

HEALING THROUGH MIND RENEWING EXERCISES (MRE'S)

“Be transformed by the renewing of your mind” (ROM 12:2)

The unrenewed mind is a source of strongholds, bondages, negative thought patterns, lies, wounds and blockages, which have carried over from our previous life outside Christ. Before salvation, God's three enemies, the world, the flesh and the devil, sowed this evil into the old mind in an attempt to destroy our soul. Now, in Christ, we have been born anew in the spirit, but the soul with its old mind, old thinking and strongholds from the past, needs the transforming power of God to renew it and release victory and freedom into our daily lives.

It is God's will to heal and restore all the damage of the past. It is an essential part of God's plan of salvation for every Christian to walk in freedom following the new birth.

Salvation did not finish at the new birth – IT BEGAN AT THE NEW BIRTH! And continues everyday through the work of the Holy Spirit “sanctification”.

“It was for freedom that Christ has made us free” (GAL 5:1)

“Whom the Son sets free is free indeed” (JOHN 8:36)

“For where the Spirit of the Lord is there is liberty” (2 COR 3:17)

This part of the plan of salvation is called “sanctification” (freedom, transformation, renewal, spiritual growth, overcoming) and was purchased on the cross with the blood of Christ just as the new birth was (justification). Jesus died to set you free, not just in heaven, but right now, here on earth, through a new victorious, transformed life.

“May the very God of peace sanctify you wholly, and I pray God your whole spirit and soul and body be preserved blameless into the coming of our Lord Jesus Christ”. (1 THESS 5:23)

Jesus said “I came to heal the broken hearted”, set at liberty those who are bruised”, and “deliver those who are imprisoned”. (LUK 4:18)

(EPH 5:25 – 27) Personalised says.... “Christ so loved **You**, that He gave Himself for **You** so that He might sanctify and cleanse **You** with the washing of water by the word and present **You** to Himself as a glorious Christian not having spot or wrinkle or any such thing, but that **You** should be holy (whole) and without blemish”. This is God's plan for every Christian through sanctification.

The purpose of an MRE is to release that healing and transformation through the “renewing of the mind”. Jesus said “If you continue in my word, then you shall know the truth and the truth will make you free”.

“Thy word is truth” (JOHN 17:17)

“Knowing” the truth results in “being renewed in the spirit of your mind”. (EPH 4:23)

“The entrance of thy word brings light” THAT ENTRANCE IS THROUGH THE MIND!

God’s word contains the power to create a universe. The power in that word can transform an old mind. The word that gave you the miracle of **a new birth**, also gives you the miracle of **a new life**, and this miracle is released through the renewing of the mind.

The mind is the gateway of the soul (not the eyes as mystics claim). **It is what enters the mind that transforms the soul.** When the word of God enters the mind, it’s light dispels the darkness that is there, and freedom, victory and healing takes place.

However, the correct Biblical method must be used in order to release effective renewal in the mind. The first verse in the first Psalm reveals God’s method.

Blessed is the man.... Whose delight is in the law (WORD OF GOD) and in this law (WORD OF GOD) does he meditate day and night.” (PSL 1:1 – 2)

ESSENTIAL COMPONENTS OF A CORRECT MRE

1. A genuine MRE is **one specific truth**, not a mixed scripture list. It is a one specific truth delivered with depth and revelation. It is a highly targeted truth not a general one. The word of God must target one specific negative thought.

In the wilderness Jesus defeated Satan’s most powerful lies with an “It is written”. Jesus did not use a general scripture. He did not reply to “turn these stones to bread” with “Jehovah Jireh is my provider”. He met Satan’s lie about **bread** with God’s truth about **bread!** Man shall not live by bread alone, but by every word that proceeds from the mouth of God”.
(MATT 4:3,4)

Jesus “it is written” had power because he used God’s method selecting **one highly specific word** to destroy **one highly specific lie**. Jesus method is the correct method for an MRE.

The basic principle is – **THE MORE SPECIFIC A TRUTH, THE MORE POWERFUL IT’S ACTION TO RENEW WILL BE.**

2. The Biblical method of “meditating in the word day and night” requires an MRE to be ready constantly “day and night” over a period of time.



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