

RENEWED IN THE SPIRIT OF OUR MINDS

STEP 1: GATHER (1-2 Minutes)-
Become aware of your environment and your thoughts.

This step is about increasing your awareness of your external environment (your circumstances and surroundings) & your internal environment (your feelings and attitude).

How to do it:

Pick one of the ungodly beliefs that you have and ask yourself the following questions:

- What are my circumstances right now, and how does this belief affect them?
- What thoughts are bubbling up in my mind as I think about this belief?
- What is the attitude behind those thoughts?
- What feelings do those thoughts generate in both my body and mind? (peace, worry, tense muscles, comfort, stress, heart-pounding, adrenaline rush, etc.)
- Do I feel dominated by the feelings that have arisen from these thoughts? Do they make me feel like a victim or a victor?
- Do I want these feelings and thoughts to be a permanent part of me?

STEP 2: FOCUSED REFLECTION (1-2 Minutes)- *Go deep with your thinking.*

This step is about catching your thoughts and entering into directed rest and disciplined thinking. You can choose to accept or reject any thought that you have. Both healthy and toxic thoughts are both built by rehearsing them in your mind. The deeper you think, the more you change the landscape of your brain.

Vision: Ephesians 4.23 calls us "to be made new in the attitude of your minds." The Renewed Mind Challenge is all about putting that into practice. As we go through our study on Ephesians, we want to challenge you to take Scriptures from the book that stand out to you and to spend time each day letting them renew your mind.

The following guide is adapted from Dr. Caroline Leaf's teachings in her book *Switch Your Brain On* and is a practical seven minutes a day Scripture meditation exercise to renew your thought processes. The goal is to do this consistently over a period of time to rebuild your thought patterns.

Preparation: Prayerfully consider one consistent thought you have that is negative and doesn't line up with God's truth. Ask the Lord to show you one area where you consistently believe a lie. Reflect on Ephesians as a source of highlighting the truth and the falsehood.

How to do it:

- Focus on the Scripture for Today- What is a Scripture that speaks God's perspective related to your ungodly belief?
- Control your attention on this verse and prevent chaotic thoughts from moving through your mind.
- Be aware of your body, emotions, and sense of self as you do this. Mentally rehearse this Scripture in your mind slowly, let it deeply touch you. Be listening for the voice of the Holy Spirit as you dwell on this Scripture.

STEP 3: WRITE (1-2 Minutes) *Put your brain on paper.*

Writing consolidates your thoughts and adds clarity to what you've been thinking about. It helps you to visualize the area that needs to be detoxed.

How to do it:

- Keep a thought journal. Write down what you think or see as you meditate on this new Scripture and replace the ungodly belief.
- Pour out the impressions in your mind on the page. Don't worry about sorting them.
- Be creative with it. Don't just limit yourself to writing in straight lines. Draw pictures or diagrams. Group words together. Add color and texture.



STEP 4: REVISIT (1-2 Minutes)
See the change you want.

This is an exciting, progressive, "moving forward" step that allows you to evaluate where you have been and where you are going. This is where you will redesign, reorganize, and recreate the specific thought you have been working on.

How to do it:

- Look at how you have been dealing with your circumstances. Think through your reactions again.
- How can you reorganize or redesign those thoughts to align with the truth of God's Word?
- Visualize this new way of responding

STEP 5: ACTIVE REACH (1-2 Minutes)

Do something. This step requires you to reach beyond where you currently are. It allows you to practice the new, healthy thought until it becomes automatic, like a good habit. It helps you line up your thoughts with your actions and the words coming out of your mouth.

This is the most challenging and fun part of the plan because it includes exercises that you will do throughout the day. You decide what the exercises are.

How to do it:

- Find an action (something you will say and/or do) that will help reinforce the Scripture you have been working on to replace the toxic thought.
- Other exercises might include merely smiling or laughing out loud, sitting up straight while visualizing yourself as confident and healthy, or reaching out your arms while imagining yourself receiving specific healing or provision from God.