

DAY 5 –A Guarded Mind

SCRIPTURE TO READ:

Philippians 4:6–7

(Optional Additional Reading: Proverbs 4:23; 2 Corinthians 10:5)

THINK IT THROUGH:

A renewed mind must also be a guarded mind. The peace of God acts like a shield around your thoughts. If you don't guard your mind, the world will fill it with fear and distraction. Guarding your mind doesn't mean isolation—it means discernment. You can't control every thought that enters, but you can choose which ones get to stay.

PUT IT INTO PRACTICE:

Draw two columns titled What I'm Letting In and What I Want to Keep In. List the inputs that stir worry or temptation on one side, and those that build peace and faith on the other. Ask God to help you guard the right side.

PRAYER FOR TODAY:

"Father, guard my mind with Your peace. Protect me from lies and fear. Let Your truth stand watch over my thoughts." Amen.

GO FURTHER

End your day with ten minutes of quiet—no screen, no scrolling—just prayer and stillness before God.

