

Renewing the Mind worksheet

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What you'll need:

- ✿ Something to write with
- ✿ Printout of this worksheet or a notepad or journal
- ✿ A Bible

Identify Destructive Thought Patterns

Write down any destructive or unhealthy thought patterns you have in regards to...

- ✿ Yourself - appearance, worth, life situation
- ✿ Others - their appearance, worth, life situation
- ✿ God - who He is, how He views you, His role in your life

If you haven't yet, read through my blog post "Thoughts" at www.theoverflowing.com/blog/thoughts. This post details the importance of submitting our thoughts to Jesus and introduces the actions we'll be applying through this worksheet.

Identify the Lies

- ✿ Upon what lies are these thoughts based?
- ✿ Ask yourself, "When do I typically have these thoughts? In what situations do these thoughts arise?"

In his book, *The Search for Significance*, Robert McGee gives this equation to sum up Satan's big lie:
Self Worth = Others' Opinions + My Performance
Do any of these thoughts trace back to this lie?

Replace with Truth

- ✿ Read John 14:15-31, 16:5-16 and 1 Corinthians 2:9-16
- ✿ Pray and ask the Holy Spirit to fill your mind and direct your thoughts
- ✿ Make prayer part of your morning routine. Put a note on your mirror or in your phone as a reminder.
- ✿ Read 2 Timothy 3:16-17, Hebrews 4:12 and Joshua 1:8
- ✿ Consider spending some time over the next few days reading Psalm 119. Take note of the truth, commands and promises found in this chapter.

Building a Nest

Throughout Scripture, we are commanded to meditate on God's Word. It is not enough to simply "think positive thoughts". We must fill our minds with the truth of the Word of God and allow the Holy Spirit to teach and guide us.

Below are Scriptures that speak truth about your identity and purpose, refuting the lie that it is found in others' opinions and our performance. Pick a couple to memorize and meditate on each day. Write them down and take them with you to refer to whenever those destructive thoughts arise.

- ✿ Genesis 1:26-31
- ✿ Psalm 139:13-16
- ✿ Romans 8:28-39
- ✿ 1 Corinthians 6:11

- ✿ Galatians 3:26, 4:7
- ✿ Ephesians 2:4-10, 5:8
- ✿ Philippians 1:21
- ✿ Colossians 3:1-4

"...be transformed by the renewing of your mind." Romans 12:2