

PNEUMANETICS

ORIGINAL

BOOK 11

BELIEF SYSTEMS

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CRADDOCK
PUBLISHING

Pneumanetics

Pneumanetics Original

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Printed in the United States of America

ISBN-13: 978-1-935452-10-2 (Book 11)

ISBN-10: 1-935452-10-x (Book 11)

ISBN-13: 978-1-935452-18-8 (18-Book Set)

ISBN-10: 1-935452-18-5 (18-Book Set)



WORKBOOK

DAY ONE

RENEWING YOUR MIND

Christians seem to be willing over and over again to renew their efforts—rather than renewing their minds. Renewing our minds is not an option; it’s a command that comes directly from God. However, we cannot renew our minds correctly apart from the empowering presence of the Holy Spirit. The Holy Spirit leads, directs and executes our renewal from within us, something he does daily (2 Corinthians 4:16). There are many secular programs such as behavior modification or the power of positive thinking, but all of these programs attempt to change a person from the outside in, rather than God’s way of changing a person from the inside out. A true renewing of the mind can only come through the application of Truth by the Holy Spirit.

The renewing of the mind is a partnership, the product of an active, engaged relationship between us and the Holy Spirit—the same power that raised Christ from the dead—within us. Renewal is a process that, over time, changes our wrong beliefs into right ones. Renewal is a spiritual exercise where we practice to consistently make volitional decisions by our faith, rather than by our feelings. Renewal can prove very frustrating because there’s typically a gap between the moment when we make a decision in faith and the outcome of that choice, the time when we finally get to experience the reality of that decision in our lives.

Although the specific phrase “renewing the mind” is mentioned only twice in the New Testament, plenty of related truths and principles appear throughout. To begin our study, let’s look directly to the source, Romans 12:2, in two different translations:

*“And do not be **conformed** to this world, but be **transformed** by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”*

Romans 12:2, New American Standard Bible (emphasis added)

*“Don’t **copy** the behavior and customs of this world, but let God **transform** you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”*

Romans 12:2, New Living Translation (emphasis added)

Now let’s look at another verse just a few paragraphs later:

*“...those whom He foreknew, He also predestined to become **conformed** to the image of His Son...”*

Romans 8:29, New American Standard Bible (emphasis added)

*“...God knew his people in advance, and he chose them to **become like** his Son...”*

Romans 8:29, New Living Translation (emphasis added)

1. How is the word “conform” different in Romans 8:29 from the same word in Romans 12:2?

2. What are some of the ways that we “conform to this world”?

5. What do you think this transformation entails?

We get our word *metamorphosis* from the same Greek root that is translated in Romans 12:2 as “transformation.” When we think of this kind of metamorphosis, we often relate it to a caterpillar becoming a butterfly, a very physical, outwardly visible change. But in this passage, transformation describes a radical change in one’s thinking and behavior, related to their spiritual condition. When the mind is changed, the person changes as well.

The verse immediately before this one tells us the criteria we must submit to if we want to have our minds renewed:

*“I urge you, brothers and sisters, by the mercies of God, to **present your bodies** a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.”*

Romans 12:1 (emphasis added)

If we want to see our beliefs changed, to see our lives transformed, we must “present” our bodies to the Lordship of the Holy Spirit. You will never regret releasing the life-changing power of God into your experience.

DAY TWO

RENEWING THE MIND

“So this I say, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind, being darkened in their understanding, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart; and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness.

*“But you did not learn Christ in this way, if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, that, in reference to your **former manner of life, you lay aside the old self**, which is being corrupted in accordance with the lusts of deceit, and that you **be renewed** in the spirit of your mind, and **put on the new self**, which in the likeness of God has been created in righteousness and holiness of the truth.”*

Ephesians 4:17–24 (emphasis added)

1. Paul was writing a general statement about the condition of the unbeliever. Do you agree or disagree with what he had to say? In your own experience, what have you observed that either confirms or contradicts his conclusions?

2. Paul was saying that there is something radically wrong with the minds (and thus the beliefs) of those who do not follow Christ. Read Matthew 6:22-23. What do you think Jesus is saying in this passage?

Paul's phrase "your former manner of life" was referring back to what he had just said about the unbeliever. Another way to put this is that we might resume our former identity—that is, what we were before we became a Christian. According to Paul, this old identity is still in the process of being corrupted by indwelling sin. What he's trying to make clear here is that our old identity—in another translation, our "old man"—cannot be reformed; it must be replaced.

3. What does the writer of Hebrews 12:1-2 say that we should do?

4. In Ephesians 4:23, the phrase “be renewed” means to make young, to start over again. In 2 Corinthians 4:16, what does Paul say is happening to us on an ongoing basis?

[illegible]

Notice that the word “renew” means something slightly different in these two passages. In Ephesians 4:23, it means to “make young,” while in 2 Corinthians 4:16, it means to “make young.”

5. Read Titus 3:4-8. How does it tell us that God saved us? And why?

[illegible]

DAY THREE

PUTTING OFF AND PUTTING ON

One of the great principles of the Bible (though often ignored) is that of “putting on” and “putting off.” The concept is simple: It’s like stripping off one set of clothes and then dressing again in other clothes. We see this in Acts 7:58 where the angry mob involved in stoning Stephen “put off,” or laid aside, their outer garments so they wouldn’t be hindered in what they were about to do. We are to strip off the old and put on the new.

For the following exercise, in the spaces provided below each passage, write what those verses say we are to put off and to put on:

Put Off	Put On
Romans 13:12	Romans 13:12, 14
Ephesians 4:22, 25	2 Corinthians 5:2-3
Colossians 2:11	Galatians 3:27
Colossians 3:8	Ephesians 4:24
Hebrews 12:1	Ephesians 6:11, 14
James 1:21	1 Thessalonians 5:8

Put Off	Put On
1 Peter 1:13	Hebrews 12:1
1 Peter 2:1, 11	2 Peter 1:5-8

Learning how to claim your promised possession as your own doesn't just happen automatically—it requires an active process on your part. That process is putting off the bad and putting on the good. And you can't do it without the Holy Spirit. While by its very nature, this Biblical process demands that you make a volitional choice of faith, it also requires the empowering presence and activity of the Holy Spirit. We must make a decision! No decision, no renewal. It's that simple.

The process of renewal is not limited to only the verses listed in this exercise. You must apply it to any and all activities of the flesh, many of which are listed for you in the Putting On and Putting Off chart provided for days four and five. Since renewing our minds involves our belief system, it's essential that we fully go through this process to change our wrong beliefs into correct, Biblically-based ones.

Specifically, we'll show you how to systematically apply the dynamic process of renewal to the things you believe about yourself, about God, about others, and so on. To the uninitiated, it may seem like there's not much difference between the process of renewing your mind and simple introspection. But there is in fact a dramatic distinction: outcome. Introspection is looking down inside yourself, seeing the garbage that's there, and perhaps feeling guilty about it. Renewal is looking up to learn what Jesus can do in our lives. Introspection is counterproductive. Renewal is radically transformative.

In the process of putting off, God never removes one thing without replacing it with something far better (putting on). If you find the prospect of becoming a different person intimidating, try to remember: God is in the business of creating

masterpieces, not imitations. He loves you, and He wants only what's best for you—even more than you do!

Making your process of renewal truly effective will require two phases, both of which you will need to complete again and again:

1. SET YOUR EXPECTATIONS: PREPARE YOUR MIND

Revisit this first list as necessary to keep yourself in the proper frame of mind to receive from God. Constantly remind yourself why you're engaging in the process of renewal, and why it's important to you.

- Accept the fact that who you currently *perceive yourself to be*—the face that you present to the world—may not be the person you actually *are*. Before the truth will be able to take hold in your life, you must determine to confront the lie head-on.
- Make the conscious decision (based on faith) to learn who God believes you are—and that you will then accept His definition.
- Stop fighting the person you believe yourself to be. Simply surrender yourself to God and to His truth.
- Acknowledge that you have been deceived into believing a lie. Accept God's truth in its place. (Be aware that there will be a time-lag between when you make this decision and when you see the reality of it playing out in your life.)
- Be consistent. And then be patient. Expect to see change. Embrace it. Look forward to your transformation.
- Allow the Holy Spirit time to work in your life.

2. PRACTICAL APPLICATION: RENEWAL TECHNIQUES

The following list describes the step-by-step “how to” of mind renewal, as led by the Holy Spirit. This process is cyclical; you’ll go through it again and again as you address each new area in your life that God reveals He wants you to work through. Ideally, you should incorporate these steps into *daily* devotional time that you spend in prayer and in communication with the Lord.

1. Using Psalm 139:1 and 23–24 as a guide, ask the Holy Spirit to reveal any events in your life that might be true in your experience—but not true in the way that God views you.
2. Each time that you identify an area in your life where your beliefs don’t line up with God’s truth, pray something like the following (use your own words, personalizing your prayer to your situation):

*“Lord Jesus, I now realize that I have believed that (whatever the wrong belief is) to be true in my life. I can see now the real truth of who I am **in You**. Your Word says that (read or quote the Scriptural truth that applies to your situation). By faith, I am choosing to put off my false belief. I am choosing instead to put on and believe **Your truth** about me.”*

3. Never stop thanking God that He cares for you, and thanking Him for revealing the things that He wants to change in you. Your gratefulness and worship will continue to release His Spirit in your life, constantly empowering you to change.

DAY FOUR AND DAY FIVE

PUTTING OFF/PUTTING ON

The principle of putting off and putting on is such a powerful tool, every committed follower of Christ should purposefully incorporate its use into their ongoing spiritual development. You should practice it so often—daily, several times a day—that it becomes your constant habit. Ongoing transformation should be a defining trait of your character.

Because we will all continue receiving inputs that we need to process for the rest of our lives, we developed a straightforward process to help you constantly challenge your belief system, transforming deceptions with Biblical truth. To make it easy to remember, we even structured it as an acronym for you: **REACT**.

R—Recognize. First, we must learn to recognize, or identify, each inaccurate belief that we are to put off. We must also decide what truth we need to put on in its place. (The exercise at the end of this section is designed to teach you how to do this consistently.)

E—Evaluate. Second, we must evaluate each thing that we recognize. Is this belief true in my life? Is this truth I have discovered what God really wants me to be?

A—Affirm. Third, affirm what you are to put off, and affirm what you are to put on. The practical application is that you will hold every belief up to the light of God's Word. (To make this work, obviously you need to regularly spend time letting the Bible speak into your life.)

C—Confront. Fourth, confront the lie head-on. When you find a truth in the Scriptures, confront it as well—that is, read it and re-read it in its context to be sure you fully understand its meaning and how it applies in your life. Then keep assaulting the lie with the truth, again and again, until it crumbles.

T—Trust. Finally, trust that God will continually work to complete what He began in your life (Philippians 1:6). Your responsibility is to remain faithful to Him. Without

faith it is impossible to please Him (Hebrews 11:6). Simply trust that God loves you and that He has your best interests at heart—and then let Him be God in your life.

EXERCISE: PUTTING OFF AND PUTTING ON

Renewing your mind is an activity that the Holy Spirit initiates within you, in active partnership with your volitional will. We must choose to believe that our minds need to (and can) be renewed, which means that we must examine everything we believe within the context of God's Word.

On the following pages, you'll find a chart specifically designed to help lead you through the initial process of recognizing some of the false beliefs that you likely hold—and then to show you how to replace them with beliefs that are consistent with Scripture.

Read through each of the following. Then, as you're reviewing the chart, return to these pages and fill in the blanks:

1. On the chart, mark the statements in the first column that reflect how you most often view yourself. List them here.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

2. Read the truths in the second column. If you have any thoughts or feelings that contradict these truths, write them here.

3. How do you see your old beliefs from the first column affecting your daily life? Your behavior? Your relationships?

Keep a notebook or journal handy. Any time the Holy Spirit reveals to you a wrong belief, write it down. Make time to look up the corresponding correct beliefs in God's Word, and write them next to the wrong ones.

What I feel or think about myself	What is true about me in Christ	What is true according to Scripture
I am unworthy and unacceptable.	Christ has made me worthy and acceptable.	Romans 15:7 Psalm 139
I am alone.	I am never alone. Christ lives in me.	Hebrews 13:5b Romans 8:38-39
I feel like a failure, like I'm inadequate.	Christ has guaranteed my success. He makes me adequate.	2 Corinthians 3:4-6 Philippians 4:13
I don't have any confidence.	My confidence and boldness are in Christ.	Proverbs 3:26 Proverbs 14:26 Proverbs 28:1 Hebrews 10:19-22 Ephesians 3:11-12
I feel burdened by the responsibility of how my life will turn out.	God is responsible for me, and He is faithful to care for me.	Philippians 1:6 Philippians 2:13 2 Thessalonians 3:3 Psalm 138:8
I'm confused. I think I might even be going crazy.	The Holy Spirit empowers me with the mind of Christ.	1 Corinthians 2:16 2 Timothy 1:7 Ephesians 1:17-20a

What I feel or think about myself	What is true about me in Christ	What is true according to Scripture
I'm depressed. I feel hopeless.	I can find all the joy and hope I need in the person of Christ.	Romans 5:5 Romans 15:13 Psalm 27:13-14 Psalm 31:24 Hebrews 6:19
I'm not good enough. I'm too imperfect.	Christ has made me perfect. I have His righteousness.	Hebrews 10:14 Colossians 2:10 Ephesians 2:10, 13-14
There's nothing special about me.	God chose me, and He set me apart for Himself.	Psalm 139 1 Corinthians 1:30 2 Thessalonians 2:13-14
I don't have enough.	With Christ, I have everything I need, lacking nothing.	Philippians 4:19 1 Corinthians 3:21-23
I'm afraid. I'm a very anxious person.	God has made me fearless.	Psalm 34:4 1 Peter 5:7 2 Timothy 1:7 1 John 4:18
I don't have enough faith.	God has given me all the faith I need.	Romans 10:17 Romans 12:3 Hebrews 12:1-2a
I'm a weak person.	Christ is my strength.	Daniel 11:32b Isaiah 58:11 Philippians 4:13

What I feel or think about myself	What is true about me in Christ	What is true according to Scripture
I feel defeated.	Christ makes me victorious.	Romans 8:35-37 2 Corinthians 2:14 1 John 5:4-5
I'm not very smart.	God gives me His wisdom.	Proverbs 2:6-7 1 Corinthians 1:30 Ephesians 1:16-17
I feel like I'm trapped.	Christ has set me free.	Psalms 32:7 2 Corinthians 3:17 John 8:36
I feel miserable.	God comforts me.	John 16:7 (AMP) 2 Corinthians 1:3-4
No one will take care of me. No one is looking out for me.	God protects me and cares for me.	Psalms 32:7 Psalm 91 1 Peter 5:7
Nobody loves me. I'm unlovable.	God loves me deeply.	John 15:9 Romans 8:37-39 Ephesians 2:4-7 Ephesians 5:1-2
Nobody wants me. I don't belong to anyone.	God has adopted me into His family. He has claimed me as His child.	Romans 8:15-17 Galatians 4:5 Ephesians 1:5b-7 1 John 3:1-2

What I feel or think about myself	What is true about me in Christ	What is true according to Scripture
I feel so guilty.	God has forgiven me, and He has declared me “Not guilty.”	Psalm 103:11-13 Ephesians 1:6-8a Colossians 1:13-14, 20 Colossians 2:13-14 Hebrews 10:10, 15-17
I'm just a sinner.	God has made me a saint, righteous and holy.	Romans 3:23-24 1 Corinthians 1:30 1 Corinthians 6:11 2 Corinthians 5:21
I'm a weak person.	The Holy Spirit lives inside of me, giving me the same life and power that Christ had.	Acts 1:8 Ephesians 1:18-23 Ephesians 3:16 Romans 8:9-11
I can't reach God.	God has made me a believer-priest. I have direct access to Him.	Ephesians 2:4-7 1 Peter 2:5, 9-10 Hebrews 10:19-22
I feel condemned.	God never condemns me when I fail.	John 3:18 Romans 8:1-2 Colossians 1:21-22

When you begin to apply the practice of “putting off” and “putting on” as a part of your spiritual disciplines, as an act of worship before God, I guarantee you—your life will change. God honors His Word. It does not return to Him empty-handed (Isaiah 55:10-11). And He will honor His Word in our lives as we apply it faithfully.

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