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Guarding and Renewing Our Minds

Scripture

1. Present yourself as a living sacrifice.

Scripture: Romans 12:1-2

- Begin each day with prayer and surrender.
- Commit our minds, body and emotions to the Lord.
- Meditate on scripture (God's word) daily.

Reflective Question:

- What's harder to surrender: your thoughts, emotions or your body?

2. Guard your heart and mind intentionally.

Scripture: Proverbs 4:23

- Protect what we allow into our thoughts (Proverbs 4:23). The thoughts will come, but you don't have to partake in them.
- Set spiritual boundaries—remove ungodly influences.
- Keep Philippians 4:8 visible (on a card or lock screen).

Reflective Question:

- What influences have you had to cut off to protect your mind?

3. Replace lies with God's truth.

Scripture: Romans 8:5-6

- It's easy to fall into thinking about the lies, but knowing what God says and what He thinks about us makes it easier to not focus on
- Identify the thoughts that are not true and speak truth over them using scripture.
- We must take action by setting our mind on God.
 - **Philippians 4:8 (NLT)**
 - **Matthew 15:19 (NLT)**
 - **James 4:7-8 (NLT)**
- Replacing lies with God's Truth (his promises) stored in our hearts.
 - **Isaiah 55:8-9 (NLT)**
 - **Psalms 119:11 (NLT)**
 - **Romans 8:5-6 (NLT)**

Reflective Question:

- What verse(s) do you want to hold onto when you are having troubled times?

4. Use praise as a weapon.

Scripture: Philippians 4:4

- Thank the Lord in praise and you'll see your situation change.
- Begin daily with praise to the Lord. Praise confuses the enemy.
- Praise shifts the focus from the problem to the Lord (the problem solver)

5. Live with the mind of Christ.

Scripture: Colossians

- Before making decisions, ask what Jesus would think or do.
- Practice humility, obedience and love daily. Ask the Holy Spirit to expand our compassion and patience.
- Set your mind, think is the action we have to take. Think like Jesus.
 - **Philippians 2:5–8 (NLT)**
 - **2 Corinthians 3:17–18 (NLT)**

6. Stay positioned for transformation.

Scripture: Mark 5

- You don't want to be in the wrong place when transformation is coming.
- There's some things that you have to work through by yielding to the Lord, praying, praising and submitting. Renewing your mind daily.
- Guard against ungodly thoughts by continually asking God to renew your mind daily.
- Don't return to dead things, leave them behind. Don't return to old habits.
 - **Romans 12:1** lays the foundation: surrender is step one.
 - **Proverbs 4:23** shows why guarding the mind is necessary.
 - **John 17:17** proves truth comes from God's Word.
 - **2 Chronicles 20:21–22** shows the power of praise.
 - **Philippians 2:5–8** calls us to take on Christ's mindset.
 - **(Mark 5)** Leave behind dead things and old environments