



The Mind — The True Battlefield

How the Mind Works, and Why God Calls Us to Renew It

The book of Hebrews opens a window into something profound — something that goes far beyond the surface of religious life and cuts into the deepest part of who we are:

Hebrews 4:12

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

When Scripture speaks of "the thoughts and attitudes of the heart," it is referring to the mind — because throughout the Bible, the word "heart" is most often used to mean the mind and thought life, not the physical organ. This verse tells us that God's Word penetrates to the deepest layers of who we are and discerns what is happening there. And that discernment is the beginning of the renewal we need.

I. How the Mind Works — The Gateway to the Body and to Life

The human mind is a marvel of precision. It has the capacity to imagine and to recall — it can re-experience the sensation of smell, taste, feeling, and touch, not by performing those actions physically but by summoning them from memory or from imagination. A single image seen for a moment can trigger a full cascade of associations, emotions, and responses within the mind.

What circulates in your mind determines what happens in your life. The mind is the primary gateway to the body: everything that reaches you through sight, sound, smell, taste, or touch passes through the mind first — before it leaves its mark on your body and your behavior.



Medical science confirms this independently of Scripture: thought is the creation, retrieval, and examination of mental images, and these images are what give meaning to experience and govern behavior. When you focus on a mental image, the mind begins to draw it with increasing clarity and detail — and your life begins to take shape accordingly.

A real-life example: If you are living with an unmet need for love, you will find that your daydreams constantly orbit around a particular person or relationship — and it may even find its way into your sleep. What fills the mind fills the life.

II. God's Strategy with Abraham — Changing the Inner Image

The most powerful example in all of Scripture of how God renews the mind is what He did with Abraham. When the Lord told Abraham and Sarah that they would have a son — while they were old, and Sarah was barren — He did not simply deliver a verbal promise and leave. Instead, He took Abraham outside, showed him the star-filled sky, and said: "Count the stars if you are able to count them. So shall your offspring be."

This was not poetic embellishment — it was a precise divine strategy for renewing Abraham's mind. God caused Abraham to draw a completely new image inside himself: a limitless sky, stars beyond counting, a legacy without end. This new image was designed to erase the old one — the image of the old man, the barren patriarch, the one for whom it was too late.

Proverbs 23:7

For as he thinks in his heart, so is he.

"As he thinks in his heart, so is he" — this is the law of the mind. When Abraham believed the new image God had given him, Scripture says: "Abraham believed God, and it was credited to him as righteousness." Then he went out and began to live and speak and declare — telling everyone that God had promised him a great and numerous offspring. He began living the vision before he saw its fruit.



The system of mind renewal: God gives you a new image that contradicts your current reality, commands you to erase the old image you carry about yourself — and you begin to live according to the new image.

III. Biblical Words That Describe the Mind

Scripture — in both the Old and New Testaments — uses multiple words that describe the mind and its activity. Understanding these words helps us grasp the depth of what God is saying about our thought life:

Thoughts: "I know the thoughts I think toward you, thoughts of peace and not of evil" — God's thoughts toward us are thoughts of peace and blessing. The word refers to what the mind holds and processes.

Knowledge: Solomon develops this in the Old Testament — not merely stored information, but deep comprehended understanding that shapes decisions.

Imagination: Used in the Old Testament to mean thinking through a specific mental image. One of its most powerful applications: seeing yourself without your illness in order to prepare your mind to receive healing.

Inclinations and desires: If you find yourself drawn to spending time alone with God, or desiring to attend a gathering — that means the thoughts of your mind are leaning toward the Lord. Spiritual inclination is a movement of the mind before it becomes an action of the body.

The heart: "Out of the overflow of the heart the mouth speaks" — the heart here is the mind. What fills your mind overflows onto your tongue.

The inner man / hidden man of the heart: This refers to the inner person — the spirit and soul — which is renewed day by day through the Word of God.

IV. The Inner Man and the Outer Man — The Core Conflict

2 Corinthians 4:16

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.



The human person is dual in composition: the inner man (spirit and soul) and the outer man (the five senses — referred to in Galatians 5 as the works of the flesh). The inner man is renewed daily by the Word of God. But the outer man — the five senses — is continuously exposed to the bombardment of the external world.

This is where the danger lies: the outer man — the five senses — is the very gateway that the enemy tries to use in order to reach the inner man. When your five senses are surrendered to the world without oversight, they become a wide-open door for the enemy.

When you were saved, your nature was changed — your spirit no longer carries any of its old sinful nature. But when you sin, the cause is always the five senses leading you there — not your renewed spirit.

A Practical Example: Sin Begins with a Sense

You are a believer and you are saved. But you are scrolling through social media, and suddenly a video appears promoting immorality. The reason you were exposed to temptation was not your spirit — it was the sense of sight. You allowed your eyes to lead your heart.

The five senses — sight, hearing, smell, taste, and touch — each one is capable of receiving thoughts and images that can cause you to fall. The believer who is "sold under sin" as Scripture describes is in reality a believer who does not govern their five senses — not someone whose renewed spirit has failed them.

V. Presenting the Body as a Living Sacrifice — The Radical Solution

Romans 12:1–2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will.



Paul is not making a secondary or optional request here — he presses it with all the tenderness of God's mercy. Because the danger is real: the believer who does not present their five senses to the Lord opens a wide passage for the enemy to move from the outer self into the inner man.

"Do not conform to the pattern of this world" — do not allow the world to continuously reshape the image you carry of yourself and of God. Instead, "be transformed by the renewing of your mind" — allow the Word of God to paint the new image, just as God did with Abraham under the stars. And the result? "Then you will be able to test and approve what God's will is — his good, pleasing and perfect will." Renewal does not only reveal the best version of you — it reveals the complete will of God for your life.

VI. You Are the Temple of God — A Responsibility That Cannot Be Neglected

1 Corinthians 3:16–17

Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.

This verse should not frighten you — it should stir you and motivate you. It is not a threat but a reminder of your identity: you are the temple of God, and the Holy Spirit lives inside you. So what are you allowing your mind to receive? What are your senses bringing into this temple?

The believer who neglects the renewal of their mind and does not surrender their five senses to the Lord is not being destroyed by God — they are leading themselves toward destruction, sickness, curse, or early death through their own choices. God did not do this to them. Their own decision to leave God's temple unguarded did.

Take the teaching of the Lord seriously — because a temple left unguarded will not remain empty. Either God fills it with His Word, or the enemy fills it with his thoughts.



Conclusion: The Mind Presented to God Changes Everything

The mind is not merely a thinking organ — it is the true battlefield in the life of every believer. When it is nourished with the Word of God and presented to Him day by day, the image the believer carries of themselves and of their life is transformed — just as Abraham was transformed when he lifted his eyes and counted the stars.

The renewed mind: Draws its images from the Word of God — not from the fears of present reality.

The surrendered senses: Become instruments of grace — not gateways to falling.

The guarded temple: Becomes a dwelling place for the Spirit of God — not a battleground for the work of the enemy.

The transformed life: Experiences the good, pleasing, and perfect will of God — not the will of circumstances, and not the will of the enemy.

*Present your mind to God — let His Word paint the image within it,
and you will experience His good, pleasing, and perfect will in every
area of your life.*