

WELCOME!

We are glad you are joining us.

SHIFT
moving prayer to the center

June 1, 2025

Text: Romans 12:1-2

Prayer is Formation

Worship Team led by Micah Dillon

Message by Karl Helvig

“What makes the difference between the inner voice breaking us—or beginning our transformation?”

Prayer is formation.

God’s _____.

Be transformed.

_____ Mind.

GOD’S MERCY

How do we deal with the voice of the inner critic? How do we begin to quiet its power?

Reflect daily on the greatness of Gods _____ and _____.

Be Transformed

We offer our bodies as _____ by allowing God to transform us.

Matthew 17:1-2 NIV, Mark 9:2-3 NIV, 2 Corinthians 3:17-18

Renewed Minds

Talk to your _____ and feelings.

Name your identity.

Rely on the _____.

YOUR MOVE

“What makes the difference between the inner voice breaking us—or beginning our transformation?”

Reflect on God’s mercy daily.

Open your life to Holy Spirit _____.

Renew your mind

Learn to hear the _____ of God.

God wants to be the one you talk to about everything in your life so that you become familiar with his voice in every _____ of life.

Study Notes

Anakainōsis – The Renewal of the Mind

Romans 12:2 urges us to “be transformed by the renewing of your mind.” That word “renewing” is the Greek noun ἀνακαίνωσις (anakainōsis)—used only twice in the New Testament. But those two moments (Romans 12:2 and Titus 3:5) crack open a beautiful and necessary truth: **you can change**. Not just modify behavior, not just try harder. But be remade—by God.

What Does Anakainōsis Mean?

The root is kainos, meaning new in quality or kind (not just “refreshed,” different and better). The prefix ana- intensifies it—so we’re talking about a **complete renovation** of the inner self. A new way of thinking, seeing, reacting, and living. In Romans 12:2, Paul uses it to describe how our minds must be renewed so that we can see the world, ourselves, and God rightly. In Titus 3:5, it’s paired with the Holy Spirit, showing that this is not just mental training—it’s spiritual rebirth. This is not a return to who we were before. It is the making of something new. As Billy Graham once said in his sermon A New Beginning: “God doesn’t just forgive your past. He gives you a new mind to face the future.”

Renewal Is Ongoing

Paul doesn’t describe anakainōsis as a one-time reset, like restarting a phone. It’s a continuous process. Our minds don’t just need cleansing once—they need constant reorientation. Why? Because every day, we’re flooded with messages from the world and from our inner voice. Some are helpful. Many are harmful. Renewal is the ongoing work of bringing our thoughts under the influence of God’s truth.

Billy Graham preached that renewal is how the Spirit makes Christ live in us—not just in our beliefs, but in our patterns of thought. He said, “You may still feel guilt. You may still wrestle with old habits. But if you belong to Christ, the Holy Spirit is already working to make all things new in you.”

Renewal Starts with Naming and Reframing

In your own life, renewal often begins with noticing the lies your inner critic tells—and replacing them with the truth of God. Lies like:

- “I’m not enough.” → “You are my beloved child.” (Matt. 3:17)
- “I’ll never change.” → “He who began a good work in you will carry it on...” (Phil. 1:6)
- “I’m alone in this.” → “I will never leave you or forsake you.” (Heb. 13:5)

Renewal is a partnership. It’s God’s power + your attention. The Spirit renovates—but you open the door.