

Biblical Foundations & Verses

Here are several scriptures that teach **mind renewal** and **resisting the enemy**:

Scripture	Key Principle
Romans 12:2	We are not to conform to the world but be <i>transformed by the renewing of our mind</i> . This helps us discern God's will. Free Bible Study Hub+2Bible Conclusions+2
2 Corinthians 10:4-5	We have weapons to demolish strongholds, to take every thought captive so it obeys Christ. Free Bible Study Hub+1
Philippians 4:8	Think on what is true, noble, right, pure, lovely, admirable, excellent, worthy of praise. Christianity Path+1
James 4:7-8	Submit to God, resist the devil, and he will flee. Draw near to God. CGG+1
Ephesians 6:10-11	Put on the whole armor of God so you can stand against the schemes of the devil. wordproject.org+1
1 Peter 5:8-9	Be sober, vigilant; resist your adversary standing firm in faith. Study Your Bible Now+1

The 8 “Rs” / Steps to Freedom & Healing (Renewing the Mind & Resisting the Enemy)

These are the 8 steps that Be in Health teaches for freedom from spiritual roots so healing can come. They are often applied when renewing the mind, refusing lies from the enemy, and walking in health.

1. Recognize – *See the Problem for What It Is*

- Identify the sin, stronghold, or wrong thought pattern at work.
- Example: Realizing that your constant worry is actually rooted in fear, not “just being careful.”
- Scripture: “*My people are destroyed for lack of knowledge.*” (Hosea 4:6)

👉 Without recognition, you can't address the real root.

2. Responsibility – *Own Your Part*

- Admit where you've agreed with the enemy's lies or chosen sinful responses.
- It's not about blaming others, but taking responsibility for your choices.

- Example: Instead of saying “my parents made me bitter,” say, “I chose to hold on to bitterness, and I need to deal with it.”
- Scripture: “*Each of us will give an account of ourselves to God.*” (Romans 14:12)

👉 Responsibility opens the door for change.

3. Repent – *Turn Away from Sin*

- Confess and ask God’s forgiveness for partnering with sin or lies.
- Repentance is not just sorrow but a change of direction.
- Example: If you’ve struggled with jealousy, you confess it and ask God to remove it from your heart.
- Scripture: “*If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us.*” (1 John 1:9)

👉 Repentance cleanses the heart and mind.

4. Renounce – *Break Agreement with the Enemy*

- Declare out loud that you are done with that sin, lie, or spirit.
- Example: “In Jesus’ name, I renounce the spirit of fear. It is no longer my master.”
- Scripture: “*Let everyone who names the name of the Lord depart from iniquity.*” (2 Timothy 2:19)

👉 Renouncing severs spiritual ties and gives legal notice to the enemy.

5. Remove – *Cut It Out of Your Life*

- Get rid of anything that feeds or sustains the sin/lie.
- Example: If pornography is the issue, remove access to it. If bitterness is the issue, stop replaying the offense in conversations.
- Scripture: “*If your right hand causes you to sin, cut it off...*” (Matthew 5:30)

👉 Removal shows God you’re serious and prevents relapse.

6. Resist – *Stand Your Ground Against Return Attacks*

- The enemy will try to bring the thought or temptation back. You must resist.
- Example: If fear tries to rise again, speak Scripture: *“God has not given me a spirit of fear...”* (2 Timothy 1:7).
- Scripture: *“Resist the devil, and he will flee from you.”* (James 4:7)

👉 Resistance builds spiritual muscle and renews your mind.

7. Rejoice – *Celebrate God’s Deliverance*

- Worship and thank God for His freedom and healing.
- Joy strengthens you to hold your ground.
- Example: Instead of obsessing over your struggle, praise God for the progress and healing you’ve received.
- Scripture: *“The joy of the Lord is your strength.”* (Nehemiah 8:10)

👉 Rejoicing keeps your eyes on the Healer, not the problem.

8. Restore – *Help Others with What You’ve Learned*

- Share your testimony and encourage others in their journey.
- Example: If you’ve overcome bitterness, help someone else struggling with unforgiveness.
- Scripture: *“Comfort those in any trouble with the comfort we ourselves receive from God.”* (2 Corinthians 1:4)

👉 Restoration turns your healing into ministry and keeps freedom flowing.

✨ Summary Flow

1. **Recognize** – See it.
2. **Responsibility** – Own it.
3. **Repent** – Confess it.
4. **Renounce** – Reject it.
5. **Remove** – Eliminate it.
6. **Resist** – Stand firm against it.
7. **Rejoice** – Thank God for victory.
8. **Restore** – Help others find freedom.

How These Steps Help Renew the Mind & Not Listen to the Enemy

Putting the above steps into action contributes directly to renewing the mind and resisting the enemy in several ways:

- **Awareness of Lies vs Truth:** Recognize false beliefs or lies from Satan; then counter them with God's Word. This builds discernment.
- **Repentance & Renunciation** dislodges strongholds — bitterness, self-pity, fear, unforgiveness — that twist thought patterns.
- **Taking Responsibility** removes victim mindset; you actively choose to align with truth.
- **Resist** helps you maintain a changed thought-life — not letting old patterns sneak back in.
- **Rejoice and Restore** shift focus from problems to God's faithfulness, strengthening faith and bringing community which reinforces truth.