

A couple is walking away from the camera on a sandy beach. The woman is wearing a yellow dress and the man is wearing a white shirt and blue shorts. They are holding hands. The ocean is to their right, and the sky is a mix of blue and orange, suggesting sunset or sunrise. The overall mood is peaceful and romantic.

JUST KEEP

Walking

**HOW TO LIVE A REFRESHING
CHRISTIAN LIFE**

Part 2: Ephesians 4:17-24



Oh no,
I forgot again
... ..

Question #1

1. Why do we have to renew our minds?

A. We have ingrained FUTILITY.

- “in the vanity [futility] of their minds” *(vs. 17)*
- “having understanding darkened” *(vs. 18)*
- “alienated from the life of God because of the ignorance that is in them” *(vs. 18)*

Question #1

1. Why do we have to renew our minds?

A. We have ingrained FUTILITY.

B. We have established STRONGHOLDS.

- “because of the blindness [hardness] of their heart” *(vs. 18)*

- “who being past feeling have given themselves over...” *(vs. 19)*

For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

2 Corinthians 10:3-5

STRONGHOLDS

*stubborn patterns of
thinking that resist God's
Word and God's will for us*



**Nothing will be
different until we
think differently!**



Where do these **STRONGHOLDS** come from?

- **Disposition**
- **Family Dysfunction**
- **Decisions & Desires**



Question #2

2. How do we renew our minds?

**Renewing = *to make new;*
*renovate***

***Renovation is not the
same as remodeling!***



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Get in the Word!

As the mind understands the truth of God's Word, it is gradually transformed by the Spirit, and this renewal leads to a changed life.

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