



*Judah Temple  
A.M.E. Zion Church*

**21** *DAYS WITH  
MY MIND ON  
JESUS*



*Join the Judah Family on our  
Prayer Conference Call:*

*Monday — Friday @ 6:00 am & 12:00 pm*

*Saturday @ 6:00 am*

*Sunday @ 8:00 am*

*605-313-5106*

*Access code 878438*

## 21 Days with My Mind On Jesus

What makes a good Christian? This question has reverberated within the Christian community throughout the ages. There have been many positions and perspectives that fall in categories ranging from attitudes to actions, from practices to principles, and everything in between. Wherever you find yourself, one thing is for sure, being a successful Christian begins with the way you think.

I believe the key to being a successful Christian is the same as being a success in any area of life. Many highly successful people create habits that allow themselves to consistently perform behaviors that breed success. If you're going to be good at anything, you must create good habits.

Throughout history, many have said that it takes 21 days to form a habit. There have been others who have refuted that thought and have insisted that habit forming takes longer. No matter where you may fall on this subject, we would all agree that twenty-one days is at least a good start.

Romans 12:2 reminds us that to be a good Christians we must go through a process that allows us to renew our minds. Old school Christians used to sing a song entitled, "Woke up this Morning with My Mind Stayed on Jesus." This same song goes on to say that I'm walking and talking with my mind on Jesus. This means my mind is on Jesus all the time. If we can keep our minds on Jesus, I contend we will be successful Christians.

For the next twenty-one days, we will embark on a journey together that will help us establish a daily habit of focusing on Jesus. I pray you will be as blessed working through this process as I was recording it.

Shalom, shalom,  
Pastor Scot C. Moore

## **Day 1**

### **“I Choose Life”**

#### **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***

Why would we start our twenty-one day journey with this verse? This doesn't seem to deal with the mind. Well, it actually is an extremely important verse as we delve into focusing on Jesus. We can share all the verses in the bible about the mind and “thinking”, but if you don't make the decision to actually “do” what the verse says, nothing we stress will matter.

This verse deals with the mind in a major way. The mind is a component of the soul of man. The soul is comprised of the mind, the will, the imagination, the intellect, and the emotions. The mind dictates what we actually do. The will dictates what we decide to do. Anything we do, we must decide to do it first, then we literally perform the action. The imagination is the component of the soul that deals with what we dream of doing. The intellect is reflective of what we learn to do. Many of our decisions are made based upon learned behavior. Finally, the emotion is that part that deals with what we feel like doing. Too often, many allow this to be the determining factor of their lives. When this component is in control, one can never mature to the place of being a successful Christian. Our feelings are fickle. Therefore, we need to make sure we control our emotions.

Every activity associated with these areas of the soul impact the way we make decisions. Thus, we understand that the function of choice is one of the most important functions of the mind.

Every choice comes with either a reward or consequence. Good choices yield rewards and negative choices yield negative consequences.

Therefore, each day make the decision to choose life! Choose life in every area of your lives. Choose life in your family, in your finances, in your friends, and in every day functioning. Choose the habits that yield life and success. When we make these types of choices, not only does it bless us but our children, and our children's children will be blessed also.

**Day 1**  
**“I Choose Life”**

**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***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me choose life?**

---

---

---

---

**3. What is my prayer today about choosing life?**

---

---

---

---

## **Day 2**

### **Thinking For Change**

**Romans 12:1-2 (MSG)**

**12<sup>1-2</sup> 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.**

Jackie “Mom’s” Mabley, that comedian and great urban philosopher said, “If you always do what you always did, you’ll always get, what you’ve always got.” One writer defined insanity as doing the same thing but expecting different results. Unfortunately, this is the mentality of many people who call themselves Christians. Continuously doing the exact same things but for some strange reason expecting things to be different. It’s time for us to stop this vicious cycle. Let’s make the decision to change our thinking in such a way that we accomplish God’s desired results.

This passage reminds us that if we’re going to be the Christians God has called us to be, we must first embrace what God is trying to do in our lives. We’ve been so busy trying to fit into the world around us that our thoughts have become worldly. We have bought in to the culture around us and missed God’s purpose for our lives. The King James version of the Bible says, “be not conformed to this world”. The problem with this is most of us have already been “conformed”. In order for us to “be not conformed”, we must first be “un-conformed.” As we are working in this transformation process there are some thoughts and attitudes we must reprogram. The only way to do this is renewing our mind.

The Message bible describes this renewal process as a two-step process. First pay attention to your current thought process. What do you think about automatically. We are reminded not to allow ourselves to think like the world without challenging those thoughts. The second part of this process is fix your mind on God and that which He is calling you to do. Then according to verse two, “you will be changed from the inside out.” Let’s make the decision today to start “Thinking For Change”

**Day 2**  
**Thinking For Change**

**Romans 12:1-2 (MSG)**

*12<sup>1-2</sup> 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.*

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me think for change?**

---

---

---

---

**3. What is my prayer today about thinking for change in my life?**

---

---

---

---

## **Day 3**

### ***“The Battle For Your Mind”***

**Romans 7:22-23 (NLT)**

***22 I love God’s law with all my heart. 23 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.***

George Orwell, the English novelist said, “There is hardly such a thing as a war in which it makes no difference who wins...” In every war, it truly matters who wins and who loses. In our case, it is a matter of spiritual life or spiritual death!

Many of us truly don’t understand that we are in a battle. In addition, many of us don’t know who the battle is with or what the battle is for. Some think we are fighting against racism, others think it’s against classism, while at the same time some think the battle is in other areas of our lives. Ephesians reminds up in chapter six, that the battle is not against flesh and blood but against spiritual wickedness in high places. We are fighting a spiritual battle that has major, natural implications. This fight manifests in many different areas of our lives but I would dare to inform you that the most critical battle we are in is the battle for your mind.

He who controls the mind, controls the man. The enemy desires to control your mind. He realizes if he can control your thoughts then he can control you. If he controls you, there is no way you can fulfill your purpose. However, God has given us everything we need to win this battle. The weapons of our warfare is not carnal, but mighty through God to the pulling down of strongholds. Joshua chapter one, verse number eight informs us that if we meditate on His word continually (day and night), we would make our way prosperous and we would have good success! Don’t you desire to be a successful Christian? Wouldn’t you consider that to be good success?

This success is acquired by spending time studying the Word of God daily and meditating on His Word consistently. Through this process, we are able to renew our minds. As our minds are renewed by the Word, we defeat the enemy and win in this battle for our mind.



**Day 3**  
**“The Battle For Your Mind”**

**Romans 7:22-23 (NLT)**

***22 I love God’s law with all my heart. 23 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.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me win the battle for my mind?**

---

---

---

---

**3. What is my prayer today about winning the battle for my mind?**

---

---

---

---

## **Day 4**

### **“Don’t Be Double-Minded”**

**James 1:6-8 (NIV)**

***6 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.***

There’s an old book which later became a movie called Doctor Jekyll and Mr. Hyde which tells the tale of one man that struggled with two natures. On the one hand, Dr. Jekyll was an easy going, good natured person. On the contrary, Mr. Hyde was a not so nice guy. He was actually the evil side of Dr. Jekyll.

The term double-minded comes from the Greek word “*dipsuchos*”, meaning “a person with two minds or souls.” It’s interesting that this word appears only in the book of James. According to this passage, one that asks but doubts is like a wave of the sea. This person is considered to be double-minded and unstable in all of their ways. They have no stability in any area of their life.

Our goal is not to live as Jekyll and Hyde continuously flipping back and forth between our two natures. We work to move away from “*dipsuchos*” or being a person with two souls to becoming single focused. To achieve this, we must first work to deny the flesh. The flesh continues to battle against the spirit for control of our mind. The more we deny the flesh, the more we become “single-focused” on the things of the Spirit.

Let’s press to have our minds centered on that which God has for us. This way, we will not be considered “unstable in all we do”.

**Day 4**  
**“Don’t Be Double-Minded”**

**James 1:6-8 (NIV)**

***<sup>6</sup> 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. <sup>7</sup> That person should not expect to receive anything from the Lord. <sup>8</sup> Such a person is double-minded and unstable in all they do.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me about being double minded?**

---

---

---

---

**3. What is my prayer today about remaining focused and not being double-minded?**

---

---

---

---

## **Day 5**

### **“What Temperature is Your Life Set For?”**

**Romans 8:5-6 (NIV)**

***<sup>5</sup> 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. <sup>6</sup> The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.***

My wife and I have different opinions on what the temperature in the house should be. I believe that we are somewhere about ten degrees apart during each season. Early on in marriage, one question that was probably asked weekly was, did you change the temperature? What was being asked was, “Did you change the setting on the thermostat?”

The reason that question was being asked was because the temperature in the house had apparently been adjusted. How did this happen? Who was responsible? The answer lies in the thermostat. Whoever sets the temperature on the thermostat controls the temperature in the entire house.

A thermometer measures the temperature in a room then adjusts itself to that temperature. A thermostat, on the other hand, is used to set the atmosphere to the desired temperature. Many Christians live their lives functioning like a thermometer, constantly adjusting and fitting in to the world around them. God didn't mean for us to operate as thermometers but He intended for us to live our lives as thermostats. We're not supposed to adjust to our surroundings but we should “set the temperature,” thus causing the atmosphere to shift to the temperature we set.

The passage says if we live a carnal life, then our minds are set on what the flesh desires but if we live a spiritual life, our minds are set on what the Spirit desires. If we set our minds on the desires of the Spirit, it will cause us to shift our atmosphere to an atmosphere of “Life and Peace”!!!

What is your mind set on? What's the “temperature” of your life? Why not choose life and peace?

## Day 5

### ***“What Temperature is Your Life Set For?”***

Romans 8:5-6 (NIV)

***<sup>5</sup> 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. <sup>6</sup> The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me set the right temperature for my life (and my family)?**

---

---

---

---

**3. What is my prayer today about setting the atmosphere for our lives?**

---

---

---

---

## **Day 6**

### **"Oh to Think Like God"**

#### **Colossians 3:1-2 (NLT)**

**3<sup>1-2</sup> 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.**

We are living in the information age. I believe that through technology we process and have access to far more information than God ever intended for us to have. Our thoughts are often flooded with the concerns of the world thus causing us to focus our thoughts on the things of this world and not the things of Heaven.

This passage of scripture reminds us to, "Think about the things of heaven." In other words, think like God. The thought of thinking like God makes you wonder, "Oh to think like God...How can this be for someone ordinary like me?"

Danniebelle Hall in her song *Ordinary People* said, "God uses ordinary people. He chooses people, just like me and you who are willing to do as he commands. God uses people that will give Him all, no matter how small your all may seem to you. Because little becomes much, as you place it in the Master's hands."

To think like God we must know Him. To get to know Him we must give Him our most valuable possession, our time. We must spend time alone with God praying and reading the Bible.

To think like God we must see things from His perspective. We should study, think about, memorize, believe and live the Word of God so that it becomes a part of who we are. The Word and prayer should be our "spiritual DNA" so that they influence every aspect of our life.

Christ is our perfect example of this. Throughout His ministry no matter the demands the people put on Him, He found time to spend alone with God.

Let's make a commitment today to spend time talking to God and learning about Him and His ways so that we can, "Think about the things of heaven, not the things on earth."

**Day 6**  
**"Oh to Think Like God"**

**Colossians 3:1-2 (NLT)**

**3<sup>1-2</sup> 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.**

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me to begin thinking like God?**

---

---

---

---

**3. What is my prayer today about thinking the way God thinks?**

---

---

---

---

## **Day 7**

### **“A Mind Transplant”**

#### **Philippians 2:3-5 (NIV)**

***<sup>3</sup> Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. <sup>4</sup> Let each of you look out not only for his own interests, but also for the interests of others. <sup>5</sup> Let this mind be in you which was also in Christ Jesus,***

Throughout the years, there have been many types of transplants performed by the medical community. Doctors have done kidney transplants, liver transplants, heart transplants, and even lung transplants. These all happen as a result of someone’s original organ being either diseased or dysfunctional in some way. As a result of the disease or dysfunction, the original organ is either incapable to function and/or functions at diminished capacity. Whichever the case, the malfunctioning organ leaves the individual in a state of operating beneath his or her original purpose and potential.

This is case for all of us as human beings. Due to our sin nature, we have been born with a deficiency of the mind. As mentioned earlier, the mind is a component of the soul. Sin impacts the soulish realm in a major way. The only way we can be successful in our Christian walk is we must get a new mind. Paul said in Romans, “be transformed by the renewing of your mind”. The only challenge is there has never been a successful brain transplant in medical history. This is the one organ that has proved to be impossible to transplant because here in lies the soul.

There is only one place in all time, and this is outside of our medical history, that we see the miracle of a mind transplant. This is found in this verse of scripture. We need to receive a mind transplant. We need to replace our mind with the mind of Christ. When we take on his mind, we think like Him, we act like Him, and we speak like Him.

Let your mind be transplanted with His mind! This is the only way to truly live in our purpose, on purpose.



**Day 7**  
**“A Mind Transplant”**

**Philippians 2:3-5 (NIV)**

***<sup>3</sup> Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. <sup>4</sup> Let each of you look out not only for his own interests, but also for the interests of others.***

***<sup>5</sup> Let this mind be in you which was also in Christ Jesus,***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to begin the mind transplant process?**

---

---

---

---

**3. What is my prayer today about taking on the mind of Jesus?**

---

---

---

---

## **Day 8**

### ***“Take it Off and Put It On”***

**Ephesians 4:21-24 (NLT)**

***<sup>21</sup> Since you have heard about Jesus and have learned the truth that comes from him, <sup>22</sup> throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. <sup>23</sup> Instead, let the Spirit renew your thoughts and attitudes. <sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy.***

Each day, most of us living in average situations and those of us who have the ability to do so, put on fresh underclothes. This is a behavior that many deem to be considered normal. We are taught from a young age to change our clothes daily. Why do we need to do this? Does this have anything to do with vanity? Well, in most cases the answer is an emphatic no because strangers don't normally see our garments. We change our clothes regularly because we want to practice good hygiene. Our underclothes become soiled due to our normal, everyday activities of life. It seems that “just living”, doing what we routinely do each day, our bodies tend to make our underclothes unfit to wear multiple days. They become dirty!

Well, that's the same thing that happens to our “old nature”. When we live in this world and do what the world “normally” does, it causes us to become soiled. The soiling comes from everyday exposure to fleshly sin and lust. Therefore, we need to “take off” our old nature because it has become soiled. As a matter of fact, every day we need to “take off” the old nature because our daily exposure continuously soils us. Just as we do with our underclothes, we take the dirty ones off, but then we also put fresh underclothes on. We must do this in the soulish realm. In addition to taking off the old nature, we need to put on the new nature. This is done by allowing the Holy Spirit to renew our thoughts daily through the Word of God.

Spend time with the Lord, studying and meditating on the His word. This is how you can, ***“Take it Off and Put it On.”***

**Day 8**  
**“Take it Off and Put It On”**

**Ephesians 4:21-24 (NLT)**

***<sup>21</sup> Since you have heard about Jesus and have learned the truth that comes from him, <sup>22</sup> throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. <sup>23</sup> Instead, let the Spirit renew your thoughts and attitudes. <sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me take off the old things and put on the new things?**

---

---

---

---

**3. What is my prayer today about taking off the old and putting on the new things in my life?**

---

---

---

---

## **Day 9**

### **“Abundantly Successful”**

Deuteronomy 30:9-10 (NET)

***<sup>9</sup> 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, <sup>10</sup> 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.***

Have you ever had an ideal opportunity come your way but because it seemed too good to be true, you let it slip away? There is an English proverb that says, “If it's too good to be true, then it probably is,” which means, be suspicious of people or situations that offer a large benefit for very little investment. This is similar to, “You can't get something for nothing.” Many Christians want the blessings of what God has to offer but don't want to work for it, live right for it, or obey his request for it.

Under Moses' leadership the children of Israel only needed to obey the voice of the Lord and do all He commanded. God promised that He would bless them abundantly, along with their offspring, their animals and the land they farm will become exceptionally fertile. God delights to bless them as He did with their forefathers, but the blessings came with conditions.

These principles, in this passage, apply to all persons and all people, not just to the children of Israel. It assures us that the greatest of sinners, if they repent and are converted, shall have their sins forgiven and be reconciled unto God's favor. He speaks through His Word.

Are we as Christians really listening and obeying the voice of God? Have you set aside daily consistent time to learn what is written in the Bible? If we obey His word, He has promised to bless us and it is His delight to do so. Let's dedicate this year to turning to God with our whole mind, and being fully committed to listening, reading and obeying His commandments. If we do this, God promises us that He will make us abundantly successful.

**Day 9**  
**“Abundantly Successful”**

Deuteronomy 30:9-10 (NET)

***<sup>9</sup> 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, <sup>10</sup> 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.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me to live abundantly successful?**

---

---

---

---

**3. What is my prayer today about turning your while mind to him?**

---

---

---

---

**Day 10**  
***“Take Every Thought Captive”***

**2 Corinthians 10:5 (ESV)**

***<sup>5</sup> We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,***

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” ([www.goodreads.com](http://www.goodreads.com)). Although he probably meant this to be humorous, the statement contains a profound truth. How often have you passively allowed your thoughts to be influenced by others without challenging the source? We pride ourselves in keeping an open mind, but we may not realize how counterproductive this can be to our Christian walk.

This was especially true for the Corinthian church in this passage, as intruders infiltrated the church bringing destructive arguments and opinions against Paul. With open minds, the Corinthian church embraced the accusations and began to change their attitude toward Paul and the gospel. So it is with us today. Negativity, faulty perceptions, lofty opinions, and the like all vie for a place in our minds, and we cannot afford to leave our thoughts open as prey for the enemy.

It is time for us to confront our thoughts and be diligent in correcting our thinking. We need to begin asking ourselves challenging questions. Where did this thought come from? Who or what influenced this thought? Is this thought contrary to the word of God? Does this thought lead me closer to God or further away? Then we need to take the faulty thoughts captive (place them under arrest) and challenge them by the truth of the word of God. With the goal to keep our mind on Jesus we have a responsibility to ***“destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.”***

**Day 10**  
***“Take Every Thought Captive”***

**2 Corinthians 10:5 (ESV)**

***<sup>5</sup> We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to begin bringing my thoughts in line with the Word of God?**

---

---

---

---

**3. What is my prayer today about controlling my thoughts?**

---

---

---

---

## Day 11

### Having a Sound Mind

#### 2 Timothy 1:6-7 (NKJV):

**<sup>6</sup> Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. <sup>7</sup> For God has not given us a spirit of fear, but of power and of love and of a sound mind.**

When Paul tells Timothy that God has not given him a spirit of fear but a spirit of a sound mind, we should know that he is not referring to his sense of hearing. A “sound mind” is one that is solid, stable, and secure. The Greek word translated as sound mind is *sophronismos*, which refers to self-control and moderation. Having a sound mind means possessing the ability to control one’s self – one’s emotions, desires, and behaviors.

The Greek philosopher Epictetus suggested that, “no man is free who is not a master of himself.” If it is our desire to have the mind of Christ, to live in freedom, we must have a mind that demonstrates temperance or moderation in our actions, thoughts, and feelings. Many of us want to exercise control over others but are unwilling or unable to control ourselves. Proverbs 25:28 tells us that “he that hath no rule over his own spirit is like a city that is broken down and without walls.” A lack of self-control leaves us vulnerable and defenseless.

It is God’s desire that we consistently exercise self-control. This does not mean that we will get it right all of the time, but it does mean that we will strive to have control over our impulses and emotions. Though power over oneself is no simple feat, God has given us a spirit of a sound mind! Today, let’s make the decision to tap into it!



**Day 11**  
**“Having A Sound Mind”**

**2 Timothy 1:6-7 NKJV**

***6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to begin walking in the power of my sound mind?**

---

---

---

---

**3. What is my prayer today about not being fearful but operating with a sound mind?**

---

---

---

---

---

## **Day 12**

### ***“Who are you... really?”***

#### **Proverbs 23:7a NKJV**

***<sup>7</sup> For as he thinks in his heart, so is he.***

Have you ever looked at someone and wondered if who you see is who they really are? I know this has happened to me numerous times. Often when politicians seem to be making empty promises, we wonder if they are being genuine. Many in the public eye, actors, entertainers, athletes, and preachers included, seem to have a “public persona”. They seem to say certain things written by their public relations persons and do different acts of kindness to win the favor of people. Unfortunately, this doesn’t just happen with famous people, this is an everyday occurrence with human kind. People say one thing with their mouths but it’s not a good representation of who they really are.

Some may say that we cannot see a person’s heart, which is somewhat true. Only God truly knows the intent of the heart of a person. However, I argue that if you pay attention to an individual’s attitude and actions, eventually you will see their heart. Sooner or later a person will show you who they really are. When you see who they are, I contend, that you are seeing their heart.

According to the bible, in Jeremiah 17:9, the heart itself is deceitful, and is basically wicked. Does this mean that we are deceitful and wicked? Unfortunately, prior to our salvation, the answer to this question was an absolute yes. However, as a result of salvation, we have given our hearts to the Lord to be “created new”. We must allow God to continue the process of continual reconstruction. As we yield our heart to be controlled by the leading and guiding of the Holy Spirit, we are changing the way we think. As we change the way we think, we are becoming more and more like Christ.

All of us need to do some honest introspection. Evaluate your heart condition and examine your thought process. Through an honest evaluation you will discover who you really are. I pray you like who you see.

**Day 12**  
***“Who are you... really?”***

**Proverbs 23:7a NKJV**

***<sup>7</sup>For as he thinks in his heart, so is he.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to start being true to who I should be?**

---

---

---

---

**3. What is my prayer today about my heart?**

---

---

---

---

## **Day 13**

### **“Reel It In”**

#### ***Romans 12:3 (NLT)***

***<sup>3</sup>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.***

“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 quote from C. S. Lewis, author of *The Chronicles of Narnia*, appropriately reflects the pitfalls in thinking more highly of ourselves than we ought. An inflated view of our own importance causes us to see God, ourselves, and others through distorted lenses.

In this passage, Paul emphasizes unity through diversity and commands the church at Rome to be honest in their evaluation of themselves. To those with an inflated view of self, Paul basically has one warning—*Reel It In*. This term often refers to something being drawn in that has drifted away. Pride can sometimes creep in and catch us unawares, leading us away from the truth. As a result, we can find ourselves looking outward and finding fault with others without looking inward and allowing the Holy Spirit to show us ourselves.

We are members of one body and God has assigned us different gifts and functions. Pride causes us to consider ourselves better than we really are. Humility causes us to be honest in our evaluation of ourselves and to respond appropriately when we hear the Holy Spirit saying, *Reel It In*.

**Day 13**  
**“Reel It In”**

**Romans 12:3 (NLT)**

***<sup>3</sup>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.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to start the process honestly evaluating myself?**

---

---

---

---

**3. What is my prayer today about me “reeling it in”?**

---

---

---

---

## Day 14

### “Forget it and Move On”

***Isaiah 43:18 (NIV)***

***<sup>18</sup> “Forget the former things; do not dwell on the past.***

I can remember a time when we took pride in the fact that we could remember things. Before cell phones were invented, we were intentional about remembering phone numbers. We worked hard to memorize things. As we grow older, we sometimes find ourselves forgetting more than we remember. However, situations that have caused us to experience physical or emotional trauma are hard to forget.

This passage of scripture tells us to forget the former things and not to dwell on the past. Everybody has a past. But we can't allow ourselves to always think about it. We've all done things or experienced things that we are not proud of. Things that we don't want people to know we've done. But, God says just forget it. We must forget what's in our past and think on that which we know God would have us to do.

To forget the former things, we must redirect our thinking. For some the past was great, and we enjoy thinking about it. For others the past was rotten, and thinking about it causes us to feel sick. Either way, we must choose not to think about the past and be intentional about thinking on the new things that God wants to do in and through us.

I've heard it said that, “If our past was important, God would have given us the ability to change it.” We don't have to think about what happened in the past. God sent Jesus so that we could repent and move on. Since our hope is in Jesus, we can let go of the past guilt and look forward to being who God will help us become.

Forget about what's happened. Don't keep thinking about the past. Focus your thoughts. Think about and look forward to the great and wonderful plans that God has for you.

**Day 14**  
***“Forget it and Move On”***

**Isaiah 43:18 (NIV)**

**<sup>18</sup> “Forget the former things; do not dwell on the past**

**1. What does this scripture say to me personally?**

---

---

---

---

---

**2. What is one thing I can do starting today to help me forget the past?**

---

---

---

---

**3. What is my prayer today about God doing a New Thing in my life?**

---

---

---

---

---

## *Day 15*

### *“What’s Love Got to Do With It?”*

**Matthew 22:36-38 NLT**

***<sup>36</sup> “Teacher, which is the most important commandment in the law of Moses?” <sup>37</sup> Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.’ <sup>38</sup> This is the first and greatest commandment.***

Love and My Mind? What does one have to do with the other you might ask. Isn't love a matter of the heart? Well actually it is. As mentioned previously, the mind is a component of the soul. This is the reason Jesus listed the heart, soul, and mind in this passage. He is basically reminding us that we must love God with every component of our soulish realm. Man is a triune being. We are spirit, that live in a body, and we have a soul. If we are saved, the spirit has been renewed and always wants to do that which God would have us do. The body is carnal and always wants to do what the flesh desires. The determining force is the soul. The soul is where our decisions are made. That's why there is a battle for your "soul," a battle for the "mind."

If you love God with all you mind, this will definitely impact what you do. Since love is an action word. If you really love God with your mind, then you will do what His word directs you to do. Jesus said, "if you love me, keep my commandments." We are being admonished to use love as a motivating factor for the renewing of our minds.

Can you imagine every decision you make being made in accordance with the word of God? That's what God wants from us. That's what the psalmist stressed when he said, "Thy word have I hid in my heart, that I might not sin against Thee." When we allow the Word of God to saturate our minds, it causes our actions to follow suit.

This is the best way to love God with "all your mind". Therefore, love really has a lot to with it!



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

**Matthew 22:36-38 NLT**

***<sup>36</sup> “Teacher, which is the most important commandment in the law of Moses?” <sup>37</sup> Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.’ <sup>38</sup> This is the first and greatest commandment.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to begin the process of loving God with all my mind?**

---

---

---

---

**3. What is my prayer today about not loving God with everything?**

---

---

---

---

## **Day 16**

### **“How Do You Guard Your Mind?”**

**Philippians 4:6-7 NKJV**

***<sup>6</sup>Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.***

Whenever you have anything that you consider to be valuable, you do your best to protect it against being taken or damaged. Your desire is to assure that you keep it in your possession while at the same time maintain its worth.

The fact is your mind is the most valuable resource you have. The enemy would love to steal it from you. If he can't steal it, he tries to damage it and diminish its worth. His primary attack on your mind is to bombard you with the cares of this world. He frustrates you with the problems and challenges of your everyday life which he hopes will cause you to be stressed out and become anxious. He has defeated many warriors with the nuclear arsenal called worry.

What you need to do is to protect your mind with an armed security guard called peace. This guard is armed with two primary weapons called prayer and praise. When these two are released on any situation or circumstance, they invoke God's presence and His power in the midst of the problem.

Whatever life brings your way, remind yourself not to worry but to worship.

Don't allow the enemy to cause you to lose your most valuable possession, instead protect it with your armed security guard called peace. This peace will exceed anything you can understand. Even when you don't understand it and can't figure it out, it will still protect your mind as you live for Christ.

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

**Philippians 4:6-7 NKJV**

***<sup>6</sup>Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to begin guarding my mind?**

---

---

---

---

**3. What is my prayer today about experiencing the peace of God?**

---

---

---

---

## *Day 17*

### *“Change Starts with Your Thoughts”*

**Philippians 4:8 (NRSV)**

***<sup>8</sup> 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.”***

The apostle Paul gives a closing bit of advice to the thought life. The Bible teaches that we can control what we think. It is useless to adopt a defeatist attitude, saying that we cannot help it when our minds are filled with unwelcome thoughts. The fact of the matter is we can help it. The secret lies in positive thinking. Let's look at Jesus Christ in this verse. Everything that is true, honorable, just, pure, pleasing, of good report, virtuous, and praiseworthy is found in Him. True means not false or unreliable, but genuine and real. Noble means honorable or morally attractive. Just means righteous, both toward God and man. Pure would refer to the high moral character of a person's life. Pleasing has the idea of that which is admirable or agreeable to behold or consider. In vs 7 Paul has assured the saints that God would fortify their hearts and thoughts in Christ Jesus. But he is not remiss to remind them that they have a responsibility in the matter. God does not fortify the thought-life of a man who does not want to be kept pure.

Owning your story can be hard, but not as difficult as spending your life running from it. There are times in life when you experience negativity that you may feel left alone with your thoughts. You may have found yourself wondering, “what if or why”. Sometimes your thoughts may try to take you to places you feel you have no control of. Although we can't change the “what if's and why's”, we can decide how we respond to these thoughts. We can either allow those thoughts to remain and control us or we can choose to let go of the thoughts that are contrary to the Word of God. Paul reminds us that we really can change the way we think. Winston Churchill said, “The positive thinker sees the invisible, feels the intangible, and achieves the impossible.” We are shaped by our thoughts; we are what our thoughts have made us. Man has the power to transform his thoughts, and every thought we think is creating our future. Begin to believe in the power of thought and your thoughts will shape your vision, then and only then will you begin to see what you choose to see. It all starts in your thoughts.

**Day 17**  
**“Change Starts with Your Thoughts”**

**Philippians 4:8 (NRSV)**

***<sup>8</sup> 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.”***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to begin “thinking on these things”?**

---

---

---

---

**3. What is my prayer today about change starting with my thoughts.**

---

---

---

---

## Day 18

### "Trust, don't just think about it...Do it"

*Proverbs 3:5-6 (NKJV)*

<sup>5</sup> ***Trust in the LORD with all your heart, and lean not on your own understanding;***  
<sup>6</sup> ***In all your ways acknowledge Him, and He shall direct your paths.***

A few years ago, the Nike Company came out with "Just Do It" as their slogan. This slogan suggests that whatever the task set before you don't procrastinate, just do it. Based on what a person is planning to do, this slogan can be a good or bad thing.

As a Christian, trusting God is something that we should "just do." Unfortunately, trusting God is often much easier said than done. Most of us don't really trust God, we simply have a plan A or B because we are in the habit of leaning to our own understanding.

To trust, in the context of Proverbs 3:5, means to attach oneself with steadfastness and solidity. It means to have a confident expectation as opposed to a constant anxiety.

To trust God, we must know Him intimately. We must challenge our thinking and believe that God is the Way, the Truth and the Life. We must have confidence in the fact that God is our Father and He knows what is best for us.

To trust God, we must know His intentions for us. God has an awesome plan for your life. Focus your mind on the Word of God. Use the Bible (Basic Instructions Before Leaving Earth) as your guide to your promises. Seek God for guidance and be willing to receive correction from His Word.

To trust God, we must intentionally make Him a vital part of everything we do. In all your ways acknowledge Him. Don't be wise in our own eyes. Seek the Lord in prayer for life's decisions and He will direct your path because you will be living out your purpose.

The Message Bible tell us to, "***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!*

## Day 18

***"Trust, don't just think about it...Do it"***

*Proverbs 3:5-6 (NKJV)*

***<sup>5</sup> Trust in the LORD with all your heart, and lean not on your own understanding; <sup>6</sup> In all your ways acknowledge Him, and He shall direct your paths.***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me to begin trusting God?**

---

---

---

---

**3. What is my prayer today about "Just Doing It"?**

---

---

---

---

## *Day 19*

### *“Perfect Peace”*

**Isaiah 26:3 NKJV**

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

If you were to look at money in the United States, either a dollar bill or a coin, there is a common phrase you will find on each. From a one cent coin to a one hundred dollar bill, the phrase “In God We Trust” has been inscribed. This is the National Motto for the United States of America. I’m sure you would agree with me when I say that our country definitely as a whole does not live by this motto. As a matter of fact, we trust more in the money it’s printed on than we do in the God we say we trust.

We know this is this case for the many who live in our country, however, the sad truth is that this is also true for many who call themselves Christians. Many print this motto on our bumper stickers, on our tee shirts, and even on the back of our church bulletins but when life comes at us, we seem to trust any and everything except for God. We trust in our friends, our family, our bankers, our pastors, and even our own abilities but often times we leave God for last.

Life has its ups and downs, and going through very difficult situations are never easy. There is nothing too hard for God, not even the biggest problem you are facing today.

God wants us to trust Him from the start to the finish. He wants us to fix our minds on Him and Him alone. He desires that we would focus our attention solely on Him and His Word. As we do this, He promised to keep us in perfect peace.

No matter the challenge, if we trust Him and keep our minds on Him, He will keep us in Perfect Peace.



**Day 19**  
**"Perfect Peace"**

**Isaiah 26:3 NKJV**

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

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to begin focusing my mind on Him?**

---

---

---

---

**3. What is my prayer today about trusting him and keeping my mind on Him?**

---

---

---

---

**Day 20**  
***“Believe and You Shall Receive”***

**Matthew 21:21-22 NIV**

***<sup>21</sup> 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. <sup>22</sup> If you believe, you will receive whatever you ask for in prayer.”***

The first step to receiving anything is you must believe that it is possible to obtain. If you don't believe the desired outcome is obtainable, you will either not ask for it or ask doubting.

One of the misunderstandings of this scripture follows the thinking that you can just ask for anything and God is supposed to give it to you. So, if I ask for an elephant and one hundred pounds of chocolate to be delivered to my door, God is supposed to grant it. This of course is ludicrous. We must interpret everything in scripture through the revelation of scripture and in the context of its writing.

In this passage, Jesus is dealing with faith and its connection to the purpose of God. He is teaching the listener to believe what God says and believe in the power of God in your life to fulfill the assigned purpose. Belief is a part of the soulish realm, more specifically it's a function of the mind.

I often say, the most powerful force in the universe is a made up mind. That's why we have gone through this process of focusing our minds on the plans and purposes of God for our lives. Once our minds are fixed on God we are on our way to spiritual maturity. However, if we are going to do great things for the Kingdom, it all begins with our belief system.

***If we Believe then we Shall Receive!***

**Day 20**  
***“Believe and You Shall Receive”***

**Matthew 21:21-22 NIV**

***<sup>21</sup> 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. <sup>22</sup> If you believe, you will receive whatever you ask for in prayer.”***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me with my belief process?**

---

---

---

---

**3. What is my prayer today about believing?**

---

---

---

---

## **Day 21**

### **“Prepared For Action”**

#### **1 Peter 1:13-15 NKJV**

***<sup>13</sup> Therefore prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed. <sup>14</sup> Like obedient children, do not be conformed to the desires that you formerly had in ignorance. <sup>15</sup> Instead, as he who called you is holy, be holy yourselves in all your conduct;***

After going through 20 days of devotions, I pray something has changed in your life. We have been on a journey of transformation. Throughout this journey, we have been challenged to change. We must realize that anything that is accomplished in life, begins with a decision. All of us are just one decision away from our greatest success, while at the same time one decision away from our greatest failure. I pray that this process has prompted each one of us to make a decision that makes a difference.

You are now prepared for action! The question is, will you take the necessary action to move forward in the plan and the purpose God has for you. This verse instructs us that we should not be conformed to our former desires. Those desires we had prior to knowing the truth and understanding what God wants to do in our lives.

I am adding my faith to your faith and believing that you are willing and able to discipline yourself as you move forward. Continue in your prayer, praise, and pursuing purpose. Keep chasing after God and walking in His promises.

You are ***Prepared for Action.... Let's Go!!!***

**Day 21**  
**“Prepared For Action”**

**1 Peter 1:13-15 NKJV**

***<sup>13</sup> Therefore prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed. <sup>14</sup> Like obedient children, do not be conformed to the desires that you formerly had in ignorance. <sup>15</sup> Instead, as he who called you is holy, be holy yourselves in all your conduct;***

**1. What does this scripture say to me personally?**

---

---

---

---

**2. What is one thing I can do starting today to help me to start preparing for action?**

---

---

---

---

**3. What is my prayer today about being prepared to take action and moving forward in what God has called me to do?**

---

---

---

---

WATCH YOUR THOUGHTS;  
THEY BECOME WORDS;  
WATCH YOUR WORDS;  
THEY BECOME ACTIONS;  
WATCH YOUR ACTIONS;  
THEY BECOME HABITS;  
WATCH YOUR HABITS;  
THEY BECOME CHARACTER;  
WATCH YOUR CHARACTER;  
FOR IT BECOMES  
YOUR DESTINY

Joanne DeJore, Scribe ©

206/505 Joanne DeJore