



I. REVIEW/INTRO

- A. The Bible uses natural things to help us understand spiritual truths

John 6:35 (NKJV) And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.

John 6:63 (NKJV) It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and *they* are life.

- **Premise: There's nothing wrong with any of you that the right spiritual diet can't fix**

- B. Spiritual digestion

Jeremiah 15:16 (NKJV) Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart; for I am called by Your name, O Lord God of hosts.

II. EAT SO THAT YOU MAY GROW

- A. Comparing natural growth and spiritual growth

1 Peter 2:2 (NKJV) as newborn babes, desire the pure milk of the word, that you may grow thereby,

- There is a difference between babyhood and adulthood

1 Corinthians 13:11 (TLB) It's like this: when I was a child I spoke and thought and reasoned as a child does. But when I became a man my thoughts grew far beyond those of my childhood, and now I have put away the childish things.

- B. When something grows, it's transformed

- C. Transformation comes from changing the way you think

Romans 12:1-2 (NKJV) 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.

- D. Problem: I want things to change, but I don't want to be transformed

- **Your mind is designed to arrive at a conclusion, and the conclusion you arrive at will either be your *greatest asset* or your *greatest liability***



III. TRANSFORMATION

A. Therefore... A response to what God has done

- Paul was asking them to do something that could only be accomplished by God's mercy, which was revealed in the "therefore;" the first 11 chapters:
 - Chapters 1, 2 and 3 are about the problem of mankind
 - Chapter 4 and 5 are about God's solution to mankind's problem
 - Chapter 6 is about our identification with Christ
 - Chapter 7 reveals that there's always a battle between the spirit and the flesh
 - Chapter 8 says the good news is that in Christ we are more than conquerors!
 - Chapters 9-11 reminds us that God has a master plan

B. The context of renewing the mind and "transformation" are important

Romans 11:29 (NKJV) For the gifts and the calling of God are irrevocable.

Romans 12:3-4 (NKJV) ³ For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

- To think soberly means to think *accurately*, and thinking accurately *requires the right diet*

Romans 12:4-6 (NKJV) ⁴ For as we have many members in one body, but all the members do not have the same function, ⁵ so we, *being* many, are one body in Christ, and individually members of one another. ⁶ Having then gifts differing according to the grace that is given to us, *let us use them*: if prophecy, *let us prophesy* in proportion to our faith;

C. Our "reasonable service" is in response to God's work in our life

IV. YOU WILL ALWAYS ACT LIKE WHO YOU BELIEVE YOURSELF TO BE

A. Our beliefs govern what we think, say and do

B. The world's system is designed to destroy the image God wants you to see

Mark 12:16-17 (NKJV) ¹⁶ So they brought *it*. And He said to them, "Whose image and inscription *is* this?" They said to Him, "Caesar's." ¹⁷ And Jesus answered and said to them, "Render to Caesar the things that are Caesar's, and to God the things that are God's." And they marveled at Him.

C. Mirror, mirror

James 1:22-25 (NKJV) ²² But be doers of the word, and not hearers only, deceiving yourselves. ²³ For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; ²⁴ for he observes himself, goes away, and immediately forgets what kind of man he was. ²⁵ But he who looks into the perfect law of liberty and continues *in it*, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.