

DAY 1 – A Renewed Mind

SCRIPTURE TO READ:

Romans 12:2

(Optional Additional Reading: Ephesians 4:22–24; Philippians 4:8)

THINK IT THROUGH:

Transformation begins in the mind. Renewing means to make new again—to restore what sin and distraction have worn down. The mind is constantly shaped by what we see and repeat. But when surrendered to God, it's reshaped by His truth instead of the world's noise.

PUT IT INTO PRACTICE:

List three voices that shape your thinking most—social media, news, music, friends.

Ask: Which strengthen my faith, and which conform me to the world?

Choose one influence to replace this week with Scripture or worship.

PRAYER FOR TODAY:

“Lord, renew my mind today. Replace every anxious or self-focused thought with Your truth. Transform my thinking so I can live aligned with Your will.” Amen.

GO FURTHER

Memorize Philippians 4:8 and use it as a mental filter this week.



East Auburn Baptist Church

