

Renewing the Mind – Reflection Worksheet

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

Romans 12:2

1. Identifying the Stronghold

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

What emotions or feelings are connected to this thought?

2. Be Still Before God

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

3. Scripture

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

4. God's Truth

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

5. Renewing the Mind

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

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.

Fear / Anxiety

Isaiah 26:3

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

Control / Self-Reliance

Proverbs 3:5–6

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

Shame / Unworthiness

Romans 8:1

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

People-Pleasing / Fear of Rejection

Galatians 1:10

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

Perfectionism / Performance

Matthew 11:28–30

Jesus, I receive Your grace and rest from striving.

Comparison / Jealousy

Psalm 139:14

Thank You for creating me with purpose and care.

Bitterness / Unforgiveness

Ephesians 4:32

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

Hopelessness / Discouragement

Lamentations 3:22–23

God, renew my hope with Your faithful mercies today.
