



WEEKLY CELL GUIDE

13 JUN 2021 | RENEWING OUR MINDS: FINDING FREEDOM FROM UNGODLY BELIEFS | ROMANS 12:2

Series : Heart Restoration | Speaker : Lam Zhengxin



WELCOME

[15 MINS]

You may want to look up the following websites for icebreakers suitable for your cell.

[Ice Breakers 1](#)

[Ice Breakers 2](#)



WORSHIP

[15 MINS]

You may select songs like

1. Spirit Touch Your Church
2. Build My Life



WORD

[45 MINS]

SPIRITUAL OBJECTIVES

At the end of the sermon discussion, cell members will:

1. Identify any lies or ungodly beliefs they may have, and together as a cell
2. Help one another to replace them with truths from God's Word

SERMON SUMMARY

Most of life's battles are won or lost in the mind. Our thoughts have power when we give them power. To win the battle in our minds, we must identify the strongholds that are holding us back, claim the Biblical truths that will demolish these strongholds, and renew our minds. As followers of Christ, we do not conform to the patterns of the

world where they lead us to carry ungodly beliefs. Instead, we continuously renew our minds in God's Word so that we can walk in freedom and live out the life God has intended for us.

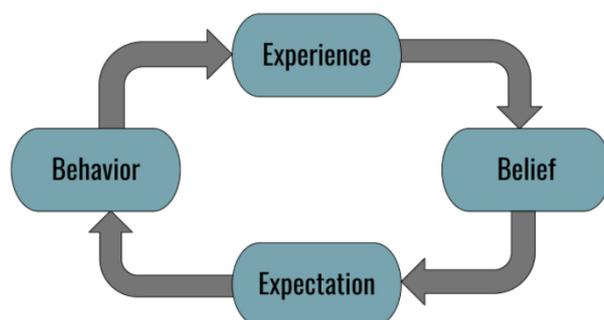
SERMON RECAP

Our mind is a crucial component of who we are. We entertain countless of thoughts every day and the way we process them has a significant impact on our lives. Whatever has mastery over our mind will eventually have mastery over us. Do we think about what we think about? Do we gatekeep what goes into our mind? Or do we remain passive and allow the world to disciple our minds and our thought patterns?

[Romans 12:2](#) tells us the way to transformation starts with our mind. This Scripture presents us two choices – either be conformed to the patterns of this world or be transformed by the renewing of the mind. What we choose will determine the trajectory of our lives.

1. Do not be conformed to the patterns of this world

- To conform is passive in nature. No action is needed on our part as the world's thought patterns constantly act upon us. If we do nothing, we will end up thinking like the world thinks. It requires intentional effort on our part not to conform.
- One critical aspect of worldly thinking is ungodly beliefs (UGB). UGB are thoughts and perspectives that do not agree with God's Word and His character. All of us carry some form of UGB in our lives because we all grow up in a fallen and broken world.
- The danger is that many of us will think there is nothing wrong with our thought patterns. UGB will disguise themselves to look like truth, when in fact they are lies. UGB are powerful because they are so deceptive. We go through life thinking they are true.
- Where do UGB come from?
 - a. **Secular worldviews and culture.** For example, living in a competitive society like Singapore has ingrained in us that we must make a lot of money. There is always this fear of not having enough. Some of us carry this UGB that if we don't achieve what we want, we will lose out. But the truth is our ultimate provision comes from God and we must always look to Him as our source ([Matthew 6:25-26](#)). The Godly belief we must hold is that whether in plenty or in want, we know the secret of being content ([Philippians 4:12](#)).
 - b. **Fallen family upbringing.** We all grow up under parents who are not perfect. During our formative years they may have said or done things that impacted us negatively. When left unchecked, these words or actions can become the identity that we carry into our adult years. But when we know the truth that death and life are in the power of the tongue ([Proverbs 18:21](#)), we will then reject the UGB and embrace what God really says about us in His Word.



- c. **Hurts, traumas, and negative experiences.** The Belief-Experience Cycle above shows how UGB are formed and internalised. An EXPERIENCE causes us to form a BELIEF. Out of that belief we form an EXPECTATION. From that expectation then forms a BEHAVIOR. Our behavior influences the behavior of others which leads us back to a similar experience, which reinforces that belief and the cycle continues. For example, a comment from a teacher may be replayed in a pupil's mind over and over until she believes she is not good enough. This UGB of inadequacy must be countered by God's Word that says that as a child of God she is already chosen and empowered ([John 15:16](#), [Acts 1:8](#), [1 Corinthians 3:16](#)).

2. But be transformed by the renewing of the mind

- Because we live in a fallen world, all of us carry some form of UGB. To reverse them, we renew our minds with the corresponding Godly beliefs as revealed in God's Word. However, this is not a one-time solution. We must continuously renew our minds and recreate the old neurological pathways in our brains.
- When we renew our minds, we will be able to discern God's grand and perfect will for us. When our minds are soaked with His truth, every thought that crosses our mind will be tested – those that are contrary to His Word will be rejected and those that are in line with His thoughts will be approved.
- Applications:
 - a. **Feed on the Word of God.** Read, study and meditate on the Bible daily.
 - b. **Connect with the Spirit of truth.** Listen to the voice of the Holy Spirit as He exposes deeply entrenched lies or UGB about God, about ourselves, and about others that we are not even aware of. Confess them and ask the Holy Spirit to reveal the corresponding Godly beliefs to us. For example, we may be living a Christian life based on performance and duty to earn God's approval and love. This looks like 'the right thing to do' but until the Word of God is revealed to us by the Holy Spirit, we won't know the truth. The truth is that God loves us, not because of how good a Christian we are but because love is something He does and gives. It is the very essence of who He is. He doesn't just love – He is love ([1 John 4:16](#)). He loves and accepts us regardless of what we can or cannot do for Him. A true Christian life is not performance-based but grace-based ([Luke 15:11-32](#)).

Quotable quotes:

- "I am loved by a Love I did not earn; therefore, I am loved by a Love I cannot lose." – *Lam Zhengxin*
- "What will sustain us to the very end is not religion, not our programmes, not a set of rules, but a genuine relationship with God." – *Sherman Wong*

DISCUSSION QUESTIONS

1. Read [Romans 12:2](#). In your own words, what is the difference between being 'conformed' and being 'transformed'? Can you give any examples you know? [10 Mins]

Leader's Notes

A *recap* question. While both terms have a different meaning, they share a few similar attributes. Both of them require change and submission. Both require something else as a standard of measure. When we are conformed to the world, we allow the world to change us, to be the standard against which we measure our life and we submit to its values as they shape us into the same pattern as everyone around us. To be conformed means to be pressed in from the outside. To be transformed, however, means to be changed from the inside out. Only God, through the Holy Spirit, can transform us by the renewing of our minds. We need to let the Word, not the world, change what we think and believe and then we will begin to behave as the "new creation" we are ([2 Corinthians 5:17](#)).

Transition

But here is the problem – even though we are a new creation, we still live physically in this present ungodly age, and we will do so until death frees us, or Jesus returns. In a sense, we are living in two worlds – the current world and the Kingdom of God. It is an already, but not yet reality. How then do we live as followers of the Kingdom while we are here on earth?

Resource: Refer to the [Handout for Heart Restoration – Renewing the Mind](#) (https://becoming30.riverlife.org.sg/s/Handout-for-Heart-Restoration_-13-June.pdf) for a better understanding of the topic and a list of ungodly beliefs and the corresponding truths from God's Word.

2. What are some societal views today that conform more to the world than to the Bible? Why does a Biblical worldview matter? [15 Mins]

Leader's Notes

A *reflect* question. Whether conscious or subconscious, everyone has a worldview. A personal worldview is a combination of all you believe to be true (even if they are not), and these ungodly beliefs become the driving force behind every emotion, decision and action. It affects our response to every area of life: from politics to science, sex to social media, entertainment to human rights – everything. A Biblical worldview on the other hand, is based on God's Word. When we believe the Bible is entirely true, we allow it to be the foundation, the tool, and the confidence to confront the world's twisted and ungodly worldviews, and use God's Word to redeem and restore every aspect of culture to God's original design.

Transition

What you feed your mind with becomes a mindset. A mindset is impossible to change without changing what your mind is filled with. The only way to remove an old mindset is by filling our conscious mind with God's truth. Once the conscious mind is filled to the overflow, it slips into the subconscious mind and replaces the old mindset of ungodly beliefs.

Resource: [What Would You Say](#) An excellent resource to help us have a better grasp of key societal issues from a Biblical worldview.

3. Write down one ungodly belief that you may have. Share it with the cell group and help one another replace that ungodly belief with a Godly belief that agrees with God's Word. [15 Mins]

Leader's Notes

A *response* question. If we find ourselves thinking ungodly thoughts, having ungodly feelings, and expressing them in ungodly actions, we are conforming to the patterns of this world ([Colossians 2:8](#)). But sometimes our habits are so entrenched, it is difficult to tell the truth from a lie. For this reason we must feed ourselves with a consistent diet of God's Word so that our minds are continually being renewed with the truth. But it is not enough that we master the Word, we must let the Word master us ([2 Corinthians 10:3-5](#)). This happens not only as we take God's Word seriously and living it out, but also as we give ourselves to being in community with others who can help correct our thinking ([Hebrews 10:24-25](#)).

Closing

God transforms, while the world promotes conformity. The world will even try to convince us to become like Jesus through performance and conformity, but this will ultimately fail. Our efforts to conform ourselves to the truth will not produce the fruit that God desires for us to have. The fruit of His Spirit is not a "to-do" list to accomplish, but rather an outcome of renewing our minds in the Word of God and through the work of the Holy Spirit in our lives ([Ephesians 1:17-18](#)).

Resource: [RiverLife Request for Ministry - RTF \(http://bit.ly/rlcrtf\)](#). If you require personal ministry, you can apply to receive ministry from our church that can help you overcome issues and bondages in your life.

Also, do continue to join us for a time of ministry during our Wednesday [Consecrate Nights](#). The Consecrate Nights are a time of ministry as a response to the sermon on Sunday.



Consider dividing the group into micro-groups for a deeper time of sharing as well as praying for the following items:

1. Sermon Application

- We will learn to identify our ungodly beliefs and replace them with the Word of God by the power of the Holy Spirit.
- We will live a grace-based life of faith and obedience, and not a performance-based Christianity
- We will offer up our body as a living sacrifice so that our whole life becomes a spiritual act of worship to display the worth of Christ over the worth of the world.

2. COVID-19 in Singapore

- The COVID-19 situation in Singapore would be under control, and that we would revert to having low infection in the community and dormitories.
- Continued progress in Singapore to overcome the negative economic and social impact of the current crisis.

3. COVID-19 in the World

- A swift end to the COVID-19 crisis globally, especially in India and the rest of South Asia.
- Healing and comfort for those who are sick and suffering.
- Protection and guidance for healthcare professionals at the frontline; give them wisdom, courage, and strength to confront this crisis.



ANNOUNCEMENTS

[5 MINS]

1. **Bible Reading Plan.** You can access our 2-Year Bible Reading Plan 2021-2022 by visiting <https://rlc.sg/brp2021>.
2. **Heart Restoration Handout.** You can download this week's handout [here](#).
3. **Current Sermon Series: Heart Restoration.** Sermon Topics:
 - Jun 13 - Renewing the Mind
 - Jun 20 - Healing Life's Hurts
 - Jun 27 - Freedom from Oppression
4. **Consecrate Nights.** In line with the Heart Restoration sermon series, on these nights we will have worship, devotional sharing and prayer ministry time where we will mass minister to those in need. 16, 23, 30 June (Wednesdays), 8:00pm - 9.30pm. Join us online: <https://rlc.sg/consecrate-nights>.
5. **Read & Reflect On Crazy Love.** 1-30 June. As part of the Call to Consecrate, we are rallying every RiverLifer to read Crazy Love on your own. This is to prepare ourselves for the next Consecrate sermon series in July as well as our special E-gathering with Francis Chan in July
6. **2021 AGM.** In view of the ongoing COVID-19 situation, we will be conducting our AGM online on Sun, 20 Jun at 2.30pm. The notice of AGM and accompanying papers will be despatched to you by email and published on our website at a later date.

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