



## **Romans 12:2**

"Do not be conformed to the pattern of this world but be transformed by the renewing of your mind." It's so easy to want God to remove all our circumstances in life...our problems, our pain, our sadness, our suffering, our sickness...all of it. It's easy to pray those prayers and want it all to simply go away. And truth be told I've been guilty of praying, that with one breath, God would make it all go away. All the suffering, all the hardship, gone in the snap of a finger. The same one breath that created the world would usethat same stream of air to solve all my problems.

God is powerful and almighty, and He is able to simply speak to our issues and cause them to crumble around us. But often He doesn't do that. There is something to be said about walking though the fire as He's by our side. Or making our way through the waves that are all-consuming and flowing over us. Once we make it to the other side where peace lies, we can see that it was only Him who guided us and strengthened us to make it through. That is where our faith begins to grow and strengthen, and we begin to build our trust in Him.

Growth is messy and hard. As human beings, we tend to avoid messy and hard things as much as possible. We prefer and often strive for things to be as simple and easy as possible. This will lead us to seek and choose comfort more than we desire growth. That's why most people choose to not grow and stay stuck.

No growth or transformation will take place in our lives until our thoughts change. We must do the work to renew our minds. If we don't choose to work on renewing our minds, then we WILL conform to the patterns of this world. The battle in your brain is 24/7 and it's relentless and satan knows this and uses this as his greatest asset to get you to fall.

So how do we start renewing our mind? Here are 3 things to start with daily to help you grow.

## 1. Feed your mind with truth (Matthew 4:4)

Truth can only be found in the Word of God, so we need to get in our bibles daily and read His truth and feed on His every word. We don't need to read the whole bible every day, but we do need to be making it a habit of opening up our bibles and reading God's words every single day to feed our minds with His thoughts.

2. Free your mind from destructive thoughts (Romans 8:5)

The enemy would love nothing more than to keep you stuck in your destructive thoughts in order for you not to grow. He'll feed you lie after lie after lie until that's all you hear. Many of us have based our entire lives on lies that someone has told us. Maybe some once said to you that "you aren't loveable" or "you won't amount to anything" or "you will never make it" or "you are crazy". We've believed these lies for so long that they became truth inside of us. But they aren't true. This is simply one way the enemy has entered your thoughts. Begin to acknowledge these thoughts when they come up and see them as lies.

3. Focus my mind on the right things (Colossians 3:2)

Focus on Jesus. He is our example. He has been tempted in all the same ways that we have yet He did not sin. He struggled but constantly turned to God. Use this your daily an example. When you are struggling, turn to God. When you want to give up, turn to God. When you are believing the lie, turn to God. Focus all your energy on Him and He will begin to renew your mind.

**READ:** 

Proverbs 4:23 Romans 7:15-25

Isaiah 43:2

## **REFLECT:**

- Do you tend to struggle with the negative thoughts in your mind?
- Write down any destructive thought that you have (or ever had) about yourself?
- Take each of the destructive thoughts that you wrote above captive. First write the word "LIE" next to it. Then look up (or google) a bible verse that speaks God's truth over that lie.

Here is an example: "I am ugly, and I struggle with how I look." LIE. Psalms 139:14 says, "I am fearfully and wonderfully made."

## PRAYER:

Father God, I thank You for Who You Are. You are the Author of my life and I trust You with everything. Lord, help me to continue to turn to You each and every day to renew my mind with Your truth. And when my mind starts to drift onto worldly things, swiftly allow Your Holy Spirit to remind me to focus on You. In Jesus name I pray. Amen.