn’t made according to the pattern of life God gives us in the Bible; it is often openly hostile to it. But Paul tells us that allowing God to give us a new way of thinking will help us understand what He wants us to do and why it’s better than our plans have been.

Discernment is defined as the ability to look at information with keen insight and good judgment. It doesn’t come from making snap decisions or doing something just because someone told you it was good. It goes beyond just knowing the facts and involves closer examination before acting.

Getting more familiar and comfortable with God’s word helps us with this process. Paul tells his young assistant Timothy in 2 Timothy 3:16, “All scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.” James confirms this in his book in chapter 1 verse 26: “Don’t just listen to God’s word. You must do what it says. Otherwise, you’re only fooling yourselves.” God’s Word is better than any self-help book there is!

We can use what we’re learning to evaluate how we’ve affected our minds and bodies. Now that we have a clearer picture of what God’s design is, we can start making changes that aren’t just based on our feelings or outside sources. Some of these changes may seem hard or almost impossible to make if we try doing them with our own willpower. Jesus recognized our human limitations when He took a few of His disciples to the garden to be with Him while He prayed. In Mark 14:38, He told them “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” He knew there would be an inner battle going on, just like we’ve all experienced when we’re tempted to choose one path over another.

SCRIPTURES FOR FURTHER READING:

Proverbs 17:24 and 15:14, Romans 12:1-2, James 1:22, 2 Timothy 3:16, Mark 14:38, Philippians 4:6-7, Psalm 139:13-14, 1 Corinthians 6:19-20



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How are you growing in your relationship with the Lord? What new habits are you developing?