



Series: Whole & Sent

Focus: Mental renewal is essential for spiritual obedience and fruitful witnessing.

Main Scripture: “Go therefore and make disciples...” — Matthew 28:19

Lesson 2: “Renewed to Respond”

“Do not be conformed to this world, but be transformed by the renewing of your mind.” — Romans 12:2

When God sends us, He doesn’t just send our feet—He sends our minds. In a world filled with anxiety, distractions, and emotional overload, many believers are struggling not because they don’t love God, but because their minds are overwhelmed. If the enemy can wear down your thoughts, he can wear down your witness. That’s why **mental renewal is not optional—it’s spiritual armor**.

This lesson is about learning to think with clarity, to align our thoughts with truth, and to disciple others from a place of peace. Before we speak, post, or lead—we must renew. Because how we think will determine how we respond when we are sent.

Main Points

1. The Mind is a Battleground

“Set your minds on things above, not on earthly things.” — Colossians 3:2

- Our thoughts shape our perspective, decisions, and reactions.
- You can't disciple others effectively if you're overwhelmed by fear, anxiety, or insecurity.

Ask: What thoughts are most dominant in your mind lately? Are they from God or from fear?

2. You Have the Mind of Christ

“But we have the mind of Christ.” — 1 Corinthians 2:16

- Renewing your mind means aligning your thoughts with God's truth.
- We respond with clarity, wisdom, and compassion when our minds are rooted in Christ.

Ask: What would it look like to think like Jesus in your current situation?

3. Your Thoughts Impact Your Witness

“Fix your thoughts on what is true, honorable, right, pure...” — Philippians 4:8

- A renewed mind brings peace, and peace attracts people looking for stability and truth.
- Discipleship comes from a life others can see and trust.

Ask: Have your recent thoughts helped or hindered your ability to minister to others?

Reflection Activity

Thought Audit:

- List three thoughts that have been weighing you down.
- Beside each one, write a scripture that tells the truth about it.
- End with prayer asking God to help you renew your mind daily.

Takeaway

To disciple others well, we must first discipline our thoughts.

Closing Confession:

"My mind is being renewed. I will not be led by fear or confusion. I have the mind of Christ, and I respond with clarity, peace, and love."

Consider Sowing Seed:

May your seed be planted in good soil and bring forth a bountiful harvest in due season.