

THRIVE AT HOME – With All My Mind – May Week 1

Monday - Rewriting the Scripts in Your Mind! Romans 12:2, Psalms 119:11, Psalms 119:105

Every day, your mind is being shaped—by culture, by social media, by fear, by your past. But what if your mind could be renewed instead of just influenced? What if you could rewire your inner world with truth? That's what Scripture memorization does. It's not just a discipline—it's warfare. When you memorize Scripture, you're not just stockpiling verses. You're forming new neural pathways. You're replacing the scripts of shame, anxiety, and lies with the living Word of God. You're allowing God's voice to be louder than the noise. Jesus didn't argue with the devil in the wilderness—He quoted Scripture. That's how He fought back. That's how we fight, too. **Try this:** Take one verse a week and carry it with you. Meditate on it in the morning. Recite it when lies creep in. Let it interrupt your thought patterns and reshape your inner dialogue. This is how you renew your mind. This is how you win the battle within. Check today's scriptures to find Bible truths to anchor you. Choose one verse today. Write it down. Say it out loud. Let it confront the lies and recalibrate your mind. Truth isn't just something you read—it's something you carry. Hide it in your heart, and watch it renew your mind

Tuesday – Finding Joy in God's Gifts! Psalms 118:24, Jeremiah 29:11

Life can feel overwhelming, can't it? The constant pressure, the never-ending to-do lists, and the weight of stress can feel suffocating at times. But here's the truth: God has given us hobbies—passions and activities—that are meant to bring us joy and peace. These gifts aren't just ways to kill time; they are pathways to mental and emotional healing. When we lean into these activities, we're not just finding fun—we're finding a way to care for our minds and souls. For me, one of the most powerful ways I experience this is through skateboarding. When I'm on my board, I'm free. It's like I get to breathe again. The stress, the worries, the noise of the world—all of it disappears. It feels like worship—an opportunity to express gratitude for the simple freedom and joy that God has given me. And honestly, it helps me reset my mind. When life feels heavy, skateboarding is my way of detaching from worry, of clearing my mind, and of restoring my peace. Here's the thing: skateboarding isn't the only way to experience this. Maybe for you, it's painting, running, playing music, or cooking. Whatever it is, these hobbies are gifts from God, and they can do wonders for your mental health. When we take time to engage in something we love, it helps us step away from stress and gives us space to rest, heal, and reflect. And the best part? In that space, we find God's peace. **This week, try something new.** Take time to explore a hobby or activity that sparks joy in your heart. Whether it's something you've always wanted to try or just something you feel drawn to in the moment, give yourself permission to invest in it. Whether you pick up a skateboard or dust off an old guitar, allow this new hobby to be a tool for your mental health and a way to connect with God's peace. God wants you to experience joy in every area of your life—even in the small, everyday moments. So make time for it!

Wednesday – Thankfulness: The Key to a Sound Mind! - 1 Thess 5:8, Philippians 4:6, Hebrews 13:15, Ephesians 5:18-20

Usually, when someone prescribes an exact formula for a specific spiritual result, I note that there are exceptions. However, this one principle—I haven't seen it fail to produce its desired result! Choosing to be thankful! Training yourself to give thanks, if you apply yourself to it, will result in increased joy, contentment, and peace of mind. Of course, this isn't a "fix-all," but a daily discipline of writing out things you are grateful for should be incorporated into every other mental health tool you use. Scientifically, thankfulness is shown to increase dopamine and serotonin, decrease cortisol production, lower stress, and boost your mood. A study on individuals who wrote weekly gratitude letters reported better mental health in just three weeks compared to those who only received counseling or journaled their negative emotions. This makes sense why God prescribes thanksgiving as a crucial part of our Christian lives! 1 Thessalonians 5:18 tells us that "giving thanks in all things" is "the will of God for our lives." Philippians 4:6 teaches that the key to overcoming anxiety and rejoicing always is to make our prayers known to God—with thanksgiving. Hebrews 13:15 and many Psalms admonish us to "offer a sacrifice of thanksgiving," showing that giving thanks can be hard and may require emotional sacrifice. If thankfulness becomes a disciplined part of your worship to God, the context of these verses shows that the result will be learning to be content, experiencing less anxiety, gaining the ability to rejoice, and—according to Ephesians 5:18-20—living a Spirit-filled life! Incorporate writing 10 things you are thankful for every day to strengthen your mental health!

Thursday – Take Your Thoughts Captive - Philippians 4:8-9, 2 Corinthians 10:5

If you want to renew your mind and take back your thought life, you need to practice taking your thoughts captive and making them obedient to Jesus. What does that mean? It means we refuse to let any lies about God or negative thoughts about ourselves take up residence in our heads. Instead, with the truth of God's Word and the power of His Spirit on our side, we go to war with the lies and the negativity by admitting what's true, and replacing what's false. The thoughts that cause the most harm are the ones that are partially (or even mostly) true. Because most of us are smart enough to ignore the stuff that is obviously false. But because those thoughts are at least somewhat true, we don't overcome them by pretending it's all a lie.

We have to have the courage to acknowledge the part that is true, and the wisdom to replace whatever isn't. For example, if you often find yourself thinking, "I'm not good enough and because of that nobody will love me," or, "I'm not as outgoing as they are so I won't ever have great friendships," or, "I'm not smart so I'm never going to make it in life," start by admitting what's true, and then replace what's false. "I may not be the best at this, but that doesn't change the fact that God loves me and made me in His image." "I may not be the most extroverted person, but if I put myself out there, I can make friends." "I may not be naturally talented in this subject, but if I work hard I know I can get better." The practice of taking our thoughts captive and making them obedient to Christ by admitting what's true and replacing what's false is a step in the journey to experiencing God's peace.

Friday - Seek the Glory of God! - Psalms 71:14-16, John 6:35, John 5:44

Let's be real—this world is loud, distracting, and constantly trying to feed us junk that doesn't satisfy. We scroll, chase approval, and reach for things that were never meant to fix the ache in our soul. But what if the peace we're after isn't found in another escape, but in God's glory? Jesus said it Himself in John 6:35—"I am the bread of life." He doesn't just give life. He is life. When our mental health feels fragile and our hearts are worn down, we don't need more noise—we need presence. His presence. Pastor John Piper once pointed out how Jesus asked, "How can you believe when you receive glory from one another and do not seek the glory that comes from God?" (John 5:44). When we live for applause from people, we miss out on the glory that actually heals us. But when we turn our eyes to Jesus, when we pause and rest in His presence, that's where restoration begins. That's where our minds find peace and our hearts find home. *"Jesus is the drink. He is the bread of life. He doesn't just give the bread of life. He is the living water. He doesn't just give the living water. Your soul was made for Jesus."* —Pastor John Piper You were made for Jesus. Not likes. Not status. Not escape. And when you seek His glory, you'll stop settling for cheap substitutes. Take 10 intentional minutes today—no phone, no distractions—and sit in silence with God. Ask Him to reveal His glory to you. Open your Bible, worship, or just sit and be still. Let His presence do what nothing else can.

Saturday - Rest Isn't Lazy — It's Sacred! - Matthew 11:28-30, Exodus 20:8-11, Mark 2:27

You know, we live in a world that's obsessed with more. More hustle. More noise. More pressure. But somewhere in the middle of all that, Jesus is gently whispering, "Come away with Me. Rest." Let me tell you, rest isn't a weakness. It's not laziness. It's sacred. It's an invitation from the heart of God to slow down and be reminded that you're not holding the world together—He is. Have you ever felt like your brain is buffering? There are moments in my life where I've been so overwhelmed, stretched thin and God would meet me in the stillness. Not in the striving or checklist, although I've been known to love a checklist. But in the quiet. That's where healing happens. That's where peace floods in, because God says your value is who you are—His. Chosen. Enough. Rest doesn't always look like taking a nap or laying on the couch (though, sometimes it needs to). Sometimes it's worship music on a walk. Sometimes it's laughing with people you love. Sometimes it's getting lost in something that brings you joy—the kind of joy that reminds you who you really are. We serve a God who rested. Think about that. The Creator of the universe, after shaping the heavens and the earth, stopped—not because He was tired, but to set the rhythm for our lives. A rhythm of grace. A rhythm of breathing room. If you haven't been told yet, let me be the first to tell you that you don't have to earn rest. You don't have to prove anything. You're already loved. **And the same God who called you to the work, also calls you to the rest.** So let this be your reminder: make space. Shut off the noise. Let your soul breathe. God isn't just in your hustle—He's in your rest. "Come to me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28. God's not just giving you permission to rest—He's inviting you to it. Say yes.

Unpack this past Sunday's Next Gen at home to help your kids grow in their faith! Use a talk point in the car or around the table and have fun with the activities! Your home can THRIVE this week!



DINNER TABLE OR CAR RIDE QUESTIONS:

- Have you ever felt a small "nudge" inside to do something kind or good? What did it feel like?
- When do you feel closest to God during your day? What is happening in that moment?
- What helps you slow down enough to listen to God - being outside, bedtime, drawing?
- Have you ever felt calm or peaceful even when something was hard? What was that like?
- What is one moment today or yesterday where you think God was helping you or with you?

Craft: Trust Reminder!

Supplies: Paper or cardstock, Markers/crayons, Scissors, Tape or string

Directions: Have everyone sit quietly for 30–60 seconds. Say: "Ask God: Is there anything You want me to know or remember? Remember His voice is encouraging and loving!" Kids can draw: A word, picture, feeling (colors/shapes are great!) Share that God speaks to us in simple ways like through our thoughts, giving us peace and reminders throughout the day of how much He loves us. Holy Spirit is God with us.



You are invited back NEXT SUNDAY for KIDS SUNDAY MOTHER'S DAY fun at Thrive!