



21 DAYS *with My Mind on* JESUS

Renew Your Thinking • Transform Your Life

Judah Temple A.M.E. Zion Church
Pastor Scot C. Moore

GUIDELINES FOR 21 DAYS WITH MY MIND ON JESUS

PRAYER TIMES

MORNING PRAYER - 6:00 A.M.

MONDAY - SATURDAY

via Conference Call

1 (605) 313 - 5106 code #878438

SUNDAYS at 8:00A.M.

via Conference Call

FACEBOOK LIVE - 12:00 P.M.

MONDAY - SATURDAY

TYPES OF FOODS NOT INCLUDED IN THE CONSECRATION

Meats, fried foods, snacks (chips, candies, cakes, etc.),
soft drinks, coffee, desserts, caffeine

TYPES OF FOODS INCLUDED IN THE CONSECRATION

Vegetables, fruits, all soups (with the exception of meat),
water, herbal teas, breads, salad (dressings allowed),
cheese, starches (pastas included)

RESTRICTED ACTIVITIES

NO secular radio, movies, television (news only), video games,
magazines or books (non-Christian only)

NO excessive talking on the telephone

NO excessive computer usage (Facebook, Twitter, Instagram, etc.)

NO excessive shopping

21 Days with My Mind On Jesus

What makes a good Christian?

This question has echoed throughout the Christian community for generations. Over time, many answers have been offered—some focusing on attitudes, others on actions; some emphasizing practices, others principles, and still others a blend of them all. While perspectives may differ, one truth remains constant: **being a successful Christian begins with the way we think.**

In many ways, the key to Christian growth is no different from success in any other area of life. Highly effective people tend to develop habits that support consistent, positive behavior. Excellence is rarely accidental—it is cultivated. If we desire to grow spiritually, we must be intentional about forming habits that shape our thoughts and guide our actions.

You may have heard it said that it takes 21 days to form a habit. While some argue that true habit formation takes longer, most of us would agree that **twenty-one days is at least a meaningful starting point.** It provides enough time to build momentum, establish consistency, and begin real change.

Scripture reminds us in Romans 12:2 that transformation begins with the renewing of the mind. Long ago, the church captured this truth in a familiar song: *“Woke up this morning with my mind stayed on Jesus.”* The song goes on to declare that we are walking and talking with our minds fixed on Him. In other words, Christ is not an occasional thought—He is our constant focus. I am convinced that when our minds stay on Jesus, spiritual growth and success naturally follow.

For the next twenty-one days, we will journey together with a single purpose: to establish a daily habit of focusing our minds on Jesus. My prayer is that as you engage with these devotions, your thinking will be renewed, your faith strengthened, and your walk with God deepened. This journey has been a blessing to me in preparing it, and I trust it will be a blessing to you as you experience it.

Shalom, shalom,
Pastor Scot C. Moore

Day 1 - “I Choose Life”

Scripture Focus - Deuteronomy 30:19 (NRSV)

“I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live.”

Devotional Thought

Why would we begin a twenty-one-day journey focused on the mind with a verse that doesn't explicitly mention thinking? Because before the mind can be renewed, a decision must be made. Transformation does not begin with information—it begins with intention. You can know every scripture about the mind, but if you never decide to live differently, knowledge alone will never produce change.

This verse is deeply connected to the mind because it centers on **choice**. Choice is one of the most powerful functions of the mind and one of the clearest indicators of spiritual maturity. God places responsibility squarely in our hands: *“I have set before you...”*—and then He gives us the freedom to choose.

Mind Renewal Insight

The mind is a central component of the soul. Scripture teaches that the soul is made up of the mind, will, imagination, intellect, and emotions. Each of these elements works together to influence how we live:

- **The mind** processes thoughts and understanding — *what we do*
- **The will** determines decisions — *what we decide to do*
- **The imagination** shapes what we envision — *what we dream of doing*
- **The intellect** is informed by what we learn — *what we learn to do*
- **The emotions** influence how we feel — *what we feel like doing*

While emotions are important, they were never meant to be in control. Feelings are temporary and unpredictable. When emotions lead, instability follows. But when the mind is anchored in truth and the will is submitted to God, maturity begins to develop.

Life Application

Every decision we make—large or small—carries either a reward or a consequence. Life is not shaped by one dramatic moment, but by daily, repeated choices. That is why God does not simply say, *“Live.”* He says, *“Choose life.”*

As we begin this devotional journey, today's focus is not perfection—it is **direction**. Each day, you are invited to make a conscious decision to choose life:

- life in your family
- life in your friendships
- life in your finances
- life in your daily decisions
- life in your faith

“I Choose Life”

When you choose life consistently, the blessing extends beyond you. Scripture reminds us that our choices have **generational impact**. What you decide today can shape not only your future, but the future of those connected to you.

Deuteronomy 30:19 (NRSV)

¹⁹ I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live

Reflection Questions

1. What does “choosing life” look like in my current season?
2. Are there areas where my emotions have been leading instead of God’s truth?
3. What daily habit or thought pattern needs to change for me to choose life more consistently?
4. How might my choices today impact others—especially future generations?

Daily Declaration

Today, I choose life.

I choose life in my thoughts, my decisions, and my direction.

I set my mind on Jesus and walk in God’s truth.

Prayer

God, today I choose life. I choose life in my thoughts, my decisions, and my direction. Help me submit my mind to Your truth, my will to Your purpose, and my emotions to Your peace. Guide me as I begin this journey of transformation. In Jesus’ name, Amen.

Day 2 - Thinking For Change

Scripture Focus - Romans 12:1-2 (MSG)

“So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.”

Devotional Thought

Jackie “Mom’s” Mabley, the legendary comedian and great urban philosopher, once said, *“If you always do what you always did, you’ll always get what you always got.”* Another writer defined insanity as doing the same thing over and over while expecting different results. Unfortunately, this mindset has crept into the lives of many who call themselves Christians—continuing the same patterns, habits, and thought processes, yet wondering why nothing ever changes.

It is time to break this vicious cycle. If we truly desire different outcomes, we must be willing to make a different decision—starting with how we think. Real transformation begins when we choose to change our thinking so that our lives align with God’s desired results, not merely our personal expectations.

This passage reminds us that if we are going to live as the Christians God has called us to be, we must first embrace what God is trying to do in us. Too often, we have been so focused on fitting into the world around us that our thinking has become worldly. We have absorbed the values, priorities, and perspectives of the culture and, in doing so, have missed God’s purpose for our lives.

The King James Version challenges us plainly: *“Be not conformed to this world.”* Yet the uncomfortable truth is that many of us have already been conformed. Therefore, before we can truly *“be not conformed,”* we must first become *“un-conformed.”* This means intentionally identifying and dismantling the thought patterns, attitudes, and assumptions that no longer align with God’s truth.

Mind Renewal Insight

The only way to break free from worldly thinking is through the renewing of the mind. These mental habits must be reprogrammed, and Scripture makes it clear that renewal is both intentional and ongoing.

The Message Bible describes this renewal as a two-step process. First, we must pay attention to our current thought patterns. What do you think about automatically? What thoughts go unchallenged simply because they are familiar? Scripture urges us not to accept worldly thinking without examination.

The second step is to fix our attention on God and on what He is calling us to do. When our focus shifts, our thinking follows—and transformation begins.

Life Application

When we commit to this process, Romans 12:2 promises the result: *“You’ll be changed from the inside out.”* That is true transformation—not behavior modification, but inner renewal that produces lasting change.

Today, make the conscious decision to interrupt old patterns of thinking. Challenge thoughts that no longer serve God’s purpose in your life, and intentionally replace them with God’s truth. Change begins the moment you decide to think differently.

Reflection Questions

1. What recurring patterns or habits in my life have not produced the change I desire?
2. In what ways have my thoughts been shaped more by culture than by God’s Word?
3. What thoughts do I tend to accept automatically without questioning their alignment with God’s truth?
4. What is one mindset or attitude I need to “un-conform” from during this season?
5. How can I intentionally fix my attention on God today so that true inner change can begin?

Daily Declaration

Today, I choose to think differently. I will not be shaped by the patterns of this world. I fix my attention on God and His truth. My mind is being renewed, and my life is being transformed from the inside out.

Prayer

Gracious God, I thank You for loving me enough to change me. Help me to recognize the thoughts and patterns that no longer align with Your will. Give me the courage to release what is familiar but unhealthy, and the discipline to fix my attention on You. Renew my mind through Your Word and Your Spirit, and transform me from the inside out so that my life reflects Your purpose and glory. In Jesus’ name, Amen.

Day 3 - “The Battle For Your Mind”

Scripture Focus—Romans 7:22–23 (NLT)

“I love God’s law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me.”

Devotional Thought

George Orwell once said, *“There is hardly such a thing as a war in which it makes no difference who wins.”* In every war, the outcome matters. But the war described in Romans 7 is not fought on foreign soil or with visible weapons—it is fought internally. And the stakes are higher than we often realize. This battle determines spiritual victory or spiritual defeat.

Many people do not realize that they are in a battle at all. Others misunderstand the nature of the fight. Some believe the struggle is against racism, classism, economic hardship, or social injustice. While these challenges are real, Scripture reminds us that they are not the true enemy. Ephesians 6 teaches us that *“we wrestle not against flesh and blood,”* but against spiritual forces that operate behind the scenes. This spiritual battle shows up in many areas of our lives, but its most strategic battleground is **the mind**.

Mind Renewal Insight

Whoever controls the mind controls the person. The enemy understands this well. His strategy is to influence your thinking so he can ultimately control your behavior. If he can shape your thoughts, he can shape your actions—and if he can shape your actions, he can interfere with God’s purpose for your life.

That is why repeated negative thoughts, unresolved guilt, fear, and temptation are so dangerous. These mental strongholds quietly weaken believers who genuinely love God but struggle to live in consistent victory.

Yet God has not left us powerless. *“The weapons of our warfare are not carnal, but mighty through God for the pulling down of strongholds”* (2 Corinthians 10:4). Victory is available to those who choose to fight with spiritual weapons.

Life Application

Joshua 1:8 gives us God’s strategy for winning the battle for the mind: **meditation on His Word**—day and night. This kind of meditation allows God’s truth to challenge, replace, and transform unhealthy thought patterns.

When we commit to daily time in Scripture, our minds begin to change. As our thinking changes, our choices change. And as our choices change, our lives reflect God’s will more clearly.

“The Battle For Your Mind”

Renewing the mind is not a one-time experience; it is a daily discipline. Each day we must decide whether our minds will be shaped by the culture around us or by the Word of God within us.

Romans 7:22–23 (NLT)

“I love God’s law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me.”

Reflection Questions

1. In what ways have you become aware of a battle taking place in your mind?
2. What recurring thoughts or patterns seem to pull you away from God’s will?
3. How do you usually respond when negative or unhealthy thoughts arise?
4. What practical steps can you take to meditate on God’s Word more consistently?
5. How might your life change if your thinking aligned more fully with God’s truth?

Daily Declaration

Today, I declare that my mind belongs to God. I refuse to allow fear, temptation, or negativity to control my thoughts. Through God’s Word, my mind is being renewed, and I am winning the battle for my mind.

Prayer

Lord, I acknowledge the battle for my mind, and I confess my need for Your strength. Help me to recognize thoughts that do not come from You and to replace them with Your truth. As I meditate on Your Word, renew my thinking, dismantle strongholds, and align my mind with Your will. I declare that You are Lord over my thoughts, my choices, and my future. In Jesus’ name, Amen.

Day 4 - “Don’t Be Double-Minded”

Scripture Focus -James 1:6-8 (NIV)

“But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.”

Devotional Thought

There is an old book, later made into a movie, titled *Dr. Jekyll and Mr. Hyde*. It tells the story of one man who struggled with two natures. On one hand, Dr. Jekyll was easygoing and good-natured. On the other hand, Mr. Hyde represented the darker, more destructive side of the same man. Though they appeared to be two different people, they were in fact one—constantly switching between opposing identities.

This story powerfully illustrates a struggle many people face spiritually: living with divided thoughts, conflicting desires, and inconsistent direction. When our inner life is fragmented, our outer life becomes unstable.

Mind Renewal Insight

The term *double-minded* comes from the Greek word **dipsuchos**, which means “a person with two minds or souls.” Interestingly, this word appears only in the book of James. It describes a person who asks but doubts—someone who is compared to a wave of the sea, constantly shifting and unsettled.

A double-minded person lacks stability, not just in one area, but in **all** areas of life. When our thoughts are divided, our decisions are inconsistent, and our direction becomes unclear. Inner conflict produces outward instability.

Life Application

Our goal is not to live like Dr. Jekyll and Mr. Hyde—constantly flipping back and forth between two natures. Instead, we are called to move away from dipsuchos living and toward a **single-focused mind**.

This requires intentional effort. The flesh and the spirit are in constant competition for control of our minds. The more we deny the flesh—its impulses, distractions, and unhealthy desires—the more our focus shifts toward the things of the Spirit. Over time, denying the flesh strengthens spiritual clarity and produces inner stability.

“Don’t Be Double-Minded”

James 1:6-8 (NIV)

“But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.”

Reflection Questions

1. In what ways do I experience inner conflict or divided thinking?
2. Are there areas of my life where my thoughts and actions are inconsistent?
3. What desires of the flesh tend to pull my focus away from spiritual growth?
4. What would it look like for me to become more single-focused in my thinking?
5. How does instability in my thoughts affect my decisions and direction?

Daily Declaration

**Today, I choose focus over confusion.
I will not live divided or double-minded.
My mind is centered on what God has for me,
and I walk with clarity, stability, and purpose.**

Prayer

God, I desire a focused and stable mind. Help me to recognize areas where my thinking has been divided or pulled in different directions. Give me the strength to deny the flesh and the discipline to center my thoughts on what You desire for my life. As I grow in spiritual focus, bring stability to every area of my life. In Jesus’ name, Amen.

Day 5 - “What Temperature is Your Life Set For?”

Scripture Focus—Romans 8:5–6 (NIV)

“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

Devotional Thought

My wife and I have very different opinions about what the temperature in our house should be. It often feels like we’re at least ten degrees apart in every season. Early in our marriage, one of the most frequently asked questions was, “*Did you change the temperature?*” What we were really asking was, “*Did you adjust the thermostat?*”

That question mattered because the atmosphere in the house had clearly changed. Someone had taken control of the setting. The temperature didn’t shift on its own—it shifted because the thermostat was adjusted.

The same principle applies to our spiritual lives. Whoever controls the **setting** determines the **atmosphere**.

Mind Renewal Insight

There is a major difference between a thermometer and a thermostat. A thermometer simply measures the temperature in a room and adjusts itself accordingly. A thermostat, however, sets the temperature and causes the entire environment to adjust to it.

Many believers live their lives like thermometers—constantly reacting to their surroundings, adjusting their attitudes, emotions, and decisions based on the culture, circumstances, or pressures around them. But God never intended for us to live that way.

God calls us to live like thermostats. We are not meant to conform to our environment; we are called to **set the atmosphere**. When our minds are governed by the Spirit, we don’t absorb chaos—we release peace. We don’t mirror confusion—we establish clarity.

Life Application

Romans 8 makes it clear: whatever governs your mind will determine the direction of your life. A mind set on the flesh leads to death—spiritual dullness, emotional unrest, and inner turmoil. But a mind set on the Spirit produces **life and peace**. The key word in this passage is *set*. This implies intentionality. You must choose what governs your thinking. When you deliberately focus your mind on the desires

“What Temperature is Your Life Set For?”

of the Spirit, you begin to shift the atmosphere of your life—your relationships, your responses, and even your circumstances. You may not be able to control everything around you, but you can control what you set your mind on.

Romans 8:5–6 (NIV)

“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

Reflection Questions

1. In what areas of your life have you been reacting instead of leading?
2. What “atmosphere” currently surrounds your thoughts—peace or pressure, faith or fear?
3. What influences tend to reset your mind toward the flesh rather than the Spirit?
4. How can you intentionally “set the temperature” of your thinking each day?
5. What would change in your life if you consistently chose life and peace?

Daily Declaration

**Today, I declare that my mind is governed by the Spirit of God.
I refuse to live reactively or conform to the world around me.
I choose life. I choose peace.
I am setting the atmosphere of my life according to God’s truth.**

Prayer

Father, help me to recognize when my mind has been adjusting to the wrong influences. I choose today to set my mind on the things of the Spirit. Govern my thoughts, shape my attitudes, and align my desires with Your will. Let my life reflect the atmosphere of heaven—life and peace. In Jesus’ name, Amen.

Day 6 - "Oh to Think Like God"

Scripture Focus - Colossians 3:1–2 (NLT)

"Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth."

Devotional Thought

We are living in what is often called the **information age**. Through technology, news cycles, social media, and constant connectivity, we are exposed to more information than any generation before us. While information can be helpful, it can also be overwhelming. Our minds are constantly flooded with the concerns, pressures, and distractions of this world—often leaving little room to focus on the things of God.

As a result, many believers spend more time thinking about earthly matters than eternal ones. We react to headlines, notifications, and opinions, while quietly drifting away from heaven-centered thinking.

Colossians 3 challenges us to do something radical: *"Think about the things of heaven."* In other words, **think like God**.

Mind Renewal Insight

The idea of thinking like God can feel intimidating. We may ask ourselves, *"How can someone ordinary like me think like God?"* Yet Scripture and experience remind us that God has always worked through ordinary people who were willing to align their minds with His will.

Danniebelle Hall captures this truth beautifully in her song *Ordinary People*: *"God uses ordinary people. He chooses people just like me and you who are willing to do as He commands... little becomes much when you place it in the Master's hands."*

Thinking like God is not about intellect—it's about **intimacy**. It begins with relationship, not perfection.

Life Application

To think like God, we must first **know Him**. And to know Him, we must give Him our most valuable possession: **our time**. Time spent in prayer and in God's Word is not optional—it is essential. Intimacy with God reshapes how we think, how we see, and how we respond. Thinking like God also requires us to view life from His perspective. This happens as we study, reflect on, memorize, believe, and live out the Word of God. When Scripture and prayer become our *spiritual DNA*, they

"Oh to Think Like God"

begin to influence every area of our lives—our decisions, relationships, priorities, and responses. Jesus modeled this perfectly. Despite constant demands, interruptions, and responsibilities, He consistently withdrew to spend time alone with the Father. If Jesus needed that connection, how much more do we?

Colossians 3:1–2 (NLT)

"Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth."

Reflection Questions

1. What occupies most of my thoughts on a daily basis—earthly concerns or eternal priorities?
2. In what ways has constant information and distraction affected my spiritual focus?
3. How intentional am I about spending time alone with God?
4. What would change in my life if prayer and Scripture truly became my spiritual DNA?
5. What practical step can I take this week to think more like God?

Daily Declaration

Today, I choose to set my mind on the things of heaven.

I am an ordinary person serving an extraordinary God.

**As I spend time with Him, my thinking is being transformed,
and I am learning to think like God.**

Prayer

Father, I desire to think like You. Help me to slow down, disconnect from distractions, and reconnect with You. Teach me to see life from Your perspective and to value eternal things over temporary ones. As I spend time in Your presence and in Your Word, renew my mind and align my thoughts with Your will. In Jesus' name, Amen.

Day 7 - “A Mind Transplant”

Scripture Focus - Philippians 2:3–5 (NIV)

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. Let this mind be in you which was also in Christ Jesus.”

Devotional Thought

Over the years, medical science has performed remarkable feats through transplants. Doctors have successfully transplanted kidneys, livers, hearts, and even lungs. These procedures are necessary when an organ becomes diseased or dysfunctional—unable to operate as it was originally designed. When that happens, the individual’s quality of life is diminished, and their full potential is restricted.

In many ways, this mirrors the human condition.

Because of sin, every one of us has been born with a **deficiency of the mind**. The mind—an essential component of the soul—has been deeply impacted by sin. As a result, we often think, respond, and decide in ways that fall short of God’s original purpose for our lives. Left unchanged, the mind operates below its divine potential.

That is why Paul writes in Romans 12:2, *“Be transformed by the renewing of your mind.”* Transformation is not possible without renewal.

Mind Renewal Insight

Here’s the challenge: in all of medical history, there has never been a successful brain transplant. The brain—and by extension, the mind—cannot be physically replaced. This is because the mind is deeply connected to the soul.

Yet Scripture reveals that what is **medically impossible** is **spiritually miraculous**. Philippians 2:5 introduces us to the only true mind transplant ever recorded: *“Let this mind be in you which was also in Christ Jesus.”* God does not merely improve our thinking—He invites us to **exchange** it. We are called to replace our old, self-centered, pride-driven mindset with the humble, obedient, others-focused mind of Christ.

When we receive the mind of Christ, everything changes. We begin to think like Him, respond like Him, love like Him, and serve like Him.

Life Application

A mind transplant requires surrender. You cannot hold on to the old way of thinking and receive the new one at the same time. Pride must give way to humility. Self-interest must give way to servanthood. Ego must give way to obedience. Living with the mind of Christ means choosing humility in a culture

“A Mind Transplant”

driven by self-promotion. It means valuing others in a world obsessed with self. It means allowing Christ’s mindset—not culture, emotion, or ego—to govern your thoughts and actions. This is the only way to truly live **in your purpose, on purpose.**

Philippians 2:3–5 (NIV)

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. Let this mind be in you which was also in Christ Jesus.”

Reflection Questions

1. In what ways do I still rely on my old way of thinking instead of the mind of Christ?
2. How does pride or self-interest show up in my daily decisions?
3. What would change if humility shaped my responses more consistently?
4. Where is God inviting me to surrender my mindset so I can receive His?
5. What does having the “mind of Christ” look like in my relationships, work, and ministry?

Daily Declaration

**Today, I receive the mind of Christ.
I release selfish ambition and embrace humility.
My thinking is being transformed,
and I am living in my purpose—on purpose.**

Prayer

Lord Jesus, I surrender my old way of thinking and ask You to renew my mind. Replace pride with humility, selfishness with compassion, and fear with faith. Help me to think like You, respond like You, and live like You. I receive the mind of Christ today. In Jesus’ name, Amen.

Day 8 - “Take it Off and Put It On”

Scripture Focus - Ephesians 4:21–24 (NLT)

“Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.”

Devotional Thought

Each day, most of us—those living ordinary lives and those who have the ability to do so—put on fresh underclothes. This behavior is considered normal. From a young age, we are taught to change our clothes daily. But why do we do this? Is it about vanity? In most cases, the answer is no—because strangers don’t usually see our undergarments.

We change our clothes daily because of **hygiene**. As we go through the normal activities of life—working, moving, living—our bodies naturally soil what we are wearing underneath. Simply living causes our garments to become unfit to wear day after day. They get dirty.

That same principle applies spiritually.

Mind Renewal Insight

When we live in this world and do what the world considers “normal,” our **old nature** becomes soiled. Daily exposure to fleshly desires, temptation, and worldly thinking stains our thoughts and attitudes—even when we are not intentionally seeking sin.

That is why Scripture tells us to “*throw off*” the old nature. Just as we would never put dirty underclothes back on, we cannot continue to carry yesterday’s sinful patterns, attitudes, and mindsets into today.

But Scripture doesn’t stop at *taking off*. It also commands us to *put on*.

Life Application

Every day requires a spiritual wardrobe change. Just as we remove what is dirty and replace it with something clean, we must intentionally remove the old nature and put on the new one. This happens when we allow the Holy Spirit to renew our thoughts and attitudes through the Word of God.

Putting on the new nature is not automatic—it is intentional. It happens when we:

- spend time with the Lord
- study His Word
- meditate on His truth
- allow the Spirit to shape how we think and respond

Transformation is not about trying harder; it’s about changing what we wear spiritually.

“Take it Off and Put It On”

Ephesians 4:21–24 (NLT)

“Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.”

Reflection Questions

1. What attitudes or thought patterns from my “old nature” do I need to take off today?
2. In what ways has daily exposure to the world soiled my thinking?
3. How intentional am I about renewing my mind through God’s Word?
4. What does “putting on the new nature” look like in my everyday decisions?
5. What spiritual habits can help me make daily renewal a priority?

Daily Declaration

Today, I choose to set my mind on the things of heaven.

I am an ordinary person serving an extraordinary God.

**As I spend time with Him, my thinking is being transformed,
and I am learning to think like God.**

Prayer

Lord, I thank You for the new life You have given me in Christ. Help me to recognize what no longer belongs in my life and give me the courage to take it off. Through Your Spirit and Your Word, renew my thoughts and attitudes daily. Teach me how to live clothed in the new nature You have created for me—righteous, holy, and pleasing to You. In Jesus’ name, Amen.

Day 9 - “Abundantly Successful”

Scripture Focus - Deuteronomy 30:9–10 (NET)

“The Lord your God will make the labor of your hands abundantly successful and multiply your children, the offspring of your cattle, and the produce of your soil. For the Lord will once more rejoice over you to make you prosperous just as he rejoiced over your ancestors, if you obey the Lord your God and keep his commandments and statutes that are written in this scroll of the law. But you must turn to him with your whole mind and being.”

Devotional Thought

Have you ever been presented with an opportunity that seemed too good to be true, and because of that hesitation, you let it pass you by? There is an old English proverb that says, *“If it’s too good to be true, it probably is.”* Another familiar saying echoes the same idea: *“You can’t get something for nothing.”*

Unfortunately, this mindset can also appear in our spiritual lives. Many people desire the blessings God promises but are reluctant to embrace the responsibility that accompanies them. We want the reward without the work, the harvest without the discipline, and the promise without obedience.

Mind Renewal Insight

Under Moses’ leadership, God gave the children of Israel a clear promise. If they obeyed His voice and followed His commands, He would bless them abundantly. Their families would grow, their livestock would multiply, and the land they cultivated would become productive and fruitful. Scripture even tells us that God would rejoice in blessing them, just as He did their ancestors.

However, these blessings were not automatic. They were conditional. God’s favor flowed from obedience and wholehearted devotion. Prosperity was not merely about material gain—it was the result of living in alignment with God’s will.

Life Application

These principles are not limited to the children of Israel; they apply to us today. God’s Word assures us that no one is beyond redemption. Even the greatest sinner, when they repent and turn back to God, can be forgiven, restored, and reconciled to His favor. God still speaks through His Word, and He still delights in blessing those who listen and obey.

The key question is not whether God wants to bless us—it is whether we are willing to turn to Him with our **whole mind and being**. True success begins in the mind. When our thinking aligns with God’s truth, our lives begin to reflect His promises.

“Abundantly Successful”

Deuteronomy 30:9–10 (NET)

“The Lord your God will make the labor of your hands abundantly successful and multiply your children, the offspring of your cattle, and the produce of your soil. For the Lord will once more rejoice over you to make you prosperous just as he rejoiced over your ancestors, if you obey the Lord your God and keep his commandments and statutes that are written in this scroll of the law. But you must turn to him with your whole mind and being.”

Reflection Questions

1. In what ways have I desired God’s blessings without fully embracing obedience?
2. How intentional am I about listening to God through His Word?
3. What distractions keep me from turning to God with my whole mind and heart?
4. How do I personally define success—by the world’s standards or by God’s?
5. What step can I take today to align my thinking more closely with God’s will?

Daily Declaration

Today, I choose obedience over convenience.

I turn to God with my whole mind and being.

As I listen to His Word and follow His ways,

the labor of my hands will be abundantly successful.

Prayer

Faithful God, I thank You that You delight in blessing Your people. Help me to listen carefully to Your voice and to obey Your Word with a willing heart. Renew my mind so that my understanding of success aligns with Your truth. I commit myself to reading, learning, and obeying Your commandments, trusting that as I do, You will make my way abundantly successful. In Jesus’ name, Amen.

Day 10 - “Take Every Thought Captive”

Scripture Focus - 2 Corinthians 10:3–5 (NIV)

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every lofty opinion raised against the knowledge of God, and we take every thought captive to make it obedient to Christ.”

Devotional Thought

The late journalist and writer Terry Pratchett once stated, *“The trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it.”* Although intended humorously, this statement reveals a profound truth. How often have we passively allowed our thoughts to be influenced by others without ever challenging the source?

We often pride ourselves on being open-minded, but in our Christian walk, an ungarded mind can be dangerous. Not every thought deserves access. Not every opinion is healthy. Not every voice should be welcomed into our thinking.

Mind Renewal Insight

This challenge was evident in the Corinthian church. Intruders infiltrated the community with destructive arguments and negative opinions against Paul and the gospel. Because the believers’ minds were ungarded, they embraced the accusations and allowed their attitudes to shift—not only toward Paul, but toward the truth itself.

The same battle exists today. Negativity, faulty perceptions, cultural assumptions, and lofty opinions all compete for space in our minds. If our thoughts remain unprotected, they become easy prey for confusion, doubt, and deception.

Life Application

God does not call us to have an open mind—He calls us to have a **disciplined mind**. We must confront our thoughts and take responsibility for correcting our thinking. This begins by asking honest and intentional questions:

- Where did this thought come from?
- Who or what influenced it?
- Does this thought align with the Word of God?
- Is this thought drawing me closer to God or pulling me away?

Thoughts that do not align with God’s truth must be taken captive—placed under arrest—and challenged by Scripture. Our responsibility is to destroy arguments and every lofty opinion that rises against the knowledge of God and to bring every thought into obedience to Christ.

“Take Every Thought Captive”

2 Corinthians 10:3–5 (NIV)

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every lofty opinion raised against the knowledge of God, and we take every thought captive to make it obedient to Christ.”

Reflection Questions

1. What thoughts have I allowed into my mind without questioning their source?
2. Are there voices or opinions that influence me more than God’s Word?
3. What recurring thoughts need to be confronted and corrected?
4. How can I practice taking my thoughts captive on a daily basis?
5. What would change in my life if my thinking were consistently aligned with Christ?

Daily Declaration

Today, I take every thought captive.

I reject ideas that oppose God’s truth.

My mind is disciplined, guarded, and obedient to Christ.

I think with clarity, faith, and purpose.

Prayer

God, thank You for giving me spiritual authority over my thoughts. Help me recognize ideas and influences that do not come from You. Give me wisdom to challenge unhealthy thinking and courage to replace it with Your truth. Teach me to guard my mind and bring every thought into obedience to Christ, so that my life reflects Your will. In Jesus’ name, Amen.

Day 11 - Having a Sound Mind

Scripture Focus - 2 Timothy 1:6–7 (NKJV)

“Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Devotional Thought

When Paul reminds Timothy that God has not given him a spirit of fear, but a spirit of power, love, and a **sound mind**, it is important to understand what he means. Paul is not referring to Timothy’s sense of hearing. A sound mind is one that is **solid, stable, and secure**—a mind that is not easily shaken by fear, pressure, or uncertainty.

The Greek word translated *sound mind* is **sōphronismos**, which carries the idea of self-control, discipline, and moderation. To have a sound mind means possessing the ability to govern oneself—one’s emotions, desires, and behaviors—rather than being governed by them.

Mind Renewal Insight

The Greek philosopher Epictetus once said, *“No man is free who is not a master of himself.”* While spoken outside of Scripture, this statement aligns with biblical truth. If our desire is to have the mind of Christ and to live in spiritual freedom, then we must develop a mind that demonstrates temperance and balance in our thoughts, actions, and emotions.

Many people desire control over situations and even over others, yet struggle to exercise control over themselves. Scripture reminds us in Proverbs 25:28 that a person without self-control is like a city broken down and without walls—open, exposed, and defenseless. A lack of self-discipline leaves the mind vulnerable to fear, impulse, and instability.

Life Application

God’s desire is that we consistently grow in self-control. This does not mean we will always get it right, but it does mean we intentionally strive to govern our thoughts, emotions, and responses. A sound mind does not eliminate challenges—it equips us to face them with clarity and confidence.

The good news is this: God has already given us what we need. A sound mind is not something we must create; it is something we must **activate**. When we rely on the Spirit of God, we tap into the power, love, and discipline He has placed within us.

Today, make the decision to stir up what God has already given you.

Having a Sound Mind

2 Timothy 1:6–7 (NKJV)

“Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Reflection Questions

1. In what areas of my life do fear or impulse tend to control my thinking?
2. How do I currently respond when my emotions are challenged or tested?
3. What does self-control look like for me in my thoughts, words, and actions?
4. Are there areas where I need stronger “walls” to protect my mind?
5. How can I intentionally rely on God’s Spirit to strengthen my self-discipline?

Daily Declaration

**God has given me a sound mind.
I operate in power, love, and self-control.
Fear does not rule me—God’s Spirit does.
My mind is stable, disciplined, and secure.**

Prayer

God, thank You for not giving me a spirit of fear, but of power, love, and a sound mind. Help me to stir up the gift You have placed within me. Teach me to govern my thoughts, emotions, and actions through Your Spirit. Strengthen my self-control and guard my mind so that I may live in freedom and walk in wisdom. In Jesus’ name, Amen.

Day 12 - “Who Are You... Really?”

Scripture Focus - Proverbs 23:7a (NKJV)

“For as he thinks in his heart, so is he.”

Devotional Thought

Have you ever looked at someone and wondered if who you see is who they really are? Many of us have experienced this feeling—especially when listening to politicians make promises that seem empty, or watching public figures carefully craft images designed to win favor. Actors, entertainers, athletes, and even preachers can sometimes appear to live behind a public persona, saying the right things and performing visible acts of kindness, yet leaving us to wonder what lies beneath the surface.

Unfortunately, this isn’t limited to people in the public eye. It is a common human experience. People often say one thing with their mouths while their lives tell a very different story. What we project outwardly does not always reflect who we truly are inwardly.

Mind Renewal Insight

Some would argue that we cannot truly see a person’s heart—and in one sense, that is true. Only God fully knows the intentions of the heart. Yet Scripture and experience teach us that if we pay close attention to a person’s attitudes and actions over time, their heart will eventually be revealed. Sooner or later, people show us who they really are.

When that happens, what we are seeing is not just behavior—it is the product of their inner life. According to Scripture, the heart plays a central role in shaping who we become. Proverbs reminds us that our identity is directly connected to our thinking. Who we are is shaped by what we continually think and believe in our hearts.

Life Application

Jeremiah 17:9 tells us that the heart is deceitful and desperately wicked. Before salvation, this description fit us all. However, through salvation, we surrender our hearts to God to be made new. While that transformation begins instantly, it is completed gradually. God continues the work of reconstruction as we yield our hearts to the leading and guiding of the Holy Spirit.

As the Spirit reshapes our hearts, He also reshapes our thinking. And as our thinking changes, our lives begin to reflect Christ more clearly. This is why honest introspection is essential. When we examine our thoughts, attitudes, and actions, we begin to understand who we truly are—and who we are becoming.

Today is an invitation to look inward, not with condemnation, but with courage and honesty.

“Who Are You... Really?”

Proverbs 23:7a (NKJV)

“For as he thinks in his heart, so is he.”

Reflection Questions

1. Do my attitudes and actions accurately reflect what I profess with my words?
2. What recurring thought patterns shape my behavior most often?
3. Are there areas where my public image and private life are misaligned?
4. How has God been reshaping my heart since my salvation?
5. Who am I becoming as a result of the way I think?

Daily Declaration

I am being transformed from the inside out.

As I think in my heart, so I become.

**My thoughts are aligned with Christ,
and my life reflects His truth.**

Prayer

God, search my heart and renew my mind. Help me to see myself honestly—not as I pretend to be, but as I truly am. Thank You for creating in me a new heart through salvation, and for continuing the work of transformation in my life. Shape my thoughts, guide my attitudes, and help me become more like Christ each day. In Jesus’ name, Amen.

Day 13 - "Reel It In"

Scripture Focus - Romans 12:3 (NLT)

"Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us".

Devotional Thought

C. S. Lewis once observed, *"As long as you are proud you cannot know God. A proud man is always looking down on things and people, and of course, as long as you are looking down, you cannot see something that is above you."* This insight captures the subtle danger of thinking more highly of ourselves than we should. Pride elevates our view of self while lowering our awareness of God and others. When pride takes root, it distorts our spiritual vision and causes us to see everything through unclear lenses.

An inflated sense of importance not only affects how we see ourselves, but also how we relate to God and how we treat others. Pride quietly shifts the focus from gratitude to entitlement and from humility to comparison.

Mind Renewal Insight

In his instruction to the church, Paul emphasizes unity through diversity and calls believers to practice honest self-evaluation. His message is direct and corrective. To those who have allowed self-importance to grow unchecked, Paul essentially gives one warning: **Reel it in.**

The phrase suggests drawing something back that has slowly drifted too far away. Pride rarely announces its arrival. It creeps in quietly, pulling us away from truth before we even realize it. Left unchecked, it leads us to measure ourselves inaccurately and to forget that everything we have comes from God.

Life Application

When pride influences our thinking, our attention shifts outward. We become skilled at identifying the shortcomings of others while avoiding honest reflection within. Instead of allowing the Holy Spirit to reveal areas that need growth, we compare, judge, and elevate ourselves in subtle ways.

We are all members of one body, uniquely gifted and purposefully placed. God assigns different roles and functions, not for competition, but for cooperation. Pride convinces us that we are better than we truly are. Humility invites us to see ourselves clearly and respond appropriately when the Spirit gently says, **Reel it in.**

“Reel It In”

Romans 12:3 (NLT)

“Because of the privilege and authority God has given me, I give each of you this warning: Don’t think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us”.

Reflection Questions

1. In what ways might pride be subtly influencing my thoughts or attitudes?
2. Do I find it easier to evaluate others than to examine myself honestly?
3. How do I respond when the Holy Spirit convicts or corrects me?
4. What gifts has God entrusted to me, and how can I steward them with humility?
5. What would “reeling it in” look like in my life right now?

Daily Declaration

I walk in humility and truth.

I see myself clearly through God’s grace.

I value others, honor God, and remain teachable.

When pride rises, I reel it in.

Prayer

God, help me to see myself honestly and humbly. Guard my heart against pride and distorted thinking. When I begin to drift, gently correct me and draw me back to truth. Teach me to value others, steward my gifts well, and walk in humility before You. I surrender my thoughts and attitudes to You today. In Jesus’ name, Amen.

Day 14 - “Forget it and Move On”

Scripture Focus - Isaiah 43:18 (NIV)

“Forget the former things; do not dwell on the past.”

Devotional Thought

There was a time when remembering things was a point of pride. Before cell phones stored our contacts, we intentionally memorized phone numbers, addresses, and important details. Remembering was a skill we worked hard to develop. As we grow older, however, many of us find that we forget more than we remember.

Yet there are some things that remain difficult—if not impossible—to forget. Experiences that caused physical pain, emotional trauma, regret, or shame often linger in our minds far longer than we would like. The past has a way of replaying itself if we allow it.

Mind Renewal Insight

God speaks clearly in this passage: *“Forget the former things; do not dwell on the past.”* Everyone has a past, but we were never meant to live there. All of us have done things or experienced things we are not proud of—moments we would rather keep hidden. But God’s instruction is direct and freeing: **don’t dwell there.**

Forgetting the former things does not mean pretending the past never happened. It means refusing to allow the past to dominate our thinking, define our identity, or determine our future. God calls us to redirect our thoughts toward what He is doing now and what He desires to do next.

Life Application

For some people, the past was enjoyable, even successful, and it is tempting to relive “the good old days.” For others, the past was painful, and thinking about it brings guilt, grief, or discouragement. Either way—whether the past was good or bad—God calls us to move forward.

Someone once said, *“If our past was important, God would have given us the ability to change it.”* We cannot rewrite yesterday, but we can choose how we think today. God sent Jesus so that we could repent, be forgiven, and move on. Because our hope is in Christ, we are free to release past guilt and look ahead to the person God is shaping us to become.

“Forget it and Move On”

Isaiah 43:18 (NIV)

“Forget the former things; do not dwell on the past.”

Reflection Questions

1. What past experiences tend to occupy my thoughts most often?
2. Do I find myself dwelling more on past successes or past failures?
3. How has holding onto the past affected my growth or peace?
4. What new thing might God be calling me to focus on right now?
5. What would it look like for me to intentionally redirect my thoughts forward?

Daily Declaration

My past does not define me.

I release what was and embrace what God is doing now.

I forget the former things and move forward in faith, hope, and purpose.

Prayer

God, thank You for the freedom You offer through Christ. Help me release the past—both the pain and the pride—and keep my mind focused on what You are doing in my life today. Teach me to redirect my thoughts, trust Your plans, and move forward with confidence and peace. I choose to forget what is behind me and press toward what lies ahead. In Jesus’ name, Amen.

Day 15 - “What’s Love Got to Do With It?”

Scripture Focus - Matthew 22:36–38 (NLT)

“Teacher, which is the most important commandment in the law of Moses?” Jesus replied, ‘You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment.”

Devotional Thought

Love and the mind—what do they really have to do with each other? At first glance, love seems to be a matter of the heart, not the mind. Yet Jesus makes it clear that loving God is not limited to emotion alone. In this passage, He intentionally includes the **heart, soul, and mind**, reminding us that love for God must engage our entire inner being.

The mind matters because it is a vital part of the soul. Loving God is not just about how we feel—it is also about how we think. What occupies our thoughts reveals what we truly love.

Mind Renewal Insight

Human beings are triune in nature. We are spirit, we live in a body, and we possess a soul. When we are saved, our spirit is renewed and naturally desires to please God. The body, however, is carnal and gravitates toward what the flesh wants. Between the two stands the soul—the place where decisions are made.

This is why Scripture speaks of a battle for the soul and, more specifically, a battle for the mind. The mind plays a decisive role in determining whether we respond to the Spirit or surrender to the flesh. What we consistently think about eventually directs how we live.

Life Application

If we truly love God with all our mind, it will shape our actions. Love is not passive—it is active. Jesus Himself said, *“If you love Me, keep My commandments.”* Obedience is not driven by obligation alone, but by love that has taken root in the mind.

God calls us to allow love to motivate the renewing of our minds. Imagine making decisions—big and small—through the lens of God’s Word. This is what the psalmist described when he declared that hiding God’s Word in the heart guards us from sin. When the Word saturates our minds, our behavior naturally follows. This is how we love God with **all our mind**—by letting His truth shape our thoughts, guide our decisions, and direct our lives.

“What’s Love Got to Do With It?”

Matthew 22:36–38 (NLT)

***“Teacher, which is the most important commandment in the law of Moses?”
Jesus replied, ‘You must love the Lord your God with all your heart, all your soul,
and all your mind.’ This is the first and greatest commandment.”***

Reflection Questions

1. How do my thought patterns reveal what I truly love?
2. Are my daily decisions more influenced by emotion, habit, or God’s Word?
3. In what areas do I struggle to align my thinking with my love for God?
4. How can I intentionally allow God’s Word to shape my thoughts?
5. What would change if love for God motivated every decision I make?

Daily Declaration

**I love God with all my heart, all my soul, and all my mind.
My thoughts are shaped by His Word,
and my actions reflect my love for Him.**

Prayer

God, teach me to love You with my whole being. Help me to love You not only with my emotions, but also with my thoughts and decisions. Renew my mind through Your Word so that my actions align with Your will. May my love for You be evident in how I think, live, and obey. In Jesus’ name, Amen.

Day 16 - “How Do You Guard Your Mind?”

Scripture Focus - Philippians 4:6–7 (NKJV)

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Devotional Thought

Whenever you possess something valuable, you instinctively take steps to protect it. You guard it against being stolen, damaged, or diminished because you understand its worth. You want to maintain both its possession and its value.

The truth is, your **mind** is one of the most valuable resources you have. And because of its value, it is constantly under attack. The enemy would love to steal your mind—but if he cannot steal it, he will attempt to damage it and diminish its effectiveness.

Mind Renewal Insight

The enemy’s primary strategy against the mind is worry. He bombards us with the cares of this world, overwhelming us with everyday problems, pressures, and challenges. His goal is to frustrate us, stress us out, and keep us anxious. Many strong believers have been weakened by this powerful weapon called worry.

An anxious mind becomes distracted, drained, and vulnerable. Over time, unchecked worry can rob us of peace, clarity, and confidence in God.

Life Application

God has given us a powerful way to guard our minds—**peace**. Scripture describes God’s peace as a guard, standing watch over our hearts and minds. This guard is armed with two primary weapons: **prayer and praise**.

Prayer allows us to release our concerns to God, while praise reminds us of His faithfulness. When prayer and praise are activated together, they invite God’s presence and power into the very situations that threaten our peace.

Whatever life brings your way, remind yourself of this truth: **don’t worry—worship**. When we choose prayer over panic and praise over pressure, God’s peace steps in and does what we cannot—guard our minds.

“How Do You Guard Your Mind?”

Philippians 4:6–7 (NKJV)

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Reflection Questions

1. What worries tend to dominate my thoughts most often?
2. How do I usually respond when anxiety begins to rise?
3. Have I been more focused on my problems than on God’s promises?
4. How can prayer become my first response instead of my last resort?
5. What would change if I consistently chose worship over worry?

Daily Declaration

**I will not be ruled by worry.
I protect my mind with God’s peace.
Through prayer and praise,
my heart and mind are guarded in Christ Jesus.**

Prayer

God, thank You for the gift of Your peace. Teach me to bring everything to You in prayer instead of carrying it in worry. Help me to praise You even in difficult moments and to trust You with every concern. Guard my heart and my mind as I live for Christ, and keep me anchored in Your peace. In Jesus’ name, Amen.

Day 17—“Where Your Mind Goes, You Follow ”

Scripture Focus - Philippians 4:8 (NRSV)

“Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.”

Devotional Thought

As the apostle Paul brings his instruction to a close, he offers believers practical guidance for their thought life. Scripture teaches us that we are not powerless when it comes to what we think. It is a mistake to adopt a defeatist attitude that says we cannot help it when our minds are filled with unwelcome thoughts. The truth is—we **can** help it.

Where the mind leads, the life follows. Paul directs our thoughts toward what is true, honorable, just, pure, pleasing, commendable, excellent, and praiseworthy. These qualities are not abstract ideas; they are fully embodied in Jesus Christ. To focus on these things is to set our minds in His direction.

Mind Renewal Insight

Paul’s list gives us a filter for our thinking. *True* means genuine and reliable. *Honorable* speaks of moral dignity. *Just* reflects righteousness toward God and others. *Pure* refers to integrity and moral cleanliness. *Pleasing* describes what is admirable and worthy of consideration.

Earlier, Paul assures believers that God’s peace will guard their hearts and minds in Christ Jesus. Yet he also reminds us that God does not fortify a mind that refuses discipline. God guards the thought life of those who desire purity and intentionally choose what they think about.

Life Application

Owning your story can be difficult—but not nearly as difficult as spending your life running from it. There are seasons when negativity surrounds us and we are left alone with our thoughts. Questions like “*what if*” and “*why*” may arise, and sometimes our thoughts try to carry us places we never intended to go.

While we cannot change the past, we can choose how we respond to the thoughts it produces. We can allow negative thoughts to remain and control us, or we can release them and replace them with truth. Paul reminds us that transformation is possible because we truly can change the way we think.

Winston Churchill once said, “*The positive thinker sees the invisible, feels the intangible, and achieves the impossible.*” Our thoughts shape our vision, and our vision shapes our future. Every thought we entertain is influencing the direction of our lives. Where your mind goes—you will follow..

“Where Your Mind Goes, You Follow ”

Philippians 4:8 (NRSV)

“Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.”

Reflection Questions

1. Where has my thinking been leading me lately?
2. Are my thoughts aligned with truth or driven by fear and negativity?
3. Which of Paul’s listed qualities do I need to focus on more intentionally?
4. What thought pattern do I need to release and replace with God’s truth?
5. How can I be more disciplined about what I allow into my mind?

Daily Declaration

I choose thoughts that honor God.

My mind is focused on what is true, pure, and praiseworthy.

Where my mind goes, my life will follow God’s truth.

Prayer

God, thank You for reminding me that my thoughts matter. Help me to discipline my mind and focus on what honors You. Teach me to release thoughts that lead me away from Your will and replace them with truth that brings life and peace. Guide my thinking so that my life follows the path You have prepared for me. In Jesus’ name, Amen.

Day 18 - "Trust, Don't Just Think About It...Do It"

Scripture Focus - Proverbs 3:5–6 (NKJV)

"Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths."

Devotional Thought

Several years ago, Nike introduced the slogan **"Just Do It."** The message was simple: whatever task is before you, don't overthink it—just act. Depending on the situation, that slogan can be either wise or reckless.

When it comes to our walk with God, however, trusting Him is something we are called to *just do*. Unfortunately, trusting God is often much easier to talk about than to practice. Many of us say we trust God, but in reality, we keep backup plans—Plan A, Plan B, and sometimes Plan C—because we are accustomed to leaning on our own understanding.

Mind Renewal Insight

In Proverbs 3:5, the word *trust* means more than casual belief. It carries the idea of attaching oneself with steadfastness and solidity. To trust God is to place full confidence in Him, not living in constant anxiety, but resting in confident expectation.

Trusting God requires a shift in our thinking. Instead of relying on our limited perspective, we must believe that God truly is the Way, the Truth, and the Life. We must be convinced that God is our Father and that He knows what is best for us—even when His plan does not align with our preferences.

Life Application

To trust God, we must also know His intentions toward us. God has an amazing plan for your life, and that plan is revealed through His Word. When we focus our minds on Scripture—using the Bible as our guide—we learn how to recognize His promises, receive His correction, and walk in His wisdom.

Trust is not passive; it is practiced. Scripture tells us to acknowledge God in **all** our ways. That means intentionally inviting Him into every area of life—our decisions, relationships, finances, and future. When we stop trying to be wise in our own eyes and seek God in prayer, He promises to direct our paths. Trusting God is not just a thought—it is a lifestyle.

The Message Bible captures this beautifully: *"Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; He's the one who will keep you on track."*

"Trust, Don't Just Think About It...Do It"

Proverbs 3:5–6 (NKJV)

"Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths."

Reflection Questions

1. In what areas of my life do I struggle most to trust God?
2. Do I rely more on my own understanding or God's guidance?
3. What backup plans reveal a lack of trust in God?
4. How often do I seek God's direction before making decisions?
5. What would it look like for me to fully trust God today?

Daily Declaration

**I trust God with all my heart.
I will not lean on my own understanding.
In all my ways, I acknowledge Him,
and He directs my path.**

Prayer

God, help me move beyond talking about trust and begin living it out daily. Teach me to release control and lean fully on You. When my understanding falls short, remind me that You see what I cannot. I choose to trust You—not just in thought, but in action. Direct my path as I surrender my ways to You. In Jesus' name, Amen.

Day 19 - “Perfect Peace”

Scripture Focus - Isaiah 26:3 (NKJV)

*“You will keep him in perfect peace,
Whose mind is stayed on You,
Because he trusts in You.”*

Devotional Thought

If you were to examine money in the United States—whether a coin or a dollar bill—you would find the same phrase inscribed on each one: **“In God We Trust.”** This phrase serves as the national motto of the United States of America. Yet it is difficult to deny that, as a nation, we often place more trust in the money itself than in the God whose name is printed on it.

Sadly, this tendency is not limited to society at large. Many who call themselves Christians display this motto on bumper stickers, T-shirts, and even church bulletins. But when life becomes challenging, trusting God is often the last option instead of the first. We place confidence in friends, family, finances, leaders, and even our own abilities—while God waits patiently for us to turn to Him.

Mind Renewal Insight

Life is filled with ups and downs, and difficult seasons are unavoidable. Challenges, disappointments, and uncertainties test where our trust truly lies. Yet Scripture reminds us that there is nothing too hard for God—not even the biggest problem we are facing today.

Isaiah reveals a powerful truth: **perfect peace** is not the absence of trouble; it is the result of a mind that is fixed on God. Peace is not produced by circumstances improving, but by trust deepening. When our thoughts are anchored in God rather than in fear or uncertainty, peace becomes our steady companion.

Life Application

God desires that we trust Him from start to finish. He calls us to fix our minds on Him—not partially, but completely. To keep our minds “stayed” on God means to focus our attention intentionally and consistently on who He is and what His Word says.

When we do this, God makes a promise: He will keep us in perfect peace. This peace is not fragile or temporary—it is complete, stable, and sustaining. Regardless of the challenge, if we choose to trust God and keep our minds focused on Him, His peace will guard us through every season.

“Perfect Peace”

Scripture Focus - Isaiah 26:3 (NKJV)

*“You will keep him in perfect peace,
Whose mind is stayed on You,
Because he trusts in You.”*

Reflection Questions

1. Where do I tend to place my trust when life becomes difficult?
2. What situations challenge my ability to trust God fully?
3. How often do I fix my mind on God instead of on my problems?
4. What does “perfect peace” look like in my current season?
5. What practical steps can I take to keep my mind stayed on God?

Daily Declaration

**I trust God completely.
My mind is fixed on Him, not my circumstances.
He keeps me in perfect peace,
because my trust is in Him.**

Prayer

God, help me to trust You not just in words, but in practice. Teach me to fix my mind on You, especially when life feels overwhelming. I release my worries, fears, and uncertainties into Your hands. Thank You for the promise of perfect peace as I trust in You. Guard my heart and mind today and always. In Jesus’ name, Amen.

Day 20 -“Believe and You Shall Receive”

Scripture Focus - Matthew 21:21-22 NIV

21 Jesus replied, “Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, ‘Go, throw yourself into the sea,’ and it will be done. 22 If you believe, you will receive whatever you ask for in prayer.”

Devotional Thought

The first step to receiving anything is believing that it is possible to obtain. If you do not believe the desired outcome is attainable, you will either fail to ask altogether or ask while doubting. Belief always precedes reception.

One of the common misunderstandings of this Scripture is the idea that we can simply ask God for anything we want and expect Him to grant it automatically. Taken out of context, this would suggest that asking for unrealistic or selfish things obligates God to respond. That interpretation, of course, misses the heart of what Jesus is teaching.

Mind Renewal Insight

Scripture must always be interpreted through Scripture and within its proper context. In this passage, Jesus is addressing **faith**—specifically, faith that aligns with the purpose and will of God. He is teaching His listeners to believe what God has said and to trust in God’s power to fulfill what He has assigned.

Belief is not merely emotional optimism; it is a function of the **soulish realm**, and more specifically, the **mind**. What we truly believe shapes how we pray, how we act, and how we respond to God’s direction. Faith begins as a settled conviction in the mind before it ever manifests in action.

Life Application

It has often been said that the most powerful force in the universe is a **made-up mind**. That is why this devotional journey has focused so intentionally on renewing and aligning our thinking with God’s plans and purposes. Once our minds are fixed on God, we move steadily toward spiritual maturity.

If we are going to do great things for the Kingdom of God, it all begins with what we believe. Faith that receives is faith that trusts God’s will, submits to His direction, and confidently expects Him to do what He has promised. When belief is rooted in God’s purpose, reception follows.

“Believe and You Shall Receive”

Matthew 21:21-22 NIV

21 Jesus replied, “Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, ‘Go, throw yourself into the sea,’ and it will be done. 22 If you believe, you will receive whatever you ask for in prayer.”

Reflection Questions

1. What do I genuinely believe God can do in my life?
2. Are there areas where doubt has limited my prayers?
3. Do my beliefs align with God’s will or my personal desires?
4. How has renewing my mind strengthened my faith?
5. What is God calling me to believe Him for right now?

Daily Declaration

I believe God’s Word and trust His purpose.

My mind is fixed on faith, not doubt.

As I believe according to God’s will,

I receive what He has promised.

Prayer

God, strengthen my belief and align my faith with Your will. Help me to remove doubt and to trust fully in what You have spoken over my life. Renew my mind so that my belief system reflects Your truth and Your purpose. I choose to believe You—not just with my words, but with my whole heart and mind. In Jesus’ name, Amen.

Day 21 - “Prepared For Action”

Scripture Focus - 1 Peter 1:13–15 (NKJV)

“Therefore prepare your minds for action, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct.”

Devotional Thought

After completing twenty days of focused devotion, prayer, and reflection, my prayer is that something has truly changed in your life. This has not simply been a reading exercise—it has been a **journey of transformation**. Throughout this process, you have been challenged to examine your thinking, redirect your focus, and align your mind with God’s truth.

We must remember that everything accomplished in life begins with a **decision**. Each of us is only one decision away from our greatest success—and just as close to our greatest failure. The difference lies in the choices we make. I pray that this journey has prompted you to make decisions that truly matter.

Mind Renewal Insight

Peter’s instruction is clear: *prepare your minds for action*. This phrase implies readiness, discipline, and intentionality. A renewed mind is not passive—it is alert, focused, and committed to living out what it believes.

Scripture also reminds us not to be conformed to former desires—the ways of thinking and living that existed before we understood God’s truth. Growth requires us to leave behind old patterns and to embrace a new standard shaped by holiness. When the mind is prepared, the life is positioned to follow.

Life Application

You are now **prepared for action**. The question is not whether you are equipped—the question is whether you will move forward. Will you take the necessary steps to walk in the plan and purpose God has for your life?

Preparation must lead to participation. Discipline must lead to consistency. Faith must lead to obedience. I am joining my faith with yours, believing that you are both willing and able to continue this journey beyond these pages. Remain committed to prayer, persistent in praise, and intentional in pursuing God’s purpose.

Keep chasing after God. Keep walking in His promises. Let what began here continue every day.

“Prepared For Action”

1 Peter 1:13–15 (NKJV)

“Therefore prepare your minds for action, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct.”

Reflection Questions

1. What changes have I noticed in my thinking during these 21 days?
2. What decisions am I being challenged to make moving forward?
3. Which old thought patterns or desires do I need to leave behind?
4. How can I remain disciplined in renewing my mind daily?
5. What action step will I take today to walk in God’s purpose?

Daily Declaration

My mind is renewed and prepared for action.

I am disciplined, focused, and committed to God’s purpose.

I leave my old ways behind and walk forward in faith, holiness, and obedience.

Prayer

God, thank You for what You have done in me over these past 21 days. I commit to living out what I have learned and applying it daily. Help me to remain disciplined, focused, and obedient as I walk in Your purpose. Strengthen me to move forward with confidence, faith, and hope. I declare that my mind is prepared for action, and my life is surrendered to You. In Jesus’ name, Amen.

Final Encouragement

****You are prepared. You are equipped. You are ready.
Let’s go.****

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Renew Your Mind, Transform Your Life

In this powerful 21-day devotional, Pastor Scot C. Moore of Judah Temple A.M.E. Zion Church invites you on a transformative journey to renew your mind according to God's Word. Each day, you'll explore practical steps toward mind renewal, scripture-based insights, and daily reflections—all designed to help you fix your thoughts on Jesus.

Renew your thinking. Transform your life.
Keep your mind on Jesus.



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