TO KNOW HIM AND OBEY HIM

Ladies Tea – 7 Nov 2026

HOW DO WE CHANGE THE WAY WE HAVE BEEN DOING SOMETHING?

"Insanity is doing the same thing over and over again and expecting different results".

This quote is apparently not by Einstein but popped up in 1981 by something written by Narcotics Anonymous.

"Don't expect to get different results when you keep doing the same thing over and over. For things to change, YOU have to change".
Anonymous

Clearly, I need to change the way I am doing things.

Many years ago I saw this slide done by Dr Carolyn Leaf that changed my life. She said I can't change my behaviour unless I first change the way I think. Clearly, I had to be aware of what I was thinking about.

Short testimony of why this was a confirmation (Brush)

Slide from Dr Caroline Leaf's DVD - "Who Switched Off My Brain"
Windows of the Mind:

It starts with a thought
Which
Stimulates an emotion
Which
Results in an attitude
Which
Produces behaviour

When the thought comes - or I see something - on TV
Which now stimulates an emotion….. Etc

The brain follows our thinking - of what we know - or think we know. Fear, anxiety, stress, joy, happiness whatever.

It doesn't have to be true. Once it results in the attitude I can get someone to agree with me - we now become “one with”.

The attitude will produce the behaviour which makes our decisions good, or bad and we live in the consequences of what might not even be true.

Dr Lee Warren is a Neurosurgeon who wrote a book called “Life-Changing Art of Self-Brain Surgery”. He has podcasts which are very helpful.

When we are saved, our minds have already been programmed.
We are in bondage to self pre-occupation, self infatuation, self exaltation and self affirmation. (Me, myself and I)

Either I am not good enough and the “other” is worse than me.
Or I am better than them and they are worse off.

From the time of conception we are hearing words.
The first 7 years determine the way we process things, watching, listening, feeling, touching and smelling. All programmed - good / bad or both.
With God’s guidance or without. Thought processes are formed and stored.

Once we are saved, Romans Chapter 6 comes into play. It says we are dead to sin and alive to God.

Verse 6 AMP
“We know that our old self (our human nature without the Holy Spirit) was nailed to the cross with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin.”

This means we know that our old self, our old man was crucified with Christ. So when you believed in Jesus, you became united with him. His death became your death and your old nature really died. This is not “you hope” it did. “Maybe it did”, “I hope I can make it”. **But it did**. Our old self was crucified with him in order that the body of sin might be brought to nothing so that we would no longer be enslaved to sin.

Verse 11 AMP
“Even so consider yourselves also dead to sin and your relation to it broken, but alive to God (living in unbroken fellowship with Him) in Christ Jesus”

This is the genius of a Christians change. Are you dead? Or aren’t you dead? You need to count yourself as dead. Or “reckon” yourself dead as other bible translations put it.

If you don’t believe you’re dead, you’ll try to make yourself dead in order for God to approve you. But if you really believe I’m dead, my punishment is passed. He’s on my side. When he died, I died. When he bore the punishment, I bore the punishment in him. My judgment
is behind me. And now what do you do? You become that. You live that out. You grow out of that. YOU DON’T TRY TO MAKE THAT happen again.”

This is where Keith’s skiing demonstration on Sunday was helpful - Explain

We now live from being “in Christ”.
Gal 2 : 20 AMP
“I have been crucified with Christ (that is, in Him I have shared His crucifixion); it is no longer I who live, but Christ lives in me. The *life* I now live in the body, I live by faith **(by adhering to, relying on, and completely trusting)** in the Son of God, who loved me and gave Himself up for me.

’Cast out the old leaven for you are unleavened. 1 Cor 5.
It’s over and over again in the New Testament…what you are in Christ is fixed, firm, done, and now you’re called. Become that in your bodies, in your minds. That needs to be a fixed firm belief!

What is wrong with our mind? This is described back in chapter one. They’re depraved. And the essence of our depraved minds Romans ch 1:28. “He gave them over to a depraved mind” is that our minds became foolish and exchanged the glory of God for images. Verses 22 and 23 of chapter 1.

Depraved or **debased/reprobate mind** means a state of moral corruption and spiritual blindness where a person loses the capacity to distinguish good from evil.
Our minds are in bondage to self : self pre-occupation, self infatuation, self exaltation and self affirmation.

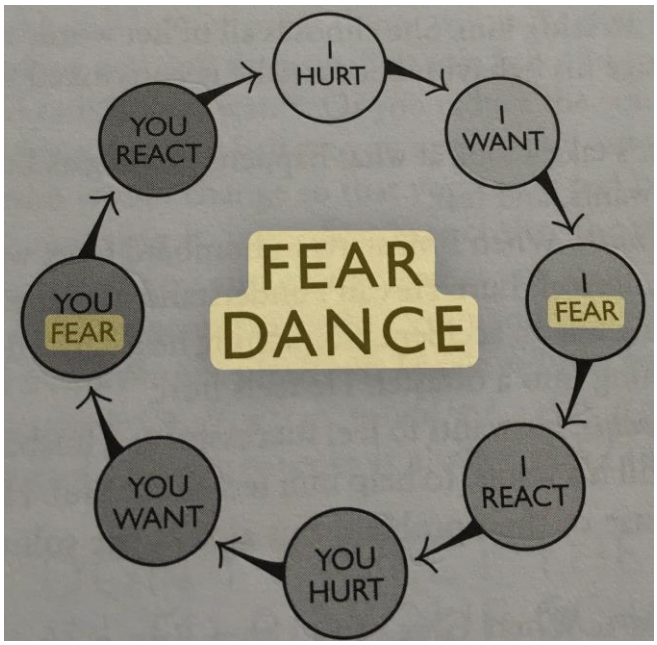
We use our minds mainly to exalt ourselves. That’s the main problem with the mind. The mind is quick as it can be to defend itself. Get into a little squabble with your spouse, a parent, a friend, a boss……if the finger is pointed at you for doing something you know that you’ve agreed that you shouldn't do and it's pointed out .....you know what your mind will do? WHAM! It's got three things the other person did yesterday or whenever. It is SO QUICK. It’s amazingly nimble and smart to remember and to articulate their problem, exactly. WHY? It gets me off the hook. And I don’t want to be on the hook, because I’ve got a mind that wants to be exalted. And you don’t tell me my sins. Taken from John Piper

When we do that, it is called “self-righteousness”
Is 64:6 says “But we are all like an unclean thing, and all our righteousnesses are like filthy rages”
Explain “filthy rages” - Menstrual cloth. We understand what this is like, especially us older ladies who remember the old ones that we had to wear with an elastic belt with two loops to hang them on. Dirty, smelly blood. That's what we are doing

We live in the perpetual cycle of:
Prov 15:24 “The way of life winds upward for the wise,
That he may turn away from hell below.
Meaning my response is: BELOW THE LINE
Blame
Being right
Fear

Instead of my response being: ABOVE THE LINE
Responsibility
Curious
Breakthrough

Example below of a relational crisis of blame and neither are willing to take responsibility to change. From a book written by Gary Chapman



Ephesians 4:23 says:
“and be renewed in the spirit of your mind,”
What would a spirit of a mind be? It’s the mindset, the view point, the posture of the mind, the demeanor of the mind, the bearing of the mind, the attitude of the mind.

We have identified our problem. THE MIND
We need to change our way of thinking. If we do, with what or who?

GOD - who is ultimate!



As the sun and its rays are one - so is God and His glory one.

We are to reflect His glory!

2 Cor 3:18 NLT
“So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord - who is the Spirit - makes us more and more like him as we are changed into his glorious image.

In the bible “ultimate” refers to:
God as the final, supreme, and absolute reality, as well as His sovereign plan, eternal purpose, and the final outcome of creation and redemption.

- **God as Ultimate Reality**: God is the sole absolute, the uncaused first cause, and the sustainer of all existence *(Col 1:17, Heb 1:3)*. He stands above all creation as the highest authority.

- **Christ as the Ultimate Word and Sacrifice**:
  Jesus Christ represents God’s final, complete revelation and salvation. His sacrifice on the cross permanently satisfies the penalty for sin *(Heb 10:18)*, meaning no other offering or mediator is needed.

- **The Ultimate Good (Romans 8:28)**:
  Unlike temporary or “situational good” (material comfort, health, or wealth), biblical ultimate good is spiritual maturity - being conformed to the image of Jesus Christ and securing an eternal relationship with God.

- **The Ultimate Purpose of Humanity**:
  Drawing from historic summaries like the *Westminster Catechism* and apostolic teaching *(1 Cor 13, 1 John 3)*, the consensus among Christian thinkers is that **man’s chief end is to glorify God and enjoy Him forever.**

- **The Ultimate and the Penultimate**:
  In Christian ethics, the “ultimate” is God’s standard of grace, love, and redemption, while the penultimate” refers to daily, messy human life and temporary rules. When lesser rules clash with the ultimate demand of love and God’s law, the ultimate takes precedence.

So the ultimate purpose of man is to glorify God and enjoy Him forever.
John 17:3 AMP

"Now this is eternal life: that they may know You, the only true (supreme and sovereign) God, and (in the same manner know) Jesus (as the) Christ whom You have sent."

Know - Greek term *(ginosko)* means intimate, like a union between husband and wife. Holy Spirit knowing….. This kind of relationship doesn't happen accidentally.

This is the reason why we were created.

Jeremiah 9:23 & 24 NKJV "Thus
says the Lord:
Let not the wise man glory in his wisdom,
Let not the mighty man glory in his might,
Nor let the rich man glory in his riches;
But let him who glories glory in this,
That he understands and knows Me

Our minds won't drift to becoming God-centred. It has to be intentional. We make the choice. Then we do due diligence.

HOW?
Rom 12:1 & 2 NKJV
1 "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God *which* is your reasonable service.
2. "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God".

We believers are urged by the **mercies** of God.
To name just a few:
Divine love, grace, Holy Spirit, peace, faith, comfort, power, hope, patience, kindness, glory and honour. Righteousness, forgiveness, reconciliation, justification, security, eternal life, freedom, resurrection, sonship, ongoing intercession. All this is covered in Ch 1 - 11 in Romans.

1. Present your body as a living sacrifice - Our lives are primarily an act of worship in which we give ourselves. The sacrifice that is a living sacrifice acceptable and pleasing to God incorporates the soul, the body, the mind, and the will. They're all bound up with each other, but they help us to see aspects of ourselves that we are to give to God. Our souls have been saved. Justification. We place that aspect on the altar.
2. I give my body not as a dead sacrifice but as a living sacrifice. I continually offer my body for your purposes, and I offer it as a living and holy sacrifice set apart from sin. Scripture talks about sexual sin. It doesn't belong on this altar. God wants your body as a sacrifice offered to him in holiness, not just your spirit and your mind.

This verse is way more than I thought it was but I wanted to paint the picture of how serious it is when we offer our bodies as a living sacrifice on the altar. It's really that serious.

HOW TO RENEW YOUR MIND:

1. Stop - think about what you are thinking.

2. If it's not edifying, exhorting or encouraging - stop immediately

3. Replace that thought with something else. Below is an example.

4. Say it out loud - faith comes from hearing and hearing the word of God.

QUOTE BETH MOORE:

1. God is who He says He is

2. God can do what He says He can do

3. I am who God says I am

4. I can do all things through Christ

5. God's word is alive and active in me

I BELIEVE GOD

I read this in her book called "Believing God" and it's very helpful.
Short testimony.

This is a discipline - it will not happen by itself. This is what you do.
You march up and down the house or you drive in your car - and while you about it teach your kids the above as well.

Any scripture you know - like not parrot fashion - I mean know.

Addressing fear as an example:

Is 41:10

"Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
I will uphold you,
With My righteous right hand."

When you are busy with scripture - take a verse and make it yours:

5 W's & 1 H - Who, What, When, Why, Which and How.

If you learn it parrot fashion when you fear and you back brain you forget the scripture. Needs to be yours.

Feeling low and disappointed - Ps 121 same applies

You have to put in to get out.

Learn names and characteristics of God.

Know what Jesus has done for you:

The Divine Exchange

Author Derek Prince

1. **Jesus was punished** that we might be forgiven.
2. **Jesus was wounded** that we might be healed.
3. **Jesus was made sin** with our sinfulness, that we might be made righteous with His righteousness.
4. **Jesus tasted death** for us, that we might share His life.
5. **Jesus was made a curse** that we might receive the blessing.
6. **Jesus endured our poverty** that we might share His abundance.
7. **Jesus bore our shame** that we might share His glory.
8. **Jesus endured my rejection** that I might have His acceptance with the Father.
9. **He was cut off** that we might be joined to the Lord.
10. **Our old man was put to death** in Him that the new man might come to life in us.

Look, read out loud, listen, say it, know it.

Ask God questions.

The scenario earlier about the squabble. What is God's way? 13

WHAT ABOUT THE SQUABBLE?

1. Go to God immediately - tell God…….

“Search me (thoroughly), O God, and know my heart;
Test me know my anxious thoughts;
And see if there is any wicked or hurtful way in me,
And lead me in the everlasting way.”
Ps 139:23 & 24

2. Ask Him if you are guilty - DON’T DEFEND YOURSELF.
   Surely God can defend you.
   Yeah! I was innocent; I didn't do it. So who else was innocent? Jesus.
   That’s the dirty, filthy rag coming out.

Isn’t that what it means to be dead? Rom 6:6 said so He died, I died.

3. Repent for my part.

4. Forgive the other person. If you have to talk about it, you haven’t forgiven, says R T Kendal.

5. Invite God’s love and truth.

That’s what living above the line means.

You are taking responsibility for whatever you are guilty of. If you seriously didn’t do anything, then just forgive. Live in curiosity to see what God can do in this situation. No matter how impossible it seems. Wait for the breakthrough.

Below the line - Blame, I’m right, Fear

Chose Life!