

1

STRONGHOLD:

What recurring thoughts, beliefs, or inner narratives does the Lord invite you to surrender?

- What emotions are attached to these thoughts (fear, control, shame, anger, insecurity)?
- How do you sense this stronghold affecting your intimacy with God?

2

BE STILL:

As you sit quietly before God, what thoughts surface most clearly?

- What feelings arise in your body and heart during stillness?
- What do you sense the Holy Spirit revealing, comforting, or correcting?

SCRIPTURE TO

3 MEDITATE ON

Which Scripture speaks directly to your current thoughts and emotional state?

- How does this truth reorient your thinking toward God's perspective?
- What aspect of God's character does this verse invite you to trust?



ROMANS 12:1-2 "DO NOT CONFORM TO THE PATTERN OF THIS WORLD. BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND..."



6

LIFESTYLE

What tangible changes reflect alignment with God's truth?

- How can your daily choices reflect renewed thinking and healed emotions?
- How will living this truth deepen your dependence on and obedience to God?

5

REPETITION

How will you intentionally return to this truth to renew your mind?

- How often will you meditate, pray, or speak this truth aloud?
- How does repetition help retrain both your thinking and emotional responses?

4

WHAT IS TRUE?

What is God's truth about this situation, yourself, and Him?

- How does this truth challenge distorted thinking or emotional reactions?

- What peace, conviction, or assurance do you experience as you receive it?