

Day 3: Renew Your Mind

Psalm 1:2

In his law doth he meditate day and night.

Meditation in Scripture doesn't mean emptying the mind. It means **filling the mind with God's truth and returning to it repeatedly**. The Hebrew word for meditate describes someone quietly repeating words to themselves... almost like someone replaying a meaningful conversation again and again. The "blessed life" is shaped by **what fills your inner dialogue**. Many of us talk to ourselves more than we realize. Our thoughts replay conversations, worries, fears, and opinions.

Psalm 1 teaches us to **replace those voices with God's voice!**

Illustration:

Yesterday, I mentioned that unsweet tea is one of my favorite drinks. Today, let me reference my true liquid passion—coffee! Imagine pouring water through coffee grounds. As the water passes through the grounds, it slowly takes on the flavor of the coffee.

Application:

Our minds work the same way. If we allow God's Word to flow through our thoughts throughout the day, eventually our thinking begins to **take on the flavor of Scripture**.

Action Steps:

1. Choose one verse today and carry it with you.
2. Think about it throughout the day. Let it shape how you see situations and decisions.

Remember, **consecration** retrains the mind to say: *"I will rehearse what God has said more than what the world is saying."*