

# DAY 14 — RENEWED THINKING

## Scripture:

### 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.*

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## Devotional Reflection

A renewed mind leads to a transformed life. Renewal is not always loud or dramatic; often it is revealed through subtle but meaningful shifts in how we think, respond, and perceive situations. As this second week of the fast concludes, God invites us to pause and recognize the work He has already begun.

Renewed thinking shows up in moments where old reactions are replaced with patience, fear gives way to trust, and discouragement is met with hope. These changes may feel small, but they are significant. Transformation is not measured by perfection, but by progress — and renewal is evidence that God is actively at work.

Celebrating renewal matters because it strengthens faith. When we acknowledge how God has been reshaping our thoughts, we become more confident in His ability to continue the work. Gratitude for growth fuels perseverance and keeps us from becoming discouraged when challenges remain.

God never begins a work He does not intend to complete. As you reflect on the changes in your thinking this week, remember that renewal is ongoing. Each day you surrender your thoughts to God, He faithfully continues shaping your life.

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## **Fast Focus**

Today's Focus: Recognizing Renewal

Practice:

- Reflect on moments where your thinking has shifted this week.
- Thank God for areas of growth, clarity, or peace.
- Invite Him to continue renewing your mind.

## **Prayer**

“Continue Your work in me, Lord. Thank You for the ways You are renewing my mind and transforming my life. Help me remain open, teachable, and trusting as You lead me forward. In Jesus’ name, amen.”

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## **Fast Tie-In**

Fasting creates space to notice spiritual growth. Today, let reflection and gratitude reinforce your commitment to continued renewal.

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## **Reflection Question**

How has my thinking changed this week, and where do I see God continuing to work?