

# Spiritual Training Part 2

## Renewing the Mind

### and Walking in Godliness

#### (Two perspectives)

#### Perspective #1

Spiritual growth is a journey that requires intentionality, discipline, and reliance on God's provision. In this second phase of spiritual training, we delve deeper into the purpose of living a godly life, honoring God, and helping those in need.

To achieve these goals, we must **confront the challenge of the un-renewed mind** and embrace the transformative power of God's Word and Spirit.

#### The Condition of the Heart and the Battle Within

As highlighted in Part 1, for God's Word to penetrate and bear fruit in our lives, our hearts must be soft and pliable. **Proverbs 12:11** reminds us of the importance of diligence: "He who tills his land will have plenty of bread, but he who follows worthless pursuits has no sense." This verse underscores the need for consistent effort in spiritual training.

However, this effort is often met with resistance from two sources: our un-renewed mind (human nature without God) and Satan's influence. **Galatians 5:16-17** describes the daily battle between the flesh and the Spirit.

The un-renewed mind **craves** worldly desires, while the renewed mind **seeks** alignment with God's Spirit. **Understanding** this conflict is crucial to overcoming it.

#### The Provision for Renewal

God has made provision to address the problem of the un-renewed mind. **Romans 6:1-11** explains how water baptism means our union with Christ in His death, burial, and resurrection.

**Through this act**, our old self is crucified, buried, and resurrected with Christ, enabling us to walk in newness of life.

**1. Crucifixion:** **Romans 6:6** declares, "**Our old self was nailed** to the cross with Him." This signifies that our sinful nature has been rendered powerless.

**2. Death:** **Romans 6:8** states, "We have died with Christ." This death **cuts** our bondage to sin.

**3. Burial:** **Romans 6:4** reminds us that "We were buried therefore with Him by baptism into death." **Our past is buried in Christ.**

**4. Resurrection:** Colossians 2:12 reveals, “You were buried with Him in baptism, in which you were also raised with Him through faith.” This **resurrection empowers us** to live a renewed life.

While the power of the un-renewed mind is broken, it is not entirely erased due to **memory**.

Our responsibility is to **keep it buried** and actively renew our minds. **Romans 12:2** challenges us: “Do not be conformed to this world, but be transformed by the renewal of your mind.” This transformation allows us to discern and live out God’s perfect will.

### Overcoming Confrontation

**Resistance** to spiritual disciplines such as prayer, study, and meditation is inevitable. **These false feelings** stem from a **combination of** the un-renewed mind **and** Satan’s influence.

**To counteract this opposition**, we must decisively act against these feelings and withstand the enemy’s attacks.

**1 Peter 5:9** instructs us to “Withstand him; be firm in faith.” This requires **steadfastness** and **determination** rooted in our trust in **God’s promises**.

### The Value of Spiritual Training

Spiritual training holds immense value for both this life and the life to come. **1 Timothy 4:7-8** emphasizes this truth: “Train yourself toward godliness... For physical training is of some value, but godliness is useful and valuable in everything.”

While **physical fitness** benefits our earthly existence, **spiritual fitness** equips us for eternal life.

**The Greek word** for “train” or “exercise” conveys the idea of rigorous discipline and earnest striving toward godliness.

**This requires** intentional decisions **and** a commitment to prioritizing activities that nurture our spiritual growth.

### Practical Steps for Spiritual Training

To train for a godly life, honor God, and help those in need, we must make **deliberate decisions** today. **Here are some practical steps:**

**1. Renew Your Mind:** Engage regularly with Scripture, prayer, and meditation to align your thoughts with God’s truth.

**2. Resist Satan’s Influence:** Stand firm in faith and declare God’s promises over your life.

**3. Value Spiritual Discipline:** Recognize the eternal significance of spiritual training and prioritize it over fleeting worldly pursuits.

4. **Move Forward from the Past:** Let go of past guilt or pride by embracing your new identity in Christ.

5. **Exercise Love:** As **Colossians 3:14** reminds us, “Put on love, which binds everything together in perfect harmony.”

### Statements of Faith for Victory

To stay on the path of victory, it is helpful to **declare statements of faith** rooted in Scripture:

- **Armor of God:** “All areas of the armor of God activate in my life in Jesus’ name.”  
(Ephesians 6)

- **Covered by the Blood:** “I am covered by the blood through water baptism.” (**Romans 6**)

- **Clothed with Power:** “I am clothed with power through the baptism in the Holy Spirit.”  
(**Luke 24:49**)

- **Edified by Tongues:** “I am edified through speaking in tongues.” (**1 Corinthians 14:4**)

- **Bound by Love:** “I put on the love of God which binds everything together in perfect harmony.” (**Colossians 3:14**)

These declarations **reinforce** our identity in Christ and provide hope as we navigate challenges.

### Perseverance Amid Persecution

Spiritual training does **not exempt** us from trials; rather, it prepares us to endure them.

**2 Timothy 3:12** asserts, “All who desire to live godly in Christ Jesus will suffer persecution.” This reminder encourages us to persevere despite opposition, knowing that **our efforts are not in vain**.

### Conclusion

Spiritual training is a **lifelong pursuit** that requires discipline, intentionality, and reliance on God’s provision. By addressing the un-renewed mind through renewal and resisting Satan’s influence through faith, we can walk in godliness and fulfill our purpose to honor God and help others.

As we move forward, let us **remember** the **value** of spiritual training and **commit** ourselves to rigorous discipline for eternal rewards.

With renewed minds and steadfast hearts, we can experience transformation and live out God’s perfect will for our lives.

## Perspective #2

Let's dive into some thoughts on spiritual training and living a godly life. It's all about purpose—honoring God, helping others, and living in alignment with His Word. **Here's a breakdown of what's shared in this teaching:**

### Soft Hearts and Hard Work

**First off**, for God's Word to truly impact us, our hearts need to be soft and open. **Proverbs 12:11** reminds us to focus on meaningful efforts and avoid distractions: "He who tills his land will have plenty of bread, but he who follows worthless pursuits has no sense." **Basically, stay grounded and committed to what matters.**

### Battling the Un-Renewed Mind

We all face a daily struggle between our renewed mind (guided by the Spirit) and the un-renewed mind (our human nature without God). **Galatians 5:16-17** paints this picture well—it's a tug-of-war between fleshly desires and spiritual guidance. **The good news? God's provision helps us overcome this.**

### Romans 6: A Life-Changer

Water baptism is a powerful symbol of transformation. **Romans 6** explains how our old self—our un-renewed mind—is crucified, died, buried, and resurrected with Christ.

This means we're no longer enslaved to sin and can walk in newness of life.

Our past is buried, and we're free to move forward. **But here's the catch:** the un-renewed mind isn't gone; **it's just broken.** So, we've got to **keep it in check** and actively renew our minds.

### Renewing Your Mind

**Romans 12:2** is a key verse here: "Do not be conformed to this world but be transformed by the renewal of your mind." It's about adopting **new attitudes** and **ideals** that align with God's will.

**When you feel resistance**—like not wanting to pray or study—**push through it.** Those feelings often come **from a mix** of the un-renewed mind and Satan's influence.

### Standing Firm Against Opposition

Satan's influence is real, but **1 Peter 5:9** encourages us to resist him firmly in faith. Spiritual training requires discipline **and** commitment.

**If** you understand the value of it, you'll be motivated to stick with it—even when it's tough.

### The Value of Spiritual Training

**1 Timothy 4:7-8** highlights the importance of training for godliness. Sure, physical training is beneficial, but spiritual training impacts every area of life—now and in eternity. **The Greek definitions** for "train" or "exercise" emphasize discipline and striving for godliness. It's about intentionally shaping your life to honor God.

## Decisions for Today

Here's the big question: **What steps can you take today to train for a godly life, honor God, and help those in need?** Remember, living a godly life comes with challenges—**2 Timothy 3:12** says persecution is part of the deal. But staying rooted in faith makes all the difference.

## Statements of Faith

To stay strong on this journey, here are some affirmations:

- **I activate** all areas of the armor of God in my life (**Ephesians 6**).
- **I am covered** by the blood through water baptism (**Romans 6**).
- **I am clothed** with power through the baptism in the Holy Spirit (**Luke 24:49**).
- **I am edified** through speaking in tongues (**1 Corinthians 14:4**).
- **I put on** God's love, which binds everything together in perfect harmony (**Colossians 3:14**).

And remember what **1 Corinthians 13:13** says: Faith, hope, and love abide, but the greatest of these is love.

So, **as you move forward** in your spiritual training, keep your eyes on the ultimate goal—living a life that honors God, helps others, and reflects His love.

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