

4 STEPS FOR DOING AN MRE

STEP 1. CHOOSE THE CORRECT MRE, one that accurately targets the negative thought or stronghold in the thought life. Avoid the popular “scattergun” approach of mixing general scriptures which is of little value for effective mind renewal. A GENUINE MRE FOCUSES ENTIRELY ON ONE SINGLE TRUTH WHICH TARGETS ONE SPECIFIC NEGATIVE THOUGHT PATTERN. An MRE will target a specific fear. Such as fear of the dark, rather than just fear in general.

STEP 2. READ YOUR MRE “day and night”. Mind renewal is not instantaneous. It’s a progressive miracle, a deep inner transforming work of the Holy Spirit.

The bible says “If we sow, we shall reap” (GAL 6:7).

“If we sow abundantly, we will reap abundantly. However, if we sow sparingly, we will reap sparingly” (2 COR 9:6). We reap in proportion to the time and effort spent sowing. We “sow” by “meditating in it day and night.” A good approach is to read your MRE’s once each morning and then again once each night for several weeks.

STEP 3. USE YOUR MRE AT THE POINT OF ATTACK. That is what Jesus did when **He used His “It is written”** in the face of enemy attack. An MRE is God’s weapon of spiritual warfare for taking “negative enemy thoughts captive to the obedience of Christ.”

Always have your MRE ready to use when an attack begins. Act quickly and aggressively with authority “casting down imaginations” (lies and negative thoughts). Continue reading your MRE until the enemy leaves no matter how long it takes. Read out loud where possible. **The word of God has the power to outlast any enemy.**

STEP 4. READ YOUR MRE by faith and not by sight/feeling. I.e. putting it down because the flesh doesn’t feel like reading it. “Without faith it is impossible to please God.” Day and night meditation is AN ACT OF FAITH, highly pleasing to God.

“This is the victory that overcomes the world, even our faith!” (1 JOHN 5:4)



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