**THE RENEWING OF OUR MINDS**

Humans have approximately 70,000 thoughts every day. About 90% are repetitive. A staggering 80% can be negative and fearful. There are times when everything is fine in the present moment, but our racing thoughts are filling us what “what if’s” that the mind believes are true. That leads the body into a fight or flight mode that can be devastating to our mental and physical health.

It is common to have negative or angry thoughts related to what family members or friends may say to us. Fearful thoughts related to our health are quite common as well. Social media can also spark fears and feelings of low self-esteem and more. Unfortunately, negative thinking is rampant in the world in which we live.

As these thoughts become ingrained in our minds, they play over and over again day in and day out. Instead of hitting “rewind” each day, if we want to make a change in our thought patterns we must learn to hit “delete.” When we do that, we can then replace the old thought patterns with new healthier thoughts that become our new normal.

As you can see from my summary page, this is Biblical. God did not want us to be overwhelmed and made sick by our own thoughts. When we go about renewing our minds and pray and allow God to lead the way, He will support us wholeheartedly and as the Bible says, “order our steps.” Having God’s support and knowing we are in alignment with His will makes all the difference in how smoothly this process can begin and continue. Given the nature of the world today and the distractions that can draw us away from God, renewing our minds is a critical key to keeping our focus on what is Godly.

There are a myriad of helpful resources on the Internet. Joyce Meyer also has a well-known and very helpful book called Battlefield of the Mind. I have listed some brief steps to help you get started.

1. Begin to think about what you are thinking about. Writing down the thoughts can often help us truly see how untruthful they are. As you do this, next to the untruthful thought, write what is true or what you believe will be true with God being your active partner.
2. Notice any subconscious behaviors—these are habits and routines that are imprinted in our brains and become automatic over time that need to change in order to start feeling more love, peace, and joy that life has to offer. Our thoughts need to be a better reflection of appreciation for what God has done in our lives and wants to do in the future.

The Bible says He will never leave us nor forsake us, so if you are walking in obedience to Him and staying in constant gratitude for all of the ways He has blessed you, He will make His presence known and lighten the weight of this process of change. We will gradually see our old ways slip away only to be replaced with thoughts that will bring us more love, peace, and joy.

Gradually, as God sees this transformation that is not just for a short time, but is here to stay, He will bring new and exciting experiences and who knows what else into our lives when He believes we are committed and ready. Our way of looking at life becomes refreshingly new. The amazing part of this process is that I and others around me have experienced that even though a situation remained the same, once we changed our perception of it (our thoughts), we were able to manage it much more easily. And then,

lo and behold, God stepped in and changed the situation itself for the better as well.

1. There are two key point to remember. The subconscious mind is extremely powerful, and we have been repeating many of our thoughts for years and years. It will take time to weed them out and allow God to do His amazing handiwork, as the brain can be rewired to a new normal. It is also important to give ourselves some grace, as our old way of thinking was in some ways quite comfortable. We will most likely spend some time in the river of the unknown until the seeds of our new thoughts begin to take root and sprout.

**The Renewing of the Mind Summary**

***“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” Romans 12:2***

***“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Ph. 4:8***

**WE HAVE A CHOICE: We can allow our environment including other people to control our thoughts, or we can allow our thoughts to control our environment by renewing our minds and weeding out those who are toxic.**

**THOUGHTS lead to BEHAVIORS lead to EMOTIONS/FEELINGS.**

**EMOTIONS/FEELINGS HAVE A DIRECT EFFECT ON OUR HEALTH. “For as he thinketh in his heart so is he.” Prov. 23:7**

**RENEWING OUR MINDS TAKES TIME, HARD WORK, AND PATIENCE.**

**WE *MUST* TAKE TIME OUT TO *REGULARLY* REMOVE OURSELVES FROM CHAOS AND EVERDAY DISTRACTIONS IN ORDER TO CONSCIOUSLY THINK ABOUT WHAT WE ARE THINKING ABOUT.**

**IT IS HELPFUL TO WRITE DOWN THOUGHTS WE HAVE THAT ARE NOT OF GOD THAT WE WANT TO LET GO OF.**

**IT IS HELPFUL TO WRITE DOWN THE THOUGHTS WE WANT TO GET USED TO HAVING AS WE ENVISION HOW WE WANT OUR FUTURE TO UNFOLD.**

**GOD WILL MAKE HIS PRESENCE KNOWN IN WAYS WE COULD NEVER ASK OR IMAGINE WHEN HE SEES OUR EFFORT AND WHEN OUR VISION IS IN ALIGNMENT WITH HIS WILL.**