

## MIND GAMES

### Learning God's Strategy for Winning the Battle in Your Mind

#### DAY 2 - Change Your Mindset: The Power of Focus

##### Theme Scripture

###### Romans 12:2

"Be transformed by the renewing of your mind."

##### Daily Takeaway

"Replace the lie with the truth."

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##### Key Lesson Truth

My life often follows my \_\_\_\_\_.

Transformation begins with renewed \_\_\_\_\_.

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##### Main Scriptures

###### Romans 12:2

We are transformed through:

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###### Philippians 4:8

Think about things that are:

☐ True

☐ Honest

☐ Just

☐ Pure

☐ Lovely

☐ Good Report

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##### Wilderness Mentalities

Check any mindset that sometimes affects you:

☐ Complaining

☐ Fear of the Future

☐ Feeling Unworthy

☐ Negative Self-Talk

☐ Doubt

☐ Discouragement

Which one is your greatest challenge?

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**Replace the Lie**

Write a negative thought and replace it with Scripture truth.

**Lie:**

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**Truth:**

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**Lie:**

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**Truth:**

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**Promised Land Thinking**

People with a Promised Land mindset:

- ☐ Trust God
- ☐ Expect God's help
- ☐ Speak faith
- ☐ Focus on God's promises
- ☐ Believe growth is possible

What area of your life needs more faith?

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**Personal Renewal Plan**

This week I will:

- ☐ Read Scripture daily
  - ☐ Memorize a verse
  - ☐ Monitor my thoughts
  - ☐ Speak God's promises
  - ☐ Keep a gratitude journal
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**Memory Verse**

Romans 12:2

Write it below:

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**Prayer**

Father, renew my mind through Your Word. Help me replace every lie with Your truth and think according to Your promises. Amen.