

One Step to Freedom  
Chapter 2: Initial Restoration

**Lesson 5**  
A NEW WAY OF THINKING

*“If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth.” (Colossians 3:1-2)*

God wants us to seek things for our eternal benefit, rather than a temporary fix. That is why He encourages us to seek the things above (spiritual), rather than the things here on earth (physical). In order for God’s Spirit to work and to help us do this, we need to be disciplined and obedient to God’s will in our lives. Our old man does not die easily.

**WHAT SHOULD WE THINK ABOUT?**

Psalm 119:36-37 reads, “Incline my heart to Your laws, and not to selfishness. Turn away my eyes from looking at worthless things, and revive me in Your way.”

If we abide in God’s Word, He will take away our struggle with sin. We will lose the desire for those addictions and sins that had a hold on us. It will be challenging, but the Lord will begin that initial restoration of our lives if we obey and trust Him.

1. After we put off our former sinful nature, what should we renew? Read Ephesians 4:23.
2. Read Joshua 1:8. Why should we meditate on God’s Word day and night?
3. What does God promise if we meditate on His Word ... day and night?
4. What has God commanded for us to do in Joshua 1:8?
5. Why will this commandment give us strength and confidence in the face of possible future temptations with sin and addiction(s)?
6. Read Matthew 12:35. How does Jesus tie in this biblical principle?

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**A NEW MIND, A NEW HEART**

*“You shall love the LORD your God with all your heart, with all your soul, and with all your strength. And these words which I command you today shall be in your heart.”*  
(Deuteronomy 6:5)

John 3:16 says that God **so** loves us! We can trust Him. He is never going to ask us to do something that is not in our best interest—spiritually or physically. It is important for us to realize that God is perfect. God is love and God created us so He could show us His perfect love!

When we're obedient to God's will in our lives, He will give us a new heart. If we remember this, especially when we are tempted to sin, God will empower us to resist the impulse to sin. He will deliver us from addiction when we surrender our will for His will. If we look to Him and obey Him, restoration will begin.

7. Write God's declaration about a new heart found in Ezekiel 11:19-20.
  
  
  
  
  
  
  
  
  
  
8. When we seek God's law and cherish it within our hearts, what does God promise? See Psalm 37:31.
  
  
  
  
  
  
  
  
  
  
9. Read Psalm 51:10 and share what it means to you.
  
  
  
  
  
  
  
  
  
  
10. Write out 2 Corinthians 5:17 and commit it to memory.