



GUIDED BIBLE STUDY

Renewing Your Mind

Speakers: Mercedes & John

Highlighted Scriptures

Romans 12:1–2 (NIV)

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Discussion Questions

- 1. What does “renewing your mind” look like in your daily life?**
- 2. Why do you think Paul connects discernment of God’s will to a renewed mind?**
- 3. When you feel frustrated or distracted, how do you usually respond? How might pausing and seeking God change that response?**
- 4. What practices (such as prayer, scripture reading, or worship) help you reset and refocus on God throughout your day?**

Reflection Challenge

This week:

- **Start your day with scripture or prayer to set your mind in the right direction.**
- **When frustrations or distractions arise, pause before reacting and ask God for guidance.**
- **Practice renewing your mind by repeating a short prayer (like the Lord's Prayer or "Thy will, not mine, be done") whenever you feel off balance.**
- **Reflect each evening on how you saw God's will more clearly when your mind was focused on Him.**



Prayer Prompt

"Lord, thank You for Your mercy and for calling me to live as a living sacrifice to You. Help me not to conform to the world's patterns but to be transformed daily by the renewing of my mind. When distractions, frustrations, or selfish thoughts arise, give me the wisdom to pause and seek Your will. Keep my mind and heart fixed on Jesus, so I may walk in Your good, pleasing, and perfect will. Amen."

