

Reset Your Mind

A Personal Reflection on Renewing the Mind

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Romans 12:1-2

Psalm 23:3 (referenced)

What would you do if you were to reset your mind, such as the occasional Ctrl-Alt-Del we perform on our laptops? I would assume many would say yoga and meditation. I have never been, nor do I intend to be, a yoga person. I recall the time I was working hard, virtually living out of my official travel kit, when the family used to take road trips with our Doberman, Scooby, to the hills. I have not done anything like that in years, but now, by the grace of God, I may make a trip to the south of India. I am aware that I may not be away from the mobile telephone, but I will be away from much of the environment that agitates my mind and causes distress within me. Sadly, this includes the local church! I am looking forward to the beaches, the ever-changing colours of the Arabian Sea, sitting beside the school I attended and indulging in nostalgia, eating exotic seafood, the famous Tellicherry biryani, and, most importantly, worshipping in the tranquil small church there. There I will not have to watch my back. It will be like a rebooting of my soul and mind.

In Romans 12, Paul tells us how we can renew and refresh our minds. He begins with that wonderful transition word "therefore." Here, Paul signals a clear cause and effect. He shifts from his doctrinal teaching to getting very practical about the results of our theology. Paul earnestly pleads with the Roman Christians to live their lives based on what God—in His great mercy—had done for them.

Paul begins by talking about our bodies. He calls us to "present [our] bodies a living sacrifice, holy, acceptable unto God" (Romans 12:1, KJV). The first-century Christians would have been intimately familiar with the solemn act of sacrifice, so it would have been a powerful analogy. However, this sacrifice is "living": vital and dynamic and ongoing. It is also a holy, dedicated, and pure act of worship.

Paul also addresses the renewing of our minds. He urged believers to continually subject their thoughts and intellect to the renewing work of the Spirit. Every thought is to be taken captive by God. We love Him when we think rightly and purely. As we steward our thoughts, the Spirit will provide the gift of discernment. God wants to lead His children in paths of righteousness (Psalm 23:3). And when we renew our minds, we can more readily prove "that good, and acceptable, and perfect, will of God" (Romans 12:2, KJV).

I leave you with these questions: in what ways can you offer your body as a living and holy sacrifice to God? In what ways can you invite the Holy Spirit to renew your thoughts? This, you must work out for yourself.

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