

Title: Renewing The Mind
Series: 2026 Fall Vision Series
Speaker: Kevin Sneed
Date: September 20, 2026



Key Texts: Romans 12:1-2, 2 Corinthians 10:4-5, John 15:5-8

Introduction

As apprentices to Jesus, we practice renewing our minds in contrast to a world of noise, competing narratives, and addiction.

We do so by cultivating habits of fasting and scripture. These habits enable us to take our thoughts captive as we fill our minds and imaginations with the things of God and yield to the slow, transformative work of the Holy Spirit. The ongoing process of renewing our minds is like tending a garden. We plant good seed as we engage with Scripture and cultivate a life and identity centered around the truths of God's Word. We uproot weeds and till the soil as we fast and invite the Holy Spirit to bring to the surface the lies and false narratives we have been living.

Icebreaker: What is one verse or truth that you have intentionally kept in front of you? Why is that one particularly meaningful to you?

Discussion Questions

1. Thinking back to the sermon from this Sunday, what stuck with you? Was there anything particularly encouraging or challenging for you?
2. Read **Romans 12:1-2** aloud. What does this passage teach us about God - what he is like and what he does? What does this passage teach us about people?
3. Is there a command or instruction given in this passage, and any particular promise that Paul highlights?

4. Pay attention to how Paul uses both “active” language (things we do) and “passive” language (things done to us, or things we receive) in these verses. What is our role in the process of transformation? What is the role of the Holy Spirit? Which one is harder for you – actively offering yourself to God or trusting God to do the deeper work you can’t do yourself?

5. Read **2 Corinthians 10:4-5** and **John 15:5-8**. How might these verses help you better understand what it means to intentionally take up an active posture when it comes to renewing our minds and opening our lives to the work of the Spirit? What do you think it might practically look like in your day-to-day life to “take every thought captive,” and how can you lean on support from the Lord and from others in your community?

6. (Note: This could be a good time to break out into pairs or triads.) Is there a lie, thought pattern, or false narrative that you’ve noticed surfacing lately that you can bring to the light? Spend some time praying for each other, and if possible, pray using a specific truth or promise in scripture that you can return to later this week.

Practice: Renewing the Mind

This week, ask God which of the following two habits He may be inviting you to lean into as you seek to offer yourself to Him and open your life to the work of the Spirit. If either is new to you, you can find habit cards that explain each habit and give you some tips for practice on the website at cpc.org/rule.

Scripture (Planting New Seeds) - Intentionally set aside time each day to engage with scripture. Consider writing a verse on a notecard and committing it to memory. When it comes to building a regular scripture habit, start with reading one Psalm a day or part of a chapter (if reading the whole thing feels like a stretch) in the gospels (Matthew, Mark, Luke, or John). Start where you are, not where you think you should be.

Fasting (Uprooting the Weeds) - Fasting is abstaining from food for a predetermined period of time for the purpose of offering our whole self to God. When we fast, we invite the Holy Spirit to bring to the surface the false narratives and lies we have been living. If possible, choose one meal that you can fast from this week, and spend the time you would typically be eating in prayer. You may find it helpful to choose a specific scripture verse or characteristic of God to focus on. Invite God to reveal what he wants you to see about himself and about you. Is there a thought pattern, habit, or attitude that he might be inviting you to lay down?