

Renew Your Mind

21-Day Mind Renewal



Day # _____ Date _____

1 Pray for wisdom & mind renewal.

You can use the prayer at the end of this worksheet as a starting point if you aren't sure where to begin.

2 Take every thought not of God Captive.

What toxic thoughts, worries, anxieties, fears, sin struggles, impossible barriers are standing in your way today? What is currently taking first place in your life over God? Jot your notes down below and put them in the left hand columns on the following page.

3 Replace the lies with God's truth and Word.

In the right hand column on the following page, insert God's truth in place of lies or worldly patterns you captured. Space is also provided to journal below as you capture these thoughts/patterns and give them to God. Take time to Google "Bible verses about _____" (fear, anxiety, depression, pain, loss, insecurity, pride, unforgiveness, etc.) if you need to look up a truth about something you are struggling with. We also have some verses by category at www.butGodMinistry.com/GodsTruth

Replacing Lies with Truth

Thoughts/patterns not of God



God's TRUTH to claim/overcome



Reflect upon the following in your life right now:

Jot down any that apply that you can think of in these categories from Philippians 4:8...

What is... True Honorable Just Pure Lovely Commendable Excellent Praiseworthy	
---	--

4

Five things I am grateful for today:

1. _____
2. _____
3. _____
4. _____
5. _____

5

Today's Scripture - _____

Take notes, highlight, doodle your initial thoughts and reflections as you dig into God's word today.

6

Take action.

What is one thing you can do today to go take action with regard to your new way of thinking (from steps 2 and 3)?

7

Close in prayer, thanking God in advance for renewal and transformation.



God, as I begin to spend time with you, I first thank you that you are above all things. That you are all-knowing, all-powerful, and always present. That you are a good good Father who wants good things for your children, including me. I thank you that I am your child; a beloved heir to your kingdom. I thank you that you have prepared good works in advance for me to walk in. I thank you for never leaving me and for fighting for me. I thank you that you are full of love, mercy, grace, and compassion. I thank you for the many gifts you have given me. Help me to use them well.

God, I ask you to give me wisdom where I am lacking. I ask you to fill those holes within me that were made for only you to fill. Empty me of the things I try to fill them with that are keeping me from the life you have created for me. Bring to mind anything that is not of you that is getting in the way...any negative thoughts, envy, strife, unforgiveness, insecurity, pride, anger, doubt, fear, anxiety...any of it, God. And guide me in replacing these things with your truth. Point me to your truth. God, help me to renew my mind and to be transformed more and more into the perfect image of your precious Son, Jesus. God, change my "want to". Give me a deep desire to want to know you more; to want to spend time with you; to want to believe your truth over the lies of the world. Open my heart, mind, and soul to hear you... and give me the faith and courage to be obedient.

God, I am expectant and I thank you in advance for the miracle you will do in my mind and my life.

In the mighty name of Jesus. Amen.