

RENEWING THE MIND BY DESTROYING BAD THOUGHTS

We CAN be renewed in the spirit of our minds by destroying the bad thoughts and emotions (the old man) within the mind. We can begin a new way of living and being. Through a process of destroying the old man and no longer giving that old man a place within our thoughts and feelings (spiritual being), there is hope for more happiness, stability, and peace of mind.

We CAN get rid of the old way or the old man! Scriptures describe this process as '**crucifying the old man**', and becoming dead to sin. This is the process that offers us peace within us. We can **put off the former conversation (manner of life)** of our inner old man, which is our old patterns of thinking and doing things, i.e. former conversation. When we are under grace, we become "**dead to sin**" and it **no longer has dominion** over us. Our former conversation can go away (disappear); we CAN change, and **we CAN become a new creature/creation**, having good thoughts and actions.

Romans 6:6 Knowing this, that our **old man is crucified** with him, that the **body of sin might be destroyed**, that henceforth we should not serve sin.

My Prayer

Dear God,

Through your grace power, teach me and help me to destroy the old thoughts and emotions that have been tormenting me. Help me to refuse a place to those thoughts and emotions. God give me the faith to believe and help me destroy the old man and no longer give that old man a place within my thoughts and feelings Amen