

Mind Renewal Journal

**What has been on your mind lately? Write out your thoughts below.
Be very honest. Be very transparent.**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom-left corner, there is a faint, light blue watermark of a cursive lowercase letter 'o'. The rest of the page is empty.

Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

~Romans 12:1-2 CSB

Date: _____

Now that you have shared your thoughts, identify the lie you've been believing below. Then, according to what you wrote, write out below it one verse of Scripture you believe combats this lie.

One lie that I have been believing is...

Scripture truth to renew my mind is...

You will know the truth, and the truth will set you free.

~John 8:32 CSB