

# 5 Daily Practices

TO HELP YOU RENEW YOUR MIND ©



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Thank you for taking time out of your busy life to read this short ebook. This book is short on purpose and can be read in less than 15 minutes. If you are a slow reader it will take you 16 minutes. However we believe the value in this book is not the speed at which you read but the consistency with which you implement these action steps.

In other words, don't be in a hurry to finish, be in a hurry to implement.

# Your Mind is Powerful

One of the most powerful things God gave you is your mind and the ability to think and reason. A big part of your journey as a Christian will be tied to how you think. How you think about God. How you think about others, and how you think about yourself. In fact, one of the keys to becoming everything God wants you to be and accomplishing everything God wants you to do is wrapped up in how you think. This is why you need to renew your mind.

## God's Word Confirms This...

Take a look at what the Apostle Paul tells us in his letter to the church in Rome. I have taken the liberty to give it to you in two translations, the New International Version (NIV) and The New Living Translation (NLT).

Romans 12:2 - Do not conform to the pattern of this world but **be transformed by the renewing of your mind**. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (NIV)

Romans 12:2 - Don't copy the behavior and customs of this world, **but let God transform you into a new person by changing the way you think**. Then you will learn to know God's will for you, which is good and pleasing and perfect. (NLT)



# You have a part to play in this...

It is very obvious and quite simple. If you can renew your mind and change the way you think you will be transformed. However, transformation is a process and you have a part to play in it. Thankfully you are not alone because as Christians, God has given us his Holy Spirit to help, yet that still doesn't negate your responsibility.

To aid you in this journey, I want to offer you five daily habits or practices you can incorporate into your life that can help with the process of renewing your mind. These are simple and easy to do and you can get started doing these right away. Let's go.

## 1. Read Your Bible

I know this may sound like a no-brainer but it is not. There is a big problem in the Christian church, especially here in America. Many Christians are biblically illiterate. That may be shocking but here are some startling statistics from a study done by Lifeway research.



## Are you a Bible Reader? Probably not.

For people who regularly attend church:

- Only 45 percent read the Bible more than once a week.
- Over 40 percent read their Bible occasionally, once or twice a month
- 20 percent say they never read the Bible
- Only 20 percent say they read it everyday.

I hope you understand this is a big problem. You cannot renew your mind if you don't read the Bible. The Bible is God's manuscript written for you and it reveals God's character, God's love, God's heart, God's plan and God's specific direction for how you should live.

It contains everything you need for life and living. It will help you make better decisions and it will help you uncover God's will for your life. It is the number one thing God uses to speak to your heart and it is the greatest resource you have for helping you to renew your mind. There will be no clarity, no direction, no transformation in your life if you willfully neglect to read the word of God.

## The Value of God's Word

Notice the premium that Joshua puts on the Word of God:

**Joshua 1:8** - Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.

For God to renew your mind you need to make reading the Bible part of your daily life. You don't have to read whole chapters in one sitting, but you should read at least a few verses every day.

After you read take some time to meditate on what you just read. **Yes take a few moments and think about it.** Think about what you have read all throughout your day. Let it soak into your mind and your spirit. When you have done that pray about what you have read and ask God how you can apply the truth to your life. I challenge you to commit to doing this day in and day out with discipline and consistency. If you do watch out because you are on the road to renewing your mind and seeing the transformation that God will bring to your life.

**Lets move on to number 2.**

## 2. Remember and Affirm

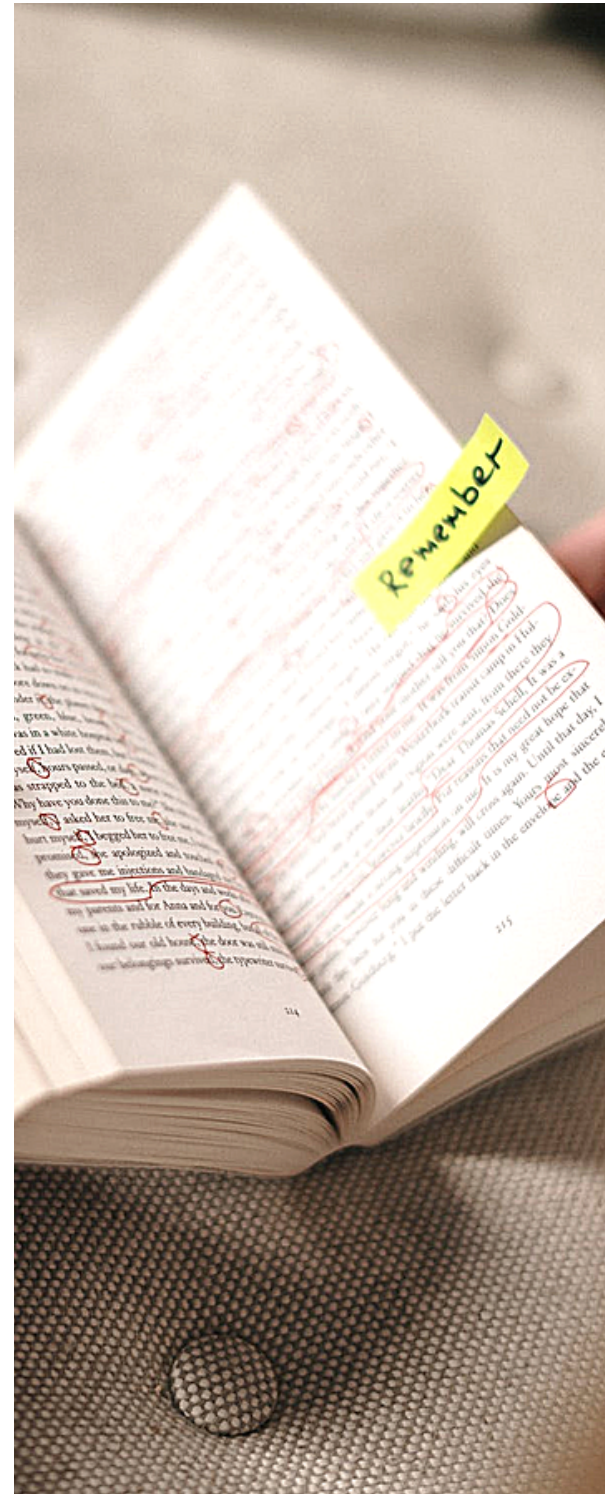
One of the best practices you can develop in your life is memorizing scripture. Memorizing scripture is a good way to remember many of the promises God has given you. A fun way of helping you to remember is to attach an affirmation to it so it sinks in a little more. Here are three things you can remember and affirm. Feel free to think of more but this should keep you occupied for a while.

### Three Things To Affirm

1 – A Promise from God

2– An Attribute of God

3– An Acknowledgement of Who God Says You Are





## Remember and Affirm

Let me give you an example of how this can work in your life.

**John 3:16** – For God so loved the world that he gave his only begotten son that whoever believes in him should not perish but have everlasting life. In this scripture we see a **promise of God of eternal life** if you have believed in Jesus Christ. We also see an **attribute of God that he loves you**. So based on this you can write an affirmation:

I am loved by God and because I have believed in Jesus Christ I have the hope of eternal life...because John 3:16 says...

Here's another example:

**Ephesians 2:10** – For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. (NLT)

This scripture gives us an **acknowledgement of who God says you are**. Here's the affirmation:

I am God's handiwork, a masterpiece and I have been created with a purpose...because Ephesians 2:10 says...

Let me give you one more.

**Deuteronomy 31:6** – Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you or forsake you.

Here's the affirmation:

No matter where I go or what I face I know God will always be with me...because Deuteronomy 31:6 says...

I can be strong and not afraid because God is with me and he will not leave me or forsake me...because Deuteronomy 31:6 says...

I think you get the picture and you can do this for any scripture.

What do you do with these affirmations? You remind yourself of one every day. Take one, write it down, carry it with you all day and remind yourself as you go throughout the day. You will not only learn the verse but will also have a real life practical application of the verse in your life.

Imagine doing this every day, do you think your life will change? Will your mind be renewed? Will you be transformed? Absolutely. Try it and see for yourself and then let's go on to number 3.



### 3. Be Thankful

1 Thes. 5:18 – Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. (NLT).

Why do you need to do this? Romans gives us the answer:

**Romans 8:28** – And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. (NLT)

It's really simple. Begin to thank God in every situation. Giving thanks is God's will for your life. By giving thanks you are acknowledging God's reign over the place you are in right now and ultimately the purpose God has for your life. **You acknowledge that the situation is part of the preparation to help you reach your destination.**

Notice you are not thanking God for every situation, but you are thanking him in every situation. The good, the bad and the ugly. The situations you like and the ones you don't. Being thankful causes you to look at the situations in life from a different perspective. Take a moment and ponder the next two questions I am going to ask you:

What is happening right now in your life?

Regardless of what it looks like or feels like what can you be thankful about in your current situation?

Being thankful is not something that happens by accident, it happens by intention. You must choose to be thankful. Yes, it's a choice you make but because it's God's will for you, it's a choice he will help you make.

You can be thankful in everything today and every day because you choose to and because you know in some way that you may not understand God is working it for your good. It doesn't mean it is always going to look good or feel good but be confident it will work out for your good, so be thankful.

Let's move to number 4.



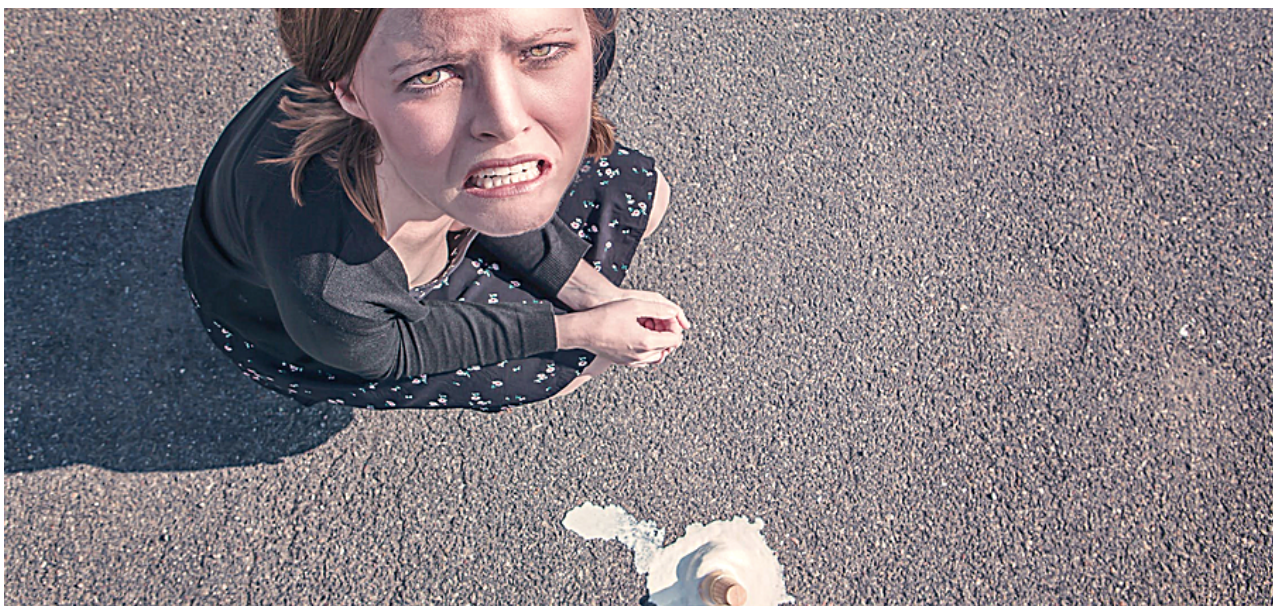
## 4. Learn To Fail Forward

**Proverbs 24:16** – The godly man may trip seven times but they will get up again. But one disaster is enough to overthrow the wicked.

Since we talked about it earlier let's create an affirmation. Even though I may fail I need to get up and keep going...because Proverbs 24:16 says...

**1 John 1:9** – But if we confess our sins to him, he is faithful and just to forgive our sins and to cleanse us from all wickedness.

Affirmation – Even if I sin, if I repent God is ready and willing to forgive me...because 1 John 1:9 says...



## Failing Vs. Failure

You will fail. It is going to happen. The best hitters in baseball fail 70 percent of the time. The best shooters in basketball miss 50 percent of the shots they take. However, with each failed at bat or each missed shot they learn what not to do so that the next time they will be better. Failing is not the end of the road but simply the next step in your journey. You just have to look at it the right way. Simply put, **failing does not make you a failure.**

Failing happens when you are trying to do something and you come up short. You hit a bump in the road. You make the wrong decision. You mess up. You make a mistake. You sin. However, the difference between failing and failure is you don't stay there. You sin, you repent. You fall down, you get up. No matter what mistakes you make you keep getting up, learning, walking and moving forward, thus the term failing forward.

Failure in my opinion happens when you say you have had enough and you give up. This is when you become a failure.



It's like having a velvet rope and a security guard with a checklist of what gets in and what doesn't. Sorry this ain't on the list you can't come in.

Here's real talk. If you are going to have a transformed mind then you have to be extremely careful and fully aware of everything you feed your mind and your spirit. Nothing just goes in and stays there with no impact, eventually what's inside will come out. I think the writer of Proverbs sums it up best:

**Proverbs 4:23** - Above all else, guard your heart, for everything you do flows from it.



If you will embrace the failings in your life you will discover that God uses the failings and mistakes we make in our lives to teach us. We learn about forgiveness, grace, humility and many other life lessons. Through failing you will learn what not to do and in the end you will be better for it. Don't beat yourself up for failing. Confess. Learn. Get up and keep moving into the plan God has for you.

I think Paul said it best,

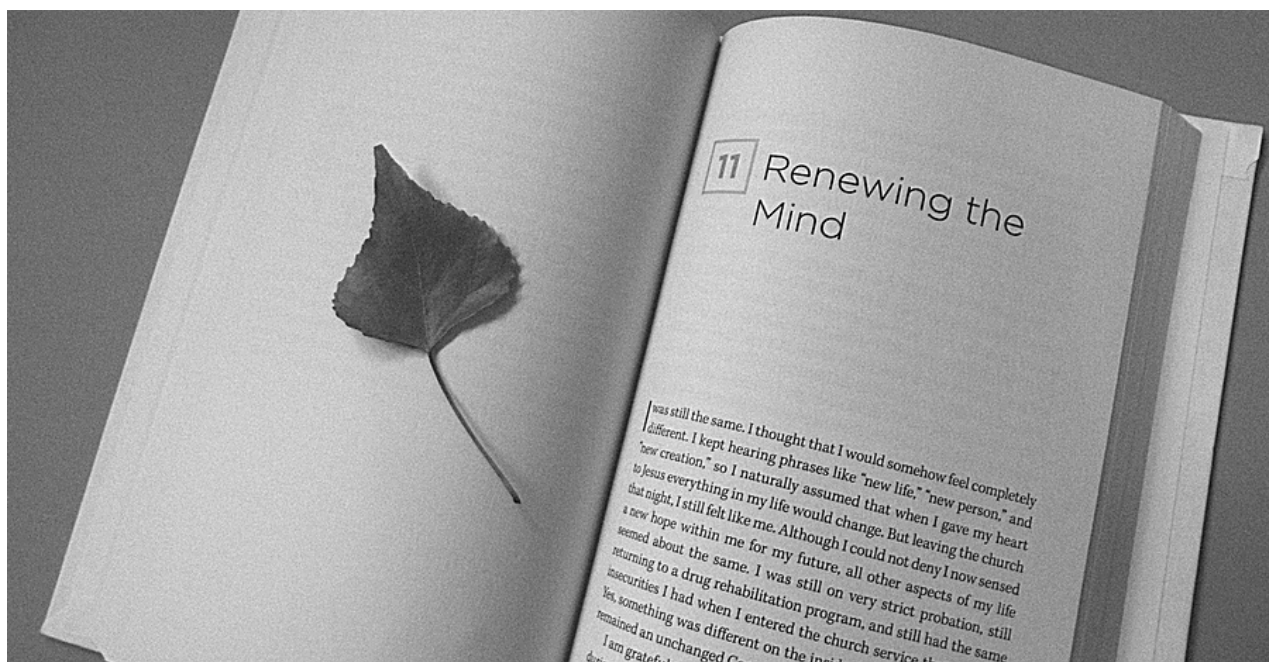
**Philippians 3:12-14** - Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: **Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.**

Affirmation – No matter what happened yesterday, whether I won or lost, had successes or defeats, I will press on towards what God has for me...because Philippians 3 says... Let's move onto the last one..

## 5. Feed Your Mind Good Food

**Philippians 4:8** - And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

When I was in high school I was learning a computer language and my teacher gave us a term I had never heard before, it was the acronym GIGO. What that means is garbage in, garbage out. He was letting us know that if you program your computer and you use shabby programming skills (garbage in), you are going to get shabby programming results (garbage out).





I mentioned at the beginning that one of the most powerful things God has given you is the ability to think and reason. Our brains and minds are very much like computers, you put garbage in you will get garbage out. There is a flip side to this equation, if you put good stuff in you will get good stuff out. In view of this I created some of my own acronyms according to the directions Paul gives us in Philippians:

- TITO** – Truth in, Truth out
- HIHO** – Honorable In, Honorable Out
- RIRO** – Right In, Right Out
- PIPO** – Pure In, Pure Out
- LILLO** – Lovely In, Lovely Out

I think you get the point here!



My dear brothers and sisters, whatever you feed your mind will come out in your thoughts, your decisions, your actions and it will permeate every area of your life. I implore you and encourage you to feast on things lovely, pure, excellent, and worthy of praise. Make it a practice. Give your mind some good food every day. Below are some questions to think about to help you clarify what you are currently feeding your mind.

What types of music are you listening to?  
What types of books are you reading?  
What are you watching on TV, movies, etc?  
What are you looking at on social media?  
What kinds of conversations are you having?



All of these things matter. All of these things are food. They can be gourmet meals or they can be junk food but you have to decide. The simple truth is if you don't like what is coming out then you need to change what is going in. This will mean there are places you won't go. There are things you won't watch or see. There are activities you may not engage in or music you won't listen to. Not because you can't but because you choose not to. Why? Because you understand the value of a renewed mind so you police everything before you allow it to enter.

## Final Thoughts

Your mind is precious and God wants the very best for you. He wants you to become the absolute best version of you that you can be and that he created you to be. He knows this will happen when you are no longer conformed but transformed by the renewing of your mind. The good news is He is going to help you get there by the power of his Holy Spirit living inside of you.

He will guide you into all truth. He will let you know what's good for you and not good for you. Your job is to work in cooperation with the Holy Spirit in your life. If you do and change some habits and instill some daily disciplines like I just outlined, you will see transformation in your life. You will have a renewed mind, a renewed spirit and you will become all God wants you to be.

I encourage and challenge you today. Do whatever you have to do, change whatever you have to change and surrender whatever you have to surrender to become whatever God wants you to become. God's best for your life is absolutely worth it.

**DON'T STOP HERE PLEASE READ THE NEXT PAGE!**



**Thank You!**

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