

YOUR TRANSFORMATIONAL JOURNEY

Begin your Journey

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

ROMANS 12:2 (NLT)

Renew Your Mind—

Replace lies with God’s truth
through His Word.

Written by--

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Note: If this is your first paper in the **Your Transformation Journey** series, please begin by reading the **Series Introduction**. It explains how to use these studies, includes important ministry information and disclaimers, and provides an overview of the complete transformation journey.

If you are reading this paper as a stand-alone study, you may continue here and refer to the **Series Introduction** whenever you have questions about the ministry, copyright, Scripture quotations, or how these studies are designed to work together.

Throughout these studies, you will also find memory Scriptures, reflection questions, journal prompts, weekly challenges, and occasional worship song recommendations. For a more complete collection of worship music organized by spiritual themes and stages of the Transformation Journey, please visit the **Ministry Library** on my website. My prayer is that these resources will encourage you to spend time in God's Word, draw you into worship, and strengthen your daily walk with Jesus Christ.



Main Theme

Renew Your Mind

Replacing Lies, Negative Thoughts, and Old Patterns with the Truth of God's Word

Theme Scripture

Romans 12:2

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

Why This Scripture Matters

Our transformation does not end when we place our faith in Jesus Christ—it continues as God renews our minds through His Word. As we replace the lies, negative thoughts, and old patterns that once shaped our lives with His unchanging truth, the Holy Spirit transforms us from the inside out. A renewed mind enables us to recognize God's will, walk in obedience, and increasingly reflect the character of Christ in our daily lives.

Supporting Scriptures

- **2 Corinthians 10:5** — God calls us to take every thought captive and make it obedient to Christ. Through His strength, we can reject lies and choose to believe His truth.

We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

- **Philippians 4:8**— What we consistently think about shapes our hearts and our lives. God invites us to fix our minds on what is true, honorable, pure, lovely, and worthy of praise.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

- **Ephesians 4:22–24** — In Christ, we are called to put off our old way of thinking and living and to embrace the new life God has given us. Renewing our minds is part of becoming more like Jesus.

Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God —truly righteous and holy.

- **Psalms 119:11**— God's Word is the foundation for a renewed mind. As we treasure His truth in our hearts, He strengthens us to resist temptation and walk faithfully with Him.

I have hidden your word in my heart, that I might not sin against you.

Why These Scriptures?

Together, these passages reveal that renewing the mind is both **God's work within us and our daily response to Him**. Through the Holy Spirit, God transforms the way we think, while inviting us to fill our minds with His truth, reject the enemy's lies, and live according to His Word. As we consistently meditate on Scripture and trust His promises, our thoughts, attitudes, and actions are gradually shaped to reflect the character of Jesus Christ



Welcome and Encouragement

Welcome to the next step in your **Transformation Journey**. If you have walked through the previous studies, you have discovered that Jesus invites you to come just as you are, calls you to surrender your life to Him, brings healing and restoration to your wounded places, and gives you a new identity as His beloved child. But knowing these truths and living them every day are not always the same. This is where many believers struggle.

Our minds are often filled with old memories, negative thoughts, fear, shame, anxiety, doubt, and the lies we have believed for years. Even after we come to Christ, those old patterns of thinking do not always disappear overnight. The enemy desires to keep us focused on our past, our failures, and our weaknesses, but God lovingly calls us to something far greater.

Through His Word and the power of the Holy Spirit, He renews our minds so that we can walk in the freedom, peace, and truth that Jesus Christ has already secured for us.

I understand this struggle because it has been part of my own journey. There were seasons when the lies I believed about myself felt louder than the truth God was speaking through His Word. I had to learn, day by day, to recognize those lies, surrender them to the Lord, and replace them with what He says is true. God did not change my thinking all at once, but as I spent time in Scripture, prayer, and dependence on the Holy Spirit, He faithfully began transforming my heart and mind. He is still doing that work in me today, and I know He will continue to do the same for every person who trusts Him.

If you find yourself battling discouragement, fear, insecurity, or negative thinking, I want you to know that you are not alone. God is not disappointed with you, nor has He abandoned you. He is patient, faithful, and committed to completing the work He has begun in your life. As you open your heart to His truth, He will gently expose the lies that have held you captive and replace them with the life-giving truth of His Word. My prayer is that through this study you will grow in confidence, experience the peace that comes from trusting God, and discover the freedom that comes from allowing Him to renew your mind each day.

The greatest battle in the Christian life is often not what happens around us, but what we choose to believe within us. God does not transform us by changing our past—He transforms us by changing the way we think through the truth of His Word.



What God's Word Teaches

Remember, Jesus is enough for every lie you face, He is faithful in every step of your journey, and He is transforming you day by day through the truth of His Word and the power of the Holy Spirit.

God never intended for His children to remain captive to lies, fear, shame, or the unhealthy patterns of their past. Through Jesus Christ, we have been made new, and through the Holy Spirit, God continues His work of transforming us into the likeness of Christ. Romans 12:2 teaches that this transformation takes place as God renews our minds. His desire is not merely to change our behavior but to change the way we think so that our lives reflect His truth.

God's Word reveals His character, His promises, and His purpose for our lives.

As we spend time reading, studying, and meditating on Scripture, the Holy Spirit reshapes our thoughts and aligns our hearts with God's truth. **Psalm 119:11** reminds us of the importance of storing God's Word in our hearts, while **John 17:17** teaches that God's Word is truth. The more we fill our minds with His truth, the more we learn to see ourselves, others, and our circumstances from His perspective rather than through the lens of our past experiences or emotions.

The Bible also teaches that there is a spiritual battle for our minds. Satan is described as the father of lies, seeking to deceive and discourage God's people (**John 8:44**). In contrast, Jesus is the Truth (**John 14:6**) and promises that His truth brings **freedom** (**John 8:31–32**). Because of Christ, we do not have to accept every thought that enters our minds. **2 Corinthians 10:5** teaches us to take every thought captive and make it obedient to Christ, rejecting every lie that contradicts God's Word.

Renewing our minds is not about positive thinking or relying on our own determination. It is the gracious work of God as we daily surrender to Him. The Holy Spirit helps us put off our old way of thinking and embrace the new life we have in Christ (**Ephesians 4:22–24**). As we abide in Jesus (**John 15:4–5**), spend time in prayer, worship, and Scripture, God gradually transforms our desires, attitudes, and responses. This transformation is lifelong, and **Philippians 1:6** assures us that the God who began this good work in us will faithfully complete it.

This truth has become deeply personal in my own journey. For many years, I believed lies rooted in rejection, shame, fear, and feelings of never being enough. Those lies shaped how I viewed myself, my relationships, and even God. But as I consistently sought the Lord through His Word, He began replacing those lies with His truth. He reminded me that my identity is found in Christ, that His grace is greater than my failures, and that His promises are more trustworthy than my feelings. He is still renewing my mind today, and I continue to experience the freedom, peace, and hope that come from believing what God says rather than what my past once told me.

God desires to do the same work in every believer. As we remain in Christ, allow His Word to dwell richly within us (**Colossians 3:16**), and depend on the Holy Spirit each day, He transforms our minds so that we increasingly reflect the character of Jesus Christ. This is His invitation to every follower of Christ—not simply to think differently, but to be transformed by His truth for His glory.



Why This Matters

Renewing our minds is essential because what we believe shapes how we live.

Our thoughts influence our attitudes, our emotions, our decisions, our relationships, and ultimately the direction of our lives. **Proverbs 23:7** reminds us that our thinking affects who we become, while **Romans 8:5–6** teaches that a mind set on the Spirit leads to life and peace. If we continue believing lies about God, ourselves, or others, those lies can keep us trapped in fear, shame, discouragement, and spiritual defeat. But when we choose to believe God's truth, He changes not only the way we think but also the way we live.

God calls us to intentionally fill our minds with what is true, honorable, right, pure, lovely, admirable, and worthy of praise (**Philippians 4:8**). As we fix our minds on Him (**Isaiah 26:3**) and set our hearts on the things of Christ (**Colossians 3:2**), the Holy Spirit produces a peace and confidence that cannot be found in the changing circumstances of life. Renewing our minds is not a one-time event but a daily choice to trust God's Word above our feelings, our past, and the lies of the enemy.

This message is deeply personal to me because I know what it is like to live under the weight of false beliefs. For many years, my past, my pain, and my brokenness shaped how I viewed myself. I believed I was not enough, that I would never truly change..., and that my failures defined who I was. Yet God, in His mercy, patiently began replacing those lies with His truth. As I spent time in His Word, He reminded me that I am His child, redeemed by His grace, and being transformed into the likeness of Christ. His truth became stronger than the lies I had believed, and little by little, He renewed my mind and gave me hope.

This is one of the reasons God has called me into this ministry. He has allowed me to experience His healing, His grace, and the transforming power of His Word so that I can encourage others who are walking through similar struggles. **2 Corinthians 1:3–4** teaches that God comforts us in our troubles so that we can comfort others with the same comfort we have received from Him. My desire is not simply to share my story but to point people to Jesus Christ—the One who still heals wounded hearts, renews weary minds, and transforms lives through the power of His Word and His Spirit.

God has not called me because I have all the answers or because I have reached perfection. He has called me to faithfully share what He has done in my life and to encourage others to trust Him with theirs. My prayer is that every person who reads these studies will discover that no lie is stronger than God's truth, no past is beyond His redemption, and no life is beyond His transforming power. As Jesus said, "If you

continue in My word... you will know the truth, and the truth will set you free" (John 8:31–32). That is the freedom I have found, and it is the freedom I long for every reader to experience as they continue their own **Transformation Journey**.



Recognizing the Lies

Remember, Jesus is enough for every lie you face, He is faithful in every step of your journey, and He is transforming you day by day through the truth of His Word and the power of the Holy Spirit.

One of the enemy's greatest strategies is not always to make us reject God outright — it is to persuade us to believe lies that keep us from fully trusting Him.

Jesus called Satan "**the father of lies**" (John 8:44), while declaring that He is "**the way, the truth, and the life**" (John 14:6). Throughout Scripture, we see that every lie leads us away from God, while every truth draws us closer to Him.

Many of us do not even realize we are believing lies because they have been part of our thinking for so long. They often sound like our own thoughts, are reinforced by painful experiences, or have been spoken over us by others. But if those thoughts contradict what God says in His Word, they are not truth, no matter how real they may feel.

Some of the lies I believed for many years included:

- **"I am not enough."**
God patiently reminded me that my worth is not based on my abilities or my past but on being His beloved child through Jesus Christ (**Ephesians 1:4–5; 1 John 3:1**).
- **"My past will always define me."**
The Lord showed me that in Christ I am a new creation. My past became part of my testimony, not my identity (**2 Corinthians 5:17**).
- **"God could never use someone like me."**
Through His grace, God revealed that He delights in using ordinary, broken people for His glory. My weaknesses became places where His strength could be seen (**2 Corinthians 12:9–10; Ephesians 2:10**).
- **"I will never truly change."**
As I spent time in God's Word, He reminded me that transformation is His work. He is faithful to continue changing me day by day (**Philippians 1:6; Romans 12:2**).

- "I have to earn God's love."

Jesus taught me that I am saved by grace, not by my performance. His love is a gift I receive, not something I achieve (**Ephesians 2:8–9; Romans 5:8**).

Jesus continually confronted lies with truth during His earthly ministry. He reminded the fearful that the Father cared for them (**Matthew 6:25–34**). He told those burdened by guilt and shame to come to Him for rest (**Matthew 11:28–30**). He defended the woman caught in adultery with grace while calling her to a new life (**John 8:1–11**). He restored Peter after his failure (**John 21:15–19**). Again and again, Jesus met people where they were, exposed the lies that held them captive, and invited them to walk in the freedom of God's truth.

The same Jesus who renewed hearts then is still renewing minds today. He knows every lie you have believed, every wound that gave those lies a place to grow, and every fear that still whispers to your heart. Through His Word and the power of the Holy Spirit, He lovingly replaces those lies with His truth. As you continue seeking Him, you will discover that His voice is stronger than your past, His promises are greater than your fears, and His truth is able to transform your life.



Allowing God to Search Our Hearts

Before we continue, I invite you to pause for a few quiet moments with the Lord.

Everything we have discussed so far has pointed us toward one beautiful truth: God is not trying to expose our weaknesses so He can condemn us. He lovingly reveals the places where we have believed lies because He desires to heal, restore, and transform us through His truth.

The Holy Spirit never convicts us to shame us. His conviction always draws us closer to Jesus Christ. **Romans 8:1** reminds us that there is no condemnation for those who belong to Christ Jesus. When God brings something to our attention, He does so with love, grace, and the desire to help us experience greater freedom.

As David prayed in **Psalms 139:23–24**, we too can invite God to search our hearts and reveal anything that keeps us from walking closely with Him. We do not need to fear what He may uncover because we know His heart is always for our good. The God who began His transforming work within us is faithful to continue it (**Philippians 1:6**). Every lie He exposes is an opportunity for His truth to bring healing, freedom, and renewed hope.

Optional Worship Before You Continue

If possible, spend a few quiet moments in God's presence before moving on. Ask the Holy Spirit to prepare your heart to receive His truth.

Suggested worship songs:

- *Truth Be Told* — Matthew West
- *The Truth* — Megan Woods

A Prayer of Thanksgiving

Heavenly Father,

Thank You for Your endless patience and unfailing love. Thank You for never leaving me trapped in the lies I once believed. Thank You for faithfully teaching me Your truth through Your Word and for giving me the Holy Spirit to guide, comfort, and transform me. Thank You for Your grace that never gives up on me and for continuing the good work You have begun in my life. All praise and glory belong to You.

In Jesus' name,

Amen.

A Prayer for the Reader

Heavenly Father,

I pray for every person reading these words. Quiet every distraction and help them hear Your voice above every voice of fear, shame, rejection, and condemnation. Give them the courage to allow You to search their heart with gentleness and love. Reveal every lie that has kept them from experiencing the freedom You desire for them and replace it with the truth of Your Word. Encourage them with the assurance that they are deeply loved, fully known, and faithfully being transformed by Your Spirit. Lead them one step closer to Jesus as they continue this journey with You.

In Jesus' name,

Amen.

Signs God May Be Revealing a Lie You Have Believed

As you prayerfully reflect on your life, ask the Holy Spirit to help you recognize any thoughts or beliefs that do not agree with God's Word. These signs are not meant to bring guilt or condemnation. Instead, they are gentle invitations to allow God to replace every lie with the life-giving truth found in Jesus Christ. As you read them, pause and ask, "**Lord, is this something You want to change in me?**" Remember, God always reveals truth because He loves you and desires your freedom (**John 8:31–32**).

You struggle to believe that God truly loves you.

Perhaps you know in your mind that God loves you, but deep in your heart you wonder if His love could really be for someone like you. The Lord reminds you that His love is unconditional and unchanging. Nothing can separate you from His love because that love is found in Christ Jesus (**Romans 8:38–39; 1 John 4:9–10**).

You believe your past defines your future.

Old failures, painful experiences, abuse, rejection, or broken relationships may still shape the way you see yourself. But God declares that your identity is no longer found in your past. In Christ, you are a new creation, and He is making all things new (**2 Corinthians 5:17; Isaiah 43:18–19**).

You feel like you will never truly change.

You may find yourself saying, *"This is just who I am,"* or *"I'll always struggle with this."* God says transformation is His work. The One who began a good work in you will faithfully continue it, and through the renewing of your mind He is making you more like Jesus every day (**Philippians 1:6; Romans 12:2**).

You constantly feel like you are not enough.

You may compare yourself to others or believe you must earn God's acceptance. But your worth has never depended on your performance. You are God's workmanship, created in Christ Jesus for His purposes, and His grace is sufficient for you (**Ephesians 2:10; 2 Corinthians 12:9**).

Fear often controls your decisions.

Fear of failure, rejection, the future, or what others think can keep you from trusting God fully. Yet the Lord reminds you that He has not given you a spirit of fear but of power, love, and self-control. As you trust Him, His perfect love drives out fear (**2 Timothy 1:7; 1 John 4:18**).

You find it difficult to forgive yourself or others.

Sometimes we continue carrying burdens that Jesus has already paid for on the cross. God calls us to receive His forgiveness and extend that same grace to others because we have first been forgiven in Christ (**Colossians 3:13; Ephesians 4:32**).

You focus more on your failures than on God's faithfulness.

The enemy wants your attention fixed on your mistakes, but God continually points you to His mercy, His promises, and His faithfulness. His mercies are new every morning, and His grace is always greater than your failures (**Lamentations 3:22–23; Hebrews 10:22–23**).

You spend more time listening to your feelings than to God's truth.

Feelings are real, but they are not always reliable. God's Word remains true regardless of our emotions or circumstances. As we build our lives on His truth, our faith becomes anchored in His unchanging character (**Psalms 119:89; John 17:17**).

If you recognized yourself in one or more of these areas, do not be discouraged. Instead, thank God for speaking to your heart. The Holy Spirit does not reveal these things to shame you but to lead you into greater freedom. Every lie He uncovers is an opportunity to replace it with His truth, every wound He exposes is one He desires to heal, and every step of obedience draws you closer to Jesus Christ. The God who is renewing your mind is also transforming your heart, and He will faithfully complete the work He has begun in you (**Philippians 1:6**).



Biblical Truths to Remember

Main Scripture

John 8:31–32

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free."

Hear What God Says

When the lies of the enemy become loud, return to what God says. His Word is unchanging, His promises are trustworthy, and His truth will always lead you toward freedom.

- *"I have loved you with an everlasting love."*
Jeremiah 31:3
- *"You are My workmanship, created in Christ Jesus for good works."*
Ephesians 2:10
- *"You are a new creation in Christ."*
2 Corinthians 5:17
- *"I chose you before the foundation of the world and adopted you as My child through Jesus Christ."*
Ephesians 1:4–5
- *"There is now no condemnation for those who belong to Christ Jesus."*
Romans 8:1
- *"My grace is sufficient for you, for My power is made perfect in weakness."*
2 Corinthians 12:9
- *"Do not fear, for I am with you. Do not be afraid, for I am your God."*
Isaiah 41:10

- *"I will never leave you nor forsake you."*
Hebrews 13:5
- *"I am faithful to complete the good work I have begun in you."*
Philippians 1:6
- *"If you continue in My Word, you will know the truth, and the truth will set you free."*
John 8:31–32

When your thoughts disagree with God's Word, choose to believe Him. His truth is greater than your feelings, stronger than your fears, and more reliable than your past. As you continue to seek Him, He will faithfully renew your mind and transform your life by the power of His Holy Spirit.



Walking with Jesus Today

Remember, Jesus is enough for every lie you face, He is faithful in every step of your journey, and He is transforming you day by day through the truth of His Word and the power of the Holy Spirit.

Walking with Jesus begins with choosing to believe what He says above every other voice.

Each day presents opportunities to either return to old patterns of thinking or to trust the truth found in God's Word. Jesus invites us to remain close to Him, because lasting transformation is not produced by striving harder—it is the result of abiding in Him (**John 15:4–5**). As we spend time reading Scripture, praying, worshiping, and listening to the Holy Spirit, He faithfully renews our minds and shapes us to become more like Him (**Romans 12:2; Colossians 3:16**).

One of the greatest lessons God has been teaching me is to pause when negative thoughts begin to fill my mind and ask, *"Lord, what do You say about this?"* Instead of allowing fear, shame, or discouragement to have the final word, I have learned to open His Word, pray, and listen to His voice. I am still learning, and there are days when the battle is difficult, but I have discovered that God's promises are always more dependable than my feelings. *The more I walk with Jesus, the more He changes not only my thoughts but also my heart.*

Jesus calls us to bring every burden to Him rather than carrying it alone (**Matthew 11:28–30**). He invites us to trust Him instead of being consumed by worry (**Matthew 6:25–34**), to take every thought captive and make it obedient to Him (**2 Corinthians 10:5**), and to fill our minds with what is true, honorable, pure, lovely, and worthy of

praise (**Philippians 4:8**). This is not a burden He places upon us but a gracious invitation to experience the peace that comes from walking closely with Him.

Today, choose one thought that does not agree with God's Word and surrender it to Jesus. Replace it with one of His promises, thank Him for His faithfulness, and trust the Holy Spirit to continue renewing your mind. Remember, transformation is not measured by perfection but by faithfulness. As you continue walking with Jesus one day at a time, He will lead you deeper into His truth, strengthen your faith, and help you reflect His love to the world around you. He who has called you is faithful, and He will complete the work He has begun in you (Philippians 1:6).

Every time you choose God's truth over a lie, you are taking another step of faith. Every time you surrender a fearful thought to Christ, your mind is being renewed. Every time you trust His promises more than your feelings, the Holy Spirit is transforming you into the likeness of Jesus. This is what it means to walk with Him day by day.



Reflection Questions

Before answering these questions, spend a few quiet moments in God's presence. Ask the Holy Spirit to search your heart and lovingly reveal any lies, unhealthy thought patterns, or beliefs that do not agree with God's Word. Remember, God is not looking to condemn you—He desires to renew your mind, strengthen your faith, and lead you into the freedom found in Jesus Christ.

If it helps you focus on the Lord, consider listening to one of these worship songs before you begin:

- **Truth Be Told** — Matthew West
- **The Truth** — Megan Woods

Take your time. Pray through each question and allow God to speak to your heart through His Word.

1. **What lie or negative thought has influenced my thinking the most, and what truth from God's Word is He calling me to believe instead?** (*John 8:31–32; 2 Corinthians 10:5*)
2. **When fear, shame, worry, or discouragement enters my mind, where do I usually turn first—and how is Jesus inviting me to trust Him more fully?** (*Matthew 11:28–30; Philippians 4:6–8*)
3. **As I look back over my life, where have I seen God patiently replacing lies with His truth and transforming the way I think?** (*Romans 12:2; Philippians 1:6*)

4. **What thoughts or attitudes do I need to surrender to Jesus today so the Holy Spirit can continue renewing my mind and making me more like Christ?**
(*Ephesians 4:22–24; Colossians 3:1–3*)
5. **This week, what is one specific promise from God's Word that I will choose to believe and speak over my life whenever old lies try to return?** (*Psalm 119:11; Isaiah 26:3*)

As you finish, thank God for speaking to your heart today. Remember that every time you choose His truth over a lie, you are taking another step in the lifelong journey of becoming more like Jesus Christ.



A Prayer of Thanksgiving

Heavenly Father,

Thank You for Your patience, Your grace, and Your unfailing love. Thank You for never leaving me trapped in the lies I once believed. Instead, You pursued me with Your truth, renewed my mind through Your Word, and patiently transformed my heart through the work of the Holy Spirit. Thank You for reminding me that my identity is found in Jesus Christ and that Your promises are always greater than my fears, my feelings, and my past. I praise You because You are faithful, and I know You will continue the good work You have begun in me.

In Jesus' name,

Amen.

My Prayer for You

Heavenly Father,

I pray for every person reading these pages. Thank You for loving them completely and never giving up on them. As they continue this journey with You, renew their minds with the truth of Your Word and help them recognize every lie that has kept them from experiencing the freedom found in Christ. Fill them with Your peace, strengthen their faith, and remind them each day that they are deeply loved, fully forgiven, and never alone. May the Holy Spirit guide their thoughts, shape their hearts, and draw them into an even deeper relationship with Jesus. Continue transforming them until they reflect His love and truth in every area of their lives.

In the precious name of Jesus,

Amen.



Journal Prompt

Spend a few quiet moments with the Lord and write honestly about what He has revealed to you through this study.

- **What lie has God shown me that I need to release, and what truth from His Word will I choose to believe instead?**
- **How has God already begun renewing my mind, and where is He inviting me to trust Him more deeply?**

This Week's Challenge

Choose **one lie** you have believed about yourself, your past, or your future.

Find **one Scripture** that speaks God's truth against that lie. Write the verse on a note card or in your journal. Read it aloud every morning and every evening this week. Each time the lie returns, pause and ask, "**Lord, what do You say about this?**" Then replace the lie with His truth and thank Him for His faithfulness.

Remember, renewing your mind is not about trying harder—it is about trusting Jesus more completely each day. Every time you choose His truth over a lie, you are taking another step toward becoming the person God created you to be.



Memory Scriptures

- **Philippians 4:8**

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

- **2 Corinthians 10:5**

We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

- **Colossians 3:2-4**

Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God. And when Christ, who is your life, is revealed to the whole world, you will share in all his glory.

Why These Scriptures Matter

These three passages work together to help us develop a Christ-centered way of thinking. They remind us to recognize thoughts that do not align with God's truth, surrender them to Jesus Christ, and intentionally fill our minds with what is true, pure, and pleasing to Him. As we meditate on these Scriptures, the Holy Spirit renews our minds, strengthens our faith, and teaches us to see life from God's eternal perspective. Memorizing God's Word is one of the greatest tools He has given us to overcome the enemy's lies and walk daily in His truth.

Worship While You Learn These Scriptures

As you memorize these passages, spend time worshiping the Lord and asking Him to write His truth upon your heart. These songs beautifully reinforce the message of renewing your mind and trusting God's truth.

- The Truth — Megan Woods
- Truth Be Told — Matthew West

Optional: If you would like a third song to help you meditate on God's promises, listen to:

- The Truth — Brandon Heath

These songs remind us that God's voice is greater than every lie and that His truth has the power to transform our hearts and minds as we continue walking with Jesus Christ.



Looking Ahead

As God continues to renew your mind through His Word, you are learning to recognize His voice more clearly and trust His truth more deeply. Renewing your mind is not the final destination—it is the foundation for a lifelong relationship with Jesus Christ. As your thoughts become more aligned with His, your desire to spend time with Him, follow His leading, and walk in obedience will continue to grow.

In our next study, **Walk with God Daily**, we will explore how to cultivate a deeper relationship with Jesus through daily prayer, time in His Word, worship, obedience, and dependence upon the Holy Spirit. You will discover that walking with God is not about striving to earn His love but about abiding in Christ and allowing Him to guide every step of your journey.



Closing Blessing

May the Lord continue to renew your mind with the truth of His Word and fill your heart with His perfect peace. May you learn to recognize His voice above every lie, trust His promises above your feelings, and walk each day in the freedom that Jesus Christ has purchased for you. May the Holy Spirit strengthen your faith, deepen your love for God, and continue transforming you into the likeness of Christ. Remember, the God who began this good work in you is faithful, and He will complete it.

May you continue to **Heal, Grow, and Go** as you faithfully follow Jesus Christ, one step at a time.

Until we meet again, may you continue seeking Jesus, trusting His Word, and allowing Him to transform your life for His glory. Remember, your transformation is not finished God is faithfully authoring your story one day at a time.

Prayerfully prepared by

Christie Johnson

Christie Johnson

Servant of God

"Pointing people to the hope, healing, and transformation found in Jesus Christ."

