

THE INSIDE RUNNING

This time last year I went to my first suicide funeral. It was for a man I have known for years in the church. That funeral was quickly followed by a second. Four other men I knew also died in the next three months. It was a real wake-up call.

I heard the comment that no-one who commits suicide is in their right mind. It can be stress, depression, relational or financial failure that overwhelms them. I also heard the comment that the problem is seldom as big (or permanent) as the person believes it is.

Stinking thinking – wrong beliefs about ourselves and others – can poison our lives. This month's article and video shine light into the darkness. We need to understand ourselves better to break free from limiting thoughts.

The knowledge and insights brought by Richard Black and Aaron Ironside will help you to have greater clarity about what you think and why.

The WiseChoices issue that you are holding is a key to a better and healthier future.

With gratitude



John Subritzky



The Power of a Renewed Mind

by Richard Black

I am a white middle class guy. When I came to faith I became a white middle class Christian guy. So it goes without saying that I had no problems – not really. Sure we weren't perfect but problems were what other people had. So you can imagine that when the spotlight of emotional health did a reality check on my life, I was in for a rude awakening. When I learned that I couldn't blame others for the way I was feeling or the situation I was in, this was not a happy place for me. When I discovered that the issues, struggles and hang ups I had were primarily a reflection of what was going on inside rather than outside of me, well the joy kept coming.

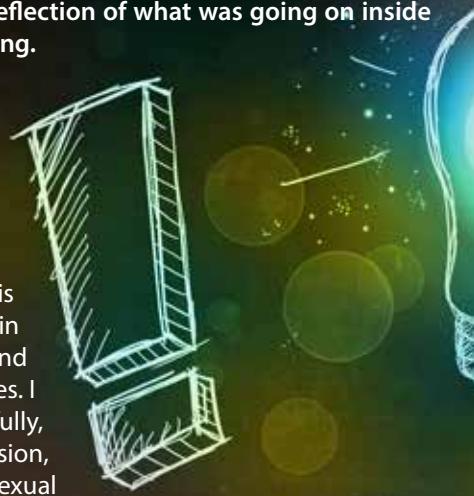
I had to ask, why was I struggling with what people might think of me, why was I struggling with so many insecurities and depression? I loved Jesus, I read my Bible, I prayed, I worshipped... so why hadn't He transformed me before now?

Now don't get me wrong, when I came to faith His Spirit began a noticeable work of transformation in my life, but it seemed limited. When I looked around I saw many in the Church who had similar struggles. I saw people who loved the Lord, were serving faithfully, but struggling with with likes of anger, depression, pornography, comfort eating, relational and sexual difficulties, people pleasing and resolving conflict issues.

One of the key reasons for this is that we have forgotten from where real transformation comes. Jesus said, you will know the truth and the truth will set you free - wherever you encounter it, however you encounter it. It's not the acts of reading our Bible or of counselling but the truth that is encountered through each that brings freedom. This is why Paul says in Romans 12:2 *"be transformed by the renewing of your mind"*. What occurs between your ears is of infinite importance in your transformation.

“What occurs between your ears is of infinite importance in your transformation”

It is no coincidence that our enemy is known as the Father of Lies, and where we are loyal to a lie, he has access to enter in and *"rob, kill and destroy"* (John 10:10). What you believe deep down in the basement level of your mind >





➤ affects every area of your life. When you believe a lie such as “What others think of me determines whether I’m ok or not”; or “I’m only ok as long as I perform well or achieve”; or “I can’t trust anyone else, I can only really rely on myself”; “Others are to blame for how I feel”; “Yelling gives me power”; “Porn gives me the intimacy I need”, it will limit your life and affect your spiritual growth. This is why we are told to take every thought captive and make it obedient to Christ (2 Cor 10:5). There is a part that we need to play in bringing about the transformation we seek.

When lies take a hold in our life they quench the transforming work of the Spirit because He is the Spirit of Truth (John 14:17). Consider 2 Cor 3:17, “Where the Spirit of the Lord is, there is freedom”. If you pause right now and do a stocktake of your life, where are you not experiencing freedom? Wherever that is, guess what? The Spirit of the Lord is not present there - not to the degree He longs to be. You will be believing a lie somewhere there that is keeping the door closed to Him. When we face it and find the truth we need to open that door. The Holy Spirit can then flow in with His transforming power.

There is power in the renewed mind because it works with the power of the Spirit of Truth. This of course is an ongoing process in our discipleship. The more we are proactive in this area, the more we experience “life in all its fullness”, and the closer we can follow our Lord.



What’s on the DVD



FEATURED SPEAKER: Aaron Ironside - Power of a Renewed Mind Aaron is a pastor, counsellor and host of the drive show on Southern Star and has done post-graduate studies in psychology. He also does stand-up comedy and is a Warriors fan. Aaron’s message helps us understand the power of our thoughts on our lives. 24 min

DRAMA: The Harvest 5 min

BONUS FEATURES:

- **My Story:** Andrew Stroud - Superbike champion Andrew Stroud tells us about their faith for a healthy baby

when an abortion was recommended. 4 min

- **PK Music:** Angel Armies 5 min

- **Just Pray** 1 min

- **What I Do Have** - Geoff Wiklund: How God can use what you have available in your hand now. Amazing stories of provision in Geoff Wiklund’s life. 29 min

- **Influence 2016 Promo** 2 min

- **This is Why Porn Kills** - Why Craig Gross got involved in helping people with sexual addictions 9 min

HUMOUR CLIPS: Human speed cam; Crashes; Singing cop 7 min

BETTER WORK STORIES: Helicopter Muster 5 min

DVD EXTRA RESOURCES: Access these using Windows Explorer (PC) or Command F (Mac)

ARTICLES:

Including Michael Hyatt *Practising the Attitude of Gratitude, The Gratitude Advantage*; Francis Frangipane *A Thankful Spirit, House of Thoughts*; Pat Morley *How to Lead a Weekly Men’s Small Group*; Brett Clemmer *No Young Man Left Behind*; Kay Bruner *When Porn Shattered My Fairytale World*; Kevin Forlong *Develop Expertise*; Derek Prince *Burying the Old Nature*; Tom O’Neil Stance Blogs *I Know I Shouldn’t But; We Are ALL Missionaries*

RESOURCES:

Including *Weekly Studies* for Men’s Groups with *Facilitator Guidelines; Event Photos* GO 2015 Event WLG; *Advance Brochure* Influence 2016 Event; *Study Questions & PowerPoint* Renewed Mind; *Website Links* Tools to Maintain Sexual Integrity; *Bible Reading Plans* and more...

MP3s:

Derek Prince MP3

Including Derek Prince *Sons of Zion vs Sons of Greece* 55 min; Gary Gregg *Addictions* 47 min; **PK Canada:** Nate Larkin *Handling Failure* 32 min; **PKNZ Classics:** John Cameron *Courageous Faith* 37 min; Mike Griffith *Positioned for Purpose* 35 min

WiseChoices videos are now online!

In response to the most common request, you can now view the WiseChoices videos on any device, anywhere in the world. And one of the best things is that the PK videos will be in beautiful HD instead of compressed DVD format. This site is password protected for WiseChoices subscribers only.

Have a look and let us know what you think.

Website: <http://wisechoices.promisekeepers.nz>

Password:



PROMISE #3

A Promise Keeper is committed to practising spiritual, moral, ethical and sexual purity.

Next Issue: MARRIAGE