

## It is written

## "It is written" appears 80 times in Scripture overall Jesus Himself said it 7–8 times



# How and why do you respond?

What is your default

reaction?

Why is it what it is?



Dogs

Men

Race

Teachers

Police

**Pastors** 

Women

Kids

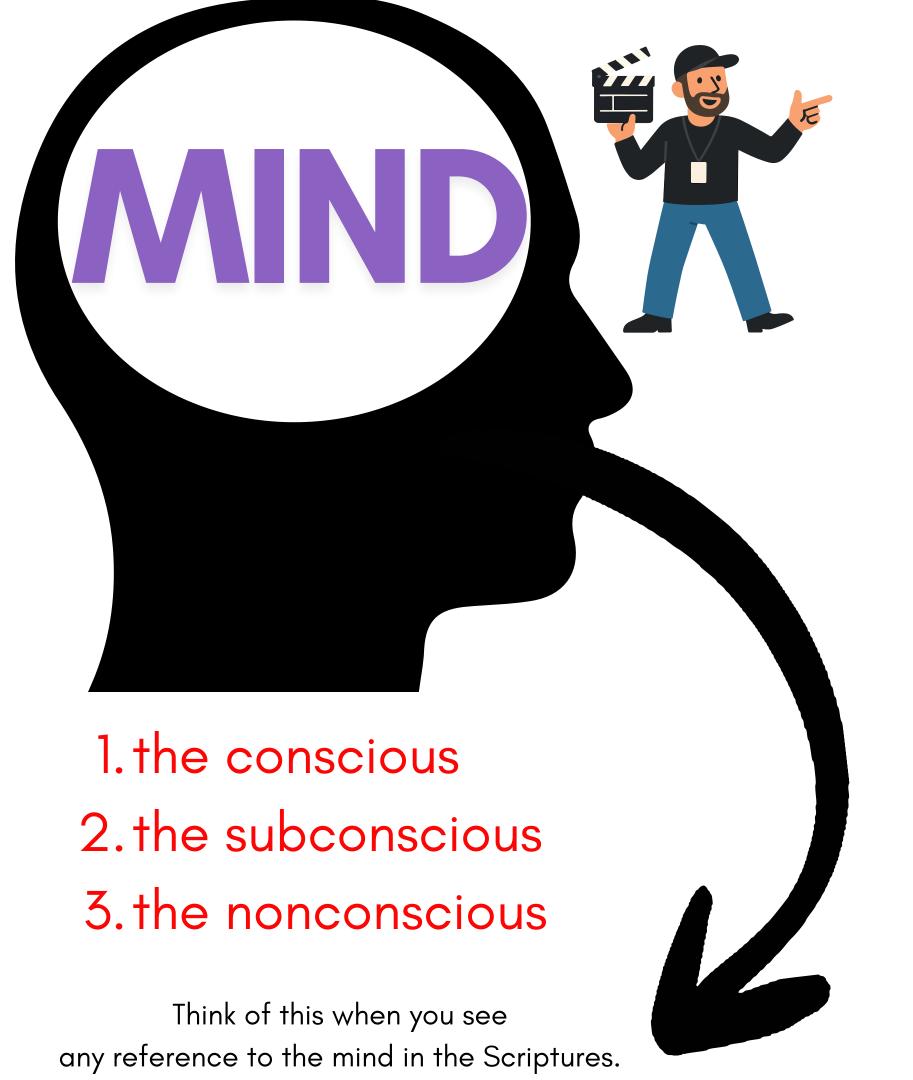
Cats

Beat

## HOW AND WHY DID YOU CHOOSE?



CAR, VACATION, FURNITURE, MEAL, JACKET, SCHOOL



## Your Mind Keeps A Record

### **EPHESIANS 4:22–24 (NIV)**

"You were taught, with regard to your former way of life,
to put off your old self, which is

#### being corrupted by its deceitful desires;

to be

made new in the attitude of your minds;

and to

put on the new self,

created to be like God in

true righteousness and holiness."

## WHAT ARE THINGS YOU SAW ONE WAY, THAT YOU NOW SEE DIFFERENTLY? THAT'S WHAT METANOIA IS ALL ABOUT.

- 1. A race
- 2. Church
- 3. People
- 4. Rollercoaster
- 5. Certain foods
- 6. Exercising
- 7. Music
- 8. Environment, career
- 9. Mindset
- 10. The word "Justice"



### Metanoia

meta = "beyond,"

and noia (noya) (from nous)
= "mind" or "thinking."

I see the error of my ways
I've made a positive mental adjustment
I'm making a u-turn
I'm going the other way

# Romans 12:2 Be transformed by the **renew**ing of your mind

### RENEW

ἀνακαινόω (anakainoō)

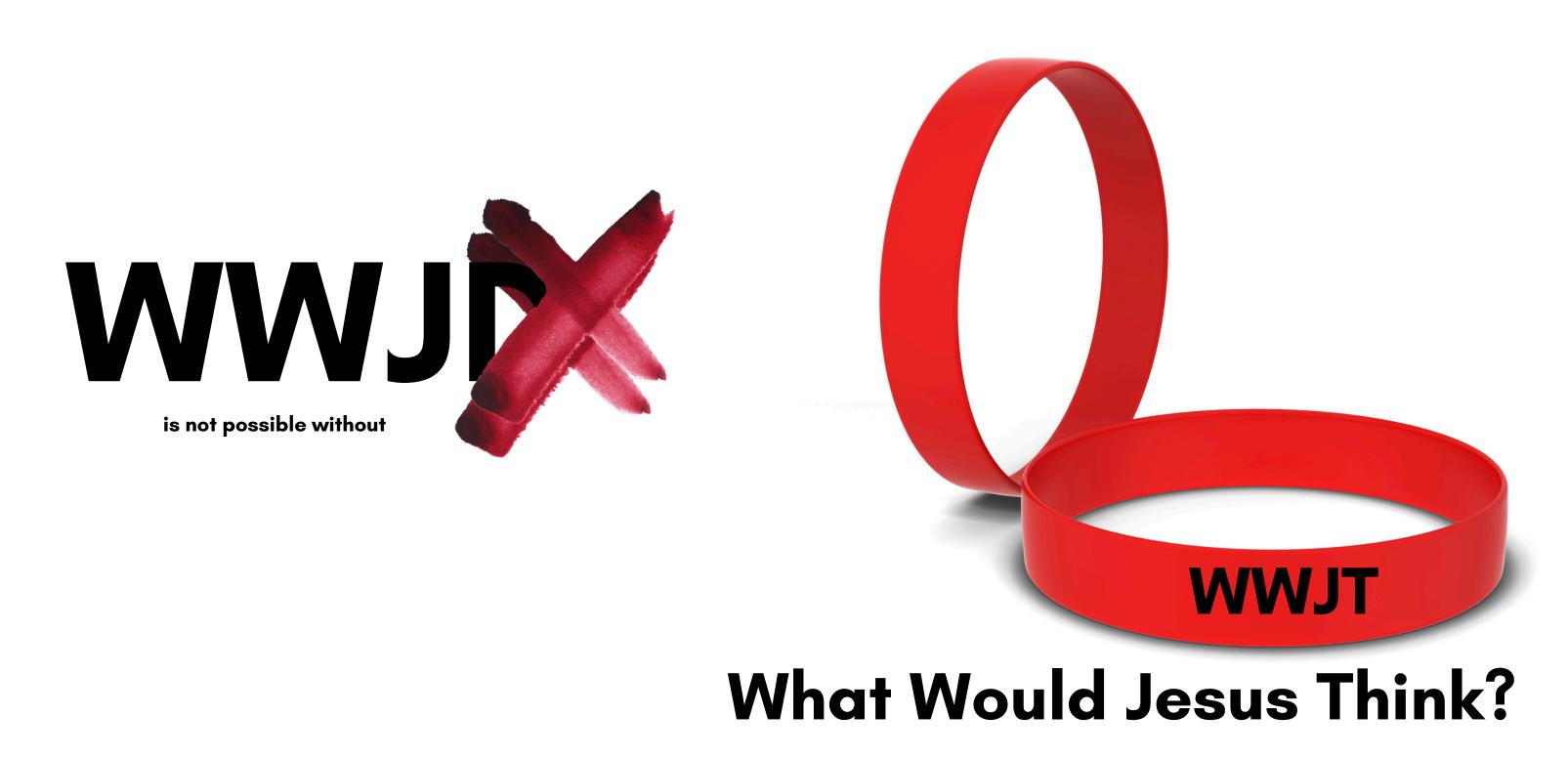
"to restore freshness,"

"to change into a new kind of quality."

ana (ἀνά) = again or up kainos (καινός) = recent

Reworking your inner way of thinking — a total mental and spiritual renovation.

## "Let this mind be in you, which was also in Christ Jesus" Philippians 2:5



Thinking precedes doing.

## Renew by

## reframing.

Replace your default response with "it is written"

WWJ5 WWJT

### Proverbs 23:7

Whatsoever a man thinks in his heart so is he.

Whatever your heart meditates on reveals the real you



### Habits or behavior that keeps you from kingdom work needs repentance. If it's not for the Glory of God it is a distraction. Repent, review and reframe that leads to renewing.

Original: "We won't ever grow at this pace."

Reframe: "Growth may be slower than we hoped, but steady progress is still progress."

Original thought: "I'm not good enough for this job."

Reframe: "I have unique skills to contribute; I can learn what I don't know yet."

Original thought: "I always mess things up."

Reframe: "I've made mistakes, but they help me grow and improve."

Original thought: "Something bad is going to happen."

Reframe: "I can't predict the future, but I can take steps to prepare and respond wisely."

Original thought: "I'll never finish this project."

Reframe: "If I break it into small steps, I can make steady progress."

Original thought: "I don't feel motivated."

**Reframe:** "I don't need to wait for motivation; I can start with one small action."

### You know that you have fallen into a new mindset when you are quick with "It is written"

- Romans 1:17 "It is written, the just shall live by faith."
- Matthew 22:31 "It is written, 'I am the God of Abraham, the God of Isaac, and the God of Jacob.'
- He is not the God of the dead but of the living."
- Matthew 19:4 "**It is written**, 'He who created them from the beginning made them male and female."
- Mark 12:29–31 —"It is written, 'You shall love the Lord your God... and your neighbor as yourself."
- Romans 3:10 "It is written, 'There is none righteous, no, not one."
- 1 Corinthians 1:19 "It is written, 'I will destroy the wisdom of the wise."
- 1 Corinthians 2:9 "It is written, 'What no eye has seen, what no ear has heard, and what no human mind has conceived the things God has prepared for those who love him."
- Mark 9:12-13 "It is written, 'The Son of Man must suffer many things."
- Matthew 4:10 "It is written, 'You shall worship the Lord your God, and Him only shall you serve."
- Matthew 21:13 "It is written, 'My house shall be called a house of prayer,"
- Luke 24:46 "Thus **it is written**, and thus it was necessary for the Christ to suffer and to rise from the dead the third day."