

# **Renewing the Mind – Reflection Worksheet**

“Do not be conformed to this world, but be transformed by the renewing of your mind.”

Romans 12:2

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## **1. Identifying the Stronghold**

What recurring thought pattern is the Lord inviting you to surrender?

What emotions or feelings are connected to this thought?

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## **2. Be Still Before God**

As you sit quietly with the Lord, what thoughts, emotions, or memories surface as you wait on Him?

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## **3. Scripture**

Which passage of Scripture speaks directly to your current thoughts, emotions, or situation?

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#### **4. God's Truth**

What truth does God reveal about Himself and about you in this situation?

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#### **5. Renewing the Mind**

How will you intentionally return to this truth when old thoughts or emotions arise this week?

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#### **6. Walking It Out**

What is one small, faithful step the Lord is inviting you to take in obedience and trust?

# Common Strongholds — Scripture & Prayer

Use these Scriptures and short prayers to gently confront strongholds and realign your thoughts and heart with God's truth.

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Fear / Anxiety

Isaiah 26:3

Lord, I choose to trust You. Steady my mind and guard my heart with Your peace.

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Control / Self-Reliance

Proverbs 3:5–6

Father, I release control and place my confidence in You.

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Shame / Unworthiness

Romans 8:1

Jesus, thank You that there is no condemnation for those who are in You.

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People-Pleasing / Fear of Rejection

Galatians 1:10

Lord, help me live for Your approval above all others.

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Perfectionism / Performance

Matthew 11:28–30

Jesus, I receive Your grace and rest from striving.

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Comparison / Jealousy

Psalm 139:14

Thank You for creating me with purpose and care.

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Bitterness / Unforgiveness

Ephesians 4:32

Lord, soften my heart and help me forgive as You have forgiven me.

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Hopelessness / Discouragement

Lamentations 3:22–23

God, renew my hope with Your faithful mercies today.

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