

“Do not be conformed to this world, but be transformed by the renewal of your mind”

Romans 12:2

The challenge: **How** do we renew our minds?

Eleven ways to renew your mind (a lifelong journey involving daily spiritual disciplines and mental habits rooted in Scripture):

1. Saturate the mind with Scripture.

“Blessed is the man whose ... delight is in the law of the Lord, and on His law, he meditates day and night.” Psalm 1:1-2

The Bible serves as a filter for truth against the lies of the world.

Find assurances in Colossians 3:2 knowing that, “So shall My Word be that goes out from My mouth; it shall not return to Me empty, but it shall accomplish that which I purpose and shall succeed in the thing for which I sent it.” Isaiah 55:11

Replace worldly influences (like social media) with God's Word. Read, memorize, meditate on, and recite verses daily.

2. Set your minds on things above.

“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.”

Colossians 3:1-2

Seek what you need (a renewed mind) where Christ is: at the throne of God.

This is an anchor to our soul. No matter what's going on, we can go boldly to Him.

3. Allow God's Spirit to govern your mind.

“The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

Romans 8:6

Spiritual transformation requires the power of the Holy Spirit, not just human willpower.

Intentionally settle your thoughts to allow the Spirit to guard and guide your thinking.

4. Give it to God.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

Reflect on how much you are valued by God:

“Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? ... Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

Matthew 6:26, 34

5. Focus on heavenly things.

“Set your minds on things above, not on earthly things.” Colossians 3:2

Substitute worry with thoughts of God's power to fill you with assurances of His provision, protection, and comfort.

6. Keep your focus on God.

“You keep him in perfect peace whose mind is stayed on You, because he trusts in You.” Isaiah 26:3

Keep your eyes fixed on Jesus, the Perfector of your faith (Hebrews 12:2).

7. Pray for the mind of Christ.

“For who has understood the mind of the Lord so as to instruct him?” But we have the mind of Christ.” 1 Corinthians 2:16

Ask God to replace anxious thinking with His peace and clarity. Remember you have the mind of Christ.

8. Receive God’s promise of clear thinking.

“For God has not given us a spirit of fear, but one of power, love, and sound judgment.”

2 Timothy 1:7

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.” Isaiah 41:10

“But the Lord is faithful, and He will strengthen you and protect you from the evil one.”

2 Thessalonians 3:3

Pray that Jesus will protect you against any attempts of the enemy to fill you with fear or discouragement.

9. Take thoughts captive.

“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ” 2 Corinthians 10:5

(“The weapons of our warfare are not of the flesh but have divine power to destroy strongholds.”

2 Cor. 10:4)

Negative, fearful, or self-defeating thoughts are often spiritual strongholds that require active defense.

Evaluate intrusive thoughts by asking, *“Does this align with the truth of who God is?”* If not, deliberately replace those lies with specific biblical promises. Submit your thoughts to Jesus.

10. Practice gratitude.

“Rejoice always, pray without ceasing, and give thanks in all circumstances, for this is God's will for you in Christ Jesus.” (1 Thessalonians 5:16-18). [giving thanks IN all things, not for all things] Consider what you can be grateful for. Our gratitude isn't based on what we have or how we feel, but on a God who remains faithful regardless of our circumstances. It's based on His grace, not our performance, possessions, or even our feelings.

Gratitude redirects neural activity from anxiety-producing thought patterns towards paths that produce peace.

11. Surround yourself with a faith community.

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

Hebrews 12:1-2

We are not meant to grow in isolation. Engage with mentors, small groups, and a supportive church environment where fellow believers can hold you accountable and speak truth into your life.

Prompts: Which do you find easier to do than others. Which do you find harder? Why?