



*Date: 08/16/25

Speaker: Minister Josh Coe

Scripture

Zechariah 4:6-7

- It's by the power of the Spirit of the Lord, not ours, that we will see things turned around. Mountains will be leveled and the finished piece will be added and we can give God the praise because we know that on our own, these mountains will remain mountains.

Speaker: Minister Marvin Bonilla

5 Practical Ways to Guard and Renew Our Minds for Transformation

Objective: Allow us to guard our hearts and renew our minds so that we can live in alignment with God's will.

1. Present yourself as a true sacrifice.

Scripture:

- Romans 12:1–2; Philippians 2:12–13; 1 Peter 1:13–16.

Notes:

- Giving our mind, body and will over to God so that we can be transformed.
- Through specific practices, it will be easier to surrender our thoughts, actions and emotions. Meditating on scripture and being obedient will allow us to present ourselves as a living sacrifice.

Action Step:

- Begin each day with a prayer of surrender.

Question:

- Do you find it harder to surrender your thoughts, your actions, or your emotions?
- How does daily surrender affect the way you respond to challenges?

2. Guard your heart and mind intentionally.

Scripture:

- Proverbs 4:23; Philippians 4:8; Matthew 15:19; James 4:7–8

Notes:

- Your mind is the gateway to your actions. What you allow in will eventually come out.
- Set spiritual boundaries and reject anything that doesn't align with God's truth.

Action Step:

- Write Philippians 4:8 on a card or on your phone lock screen as a daily thought filter.

Question:

- What's one influence you've had to cut off to protect your mind?

3. Replace lies with God's truth.

Scripture:

- John 17:17; Isaiah 55:8–9; Psalm 119:11; Romans 8:5–6

Notes:

- Transformation happens when you identify and reject anything outside of God's word. Then you have to declare the truth over it.
- Regularly meditate on scripture, pray daily, and practice daily taking thoughts captive.

Action Step:

- Identify one recurring negative thought and replace it with a verse that speaks truth in that area.

Question:

- Do you catch negative thoughts quickly, eventually, or rarely?
- What verse has helped you the most in changing your thinking?

4. Use praise as a weapon.

Scripture:

- 2 Chronicles 20:21–23; Psalm 118:24; Philippians 4:4; Isaiah 26:3

Notes:

- Praise changes your perspective and confuses the enemy. It shifts your attention from the problem to the problem solver.
- Breakthrough is just around the corner, so don't give up.

Action Step:

- Begin tomorrow with 5 minutes of praise before doing anything else.

Question:

- When was a time praise changed the outcome or your mindset?

5. Live with the mind of Christ.

Scripture:

- Philippians 2:5–8; 2 Corinthians 3:17–18; Colossians 3:1–2

Notes:

- Transformation means thinking like Jesus. Allow it to guide relationships and choices.
- Ask the Holy Spirit to expand your compassion and patience towards others.

Action Step:

- Before making any type of decision this week (big or small), ask what Jesus would do and think in this situation.

Question:

- Which one of Jesus' qualities is most difficult for you to demonstrate: obedience, humility, or love?

Renewing our mind is a daily choice. We can align ourselves with God's will, living in his peace as we continue to work through these steps.