

Steps to Renew My Mind

Romans 12:2-Do not be conformed to this culture by acting like it and adapting to its superficial customs, but be transformed by the renewal of your mind, so that you may prove what is the good, and acceptable, and perfect will of God is for you.

1. **Read the Bible daily**-The more we read the Bible, the more we understand what God says about us and can capture any thoughts that go against His Word.
2. **Ask God to help you think about what you're thinking about**: The Bible and Prayer are two of the biggest weapons we have when it comes to winning the battle in our mind.
3. **Think about some lies that you've been believing or have even believed in the past. Write those lies down.**
4. **Find Bible verses for each of those lies to see what it is that God says about you. Write those verses down and keep them with you.**
5. **Start thinking about what you're thinking about**: This can be a bit more challenging than we realize, but if we stop to reflect on what we're thinking about, we can capture those lies that the culture is trying to tell us before they take root in our mind.
6. **Anytime a lie tries to come up in your mind, speak the truth of what God's Word says. Your words are so much more powerful than you even realize!**
7. **Be careful of the things you are allowing yourself to read, to see and to hear. If you are listening to music that talks about how awful you are, your brain doesn't know the difference between that and reality.**

RENEW YOUR MIND TO CHRIST

Take Action...

What are some lies that you have been believing about yourself...or you hear people speaking over you? Write those down:

Find Bible verses for each of those lies to see what it is that God says about you. Write those verses down and keep them with you.

Write those verses down and put them where you can get to them and see them often. Anytime you catch yourself thinking about those lies, speaking those lies or even listening to those lies, pull out your verses and speak them over yourself.

If you have questions or need help, please feel free to reach out to me at: jamie@uncommonteen.com.