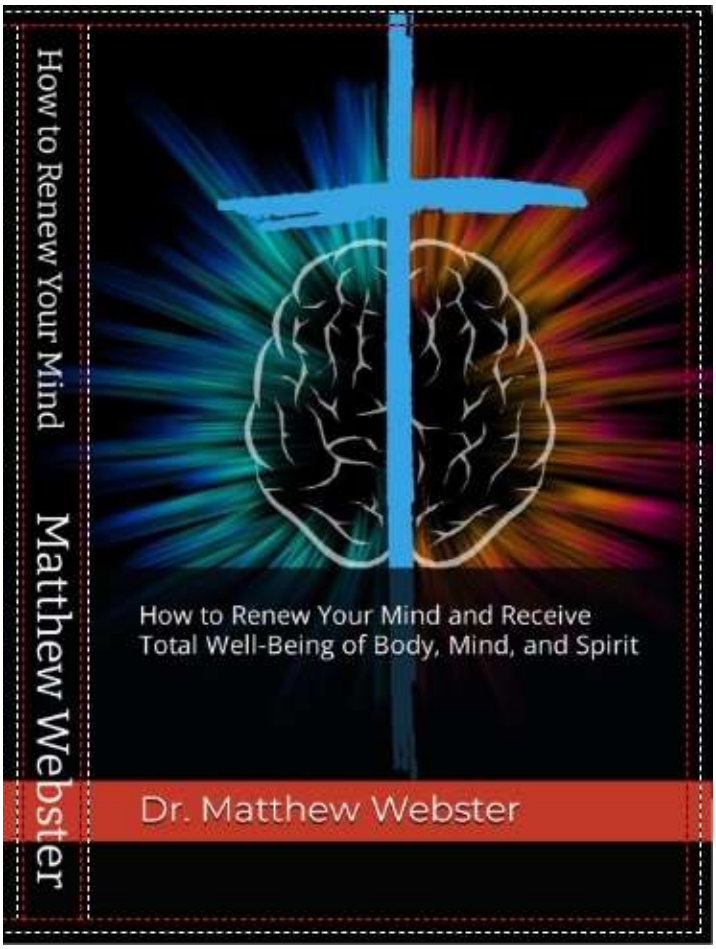
How to Renew Your Mind and Receive Total Well-Being of Body, Mind, and Spirit

A 7-Week Journey to Total Well-Being

By Dr. Matthew Webster



✨ How to Use This Course ✨

How to Renew Your Mind and Receive Total Well-Being of Body, Mind, and Spirit

A 7-Week Journey to Total Well-Being

By Dr. Matthew Webster

💜 Welcome!

Congratulations — you've chosen to go deeper than just reading another book. You're stepping into a *transformational journey* to renew your thoughts, heal your heart, and see wholeness in your body, mind, and spirit.

This isn't just *information* — it's *activation*. Each week is designed to help you discover God's truth, change old thought patterns, and live free from the inside out.

📚 How the Course Works

Each week focuses on **one chapter** of *How to Renew Your Mind*. Every session includes:

✅ **Reading Assignment** — pages to read before or during your week.
✅ **Key Scriptures** — anchor verses to memorize and meditate on.
✅ **Big Idea** — a clear theme to guide your thoughts.
✅ **Learning Objectives** — what you'll learn and practice that week.
✅ **Reflection Questions** — journal prompts to help you apply what you're reading.
✅ **Group Discussion Questions** — pulled straight from the book's end-of-chapter questions, so your small group stays aligned.
✅ **Practical Application** — simple, daily action steps to live it out.
✅ **Prayer Prompt** — a prayer to help you invite the Holy Spirit to renew you daily.

👫 How to Use It in a Group

If you're using this with a small group:

✔️ **Meet Weekly** — Gather once a week (in person or online) to discuss that week's chapter.
✔️ **Start with Scripture & Prayer** — Read the key verse, then pray together.

✔ **Share Insights** — Everyone shares what stood out from the reading and reflection.
✔ **Discuss the Questions** — Use the book's Small Group Questions for honest conversation.
✔ **Pray & Encourage** — Close by praying for each other to keep renewing your minds all week long.

✍ How to Use It On Your Own

If you're walking through this solo:

✔ Pick a regular time each week to read and reflect.
✔ Use a journal or notebook to answer the reflection questions honestly.
✔ Speak the key Scriptures out loud — let them sink in.
✔ Do the *Practical Application* each day — that's where real change happens!
✔ Use the Prayer Prompt daily. Invite the Holy Spirit to do the work only He can do.

🔑 Helpful Tips

✨ Go at your own pace — if you need two weeks for one chapter, take it.
✨ Be honest with yourself — your mind can't renew if you hide from your real thoughts.
✨ Celebrate small wins — every new truth you believe is progress!
✨ Don't do it alone — invite a friend or two to walk this with you if you can.

🎉 Your Renewal Starts Now

Mind renewal is a lifelong journey — but you're not doing it alone. Jesus is your Good Shepherd. The Holy Spirit is your Helper. And your new life of peace, freedom, and total well-being starts here.

Now, grab your Bible, your book, your journal, and let's go!

💜 Session 1: Winning the Battle in Your Mind — Foundations for Renewing Your Thoughts

---

🌟 Theme: From Stuck to Transformed: Learning to Live Free by Changing the Way You Think

"True freedom starts when you stop letting your old thoughts tell your new story."

Your daily life is shaped by your thoughts — and those thoughts are either building you up in the truth or tearing you down with lies. This week, we'll uncover what the Bible *really* says about renewing your mind and why it's the key to lasting peace, healing, and wholeness.

Romans 12:2 calls you to "be transformed by the renewing of your mind." This isn't self-help or wishful thinking — it's a Spirit-powered re-training of your brain and your beliefs to match what God says about you. Many believers try to "behave" better but ignore what they *believe* — and that's why they stay stuck in anxiety, fear, or shame.

In this opening session, you'll learn why the battle is in your thoughts, how spiritual armor protects your mind, and how to practically "take every thought captive" so it can't take you captive.

📖 Reading This Week

How to Renew Your Mind — **Chapter 1: Biblical Insights into Mind Renewal**

📍 **Pages 11–24**

📚 Key Scriptures to Meditate On

- **Romans 12:2** — *Be transformed by the renewing of your mind.*
- **2 Corinthians 10:5** — *Take every thought captive to obey Christ.*
- **Ephesians 6:10-20** — *Put on the full armor of God.*
- **2 Peter 1:3-4** — *His divine power has given us everything we need.*

🧠 Learning Objectives

This week you'll:
✅ Understand why mind renewal is the foundation of spiritual growth and emotional healing.
✅ Learn how unrenewed thoughts shape your emotions, health, and daily choices.
✅ Identify areas where old thinking still controls you.
✅ Explore how spiritual armor (Ephesians 6) protects your thoughts.
✅ Practice a daily plan for "taking thoughts captive" and replacing them with truth.

✨ Deeper Reflection (Personal Journal)

Grab your journal and answer honestly:
1 Which of my recurring thoughts causes me the most stress, shame, or fear?

2 How have I tried to "fix" my behavior without changing what I believe?

3 What does it look like to *take every thought captive* practically?

4 What piece of spiritual armor do I forget to “put on” most often?

5 What’s one promise of God I can cling to when my mind feels attacked?

🙏 **Prayer Prompt**

“Father, thank You that Your truth is stronger than every lie I’ve believed. Give me eyes to see my thoughts clearly and courage to reject what doesn’t come from You. Teach me to put on my spiritual armor daily and live free in my mind and body. In Jesus’ name, I pray. Amen.”

📌 **Memory Verse**

Romans 12:2 — *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”*

💬 **Group Discussion — Small Group Questions**

1. What does it mean to renew your mind according to Romans 12:2, and how does this differ from interpreting life through personal experiences or opinions?

2. How do negative thought patterns impact a Christian's daily life? Can you share any personal examples?

3. 2 Corinthians 10:5 talks about taking every thought captive. How do you do this practically?

4. How does understanding neuroplasticity expand our view of mind renewal?

5. How can Christians actively "put on" the armor of God to win the battle in their minds?

🛠 Practical Application — "Mind Renewal Starter Kit"
This week's challenge:
1 **Truth Audit** — Each morning, choose one Scripture verse that resonates with your heart. Write it down, and beside it, identify one lie the enemy might use to challenge or distort its truth.
2 Routine — Pick a time each day to pray Ephesians 6:10-20 over yourself — speak each piece of armor out loud.
3 **Affirmation Wall** — Write three truth declarations on sticky notes or cards:

- Example: *"I have the mind of Christ."*
- *"I am strong in the Lord's mighty power."*
- *"No lie can hold me captive — I am free indeed."*
  Post these where you'll see them daily (mirror, fridge, car).

💭 Questions to Carry This Week

- What thought patterns do I need to replace first?

- Which verse gives me the courage to fight mental battles?

- How will putting on spiritual armor change my week?

💜 Session 2: Rewiring Your Brain — Understanding Neuroplasticity & Calming Your Limbic System

---

🌟 Theme: Change Your Brain, Change Your Life — How Science Confirms God's Truth

"Your brain isn't stuck. God designed it to grow, heal, and adapt — and His Word shows you how."

This week, we dive into how your brain works — and why your mind can change at any age. Science now proves what Scripture declared long ago: you *experience* what you continually think about.
Your thoughts shape your feelings, your habits, and even your physical health. This week's journey explores *neuroplasticity* — your brain's God-given ability to rewire itself — and how your limbic system, the emotional center of your brain, affects anxiety, stress, and peace.

You'll see that renewing your mind is *not* just spiritual — it's also physical! When you align your thoughts with the truth of God's Word, you reshape your brain to experience calm, clarity, and wholeness.

📖 Reading This Week

How to Renew Your Mind — **Chapter 2: Unpacking the Science of Neuroplasticity**

📍 **Pages 24–93**

📚 Key Scriptures to Anchor This Week

- **Proverbs 23:7** — *"As he thinks in his heart, so is he."*
- **Philippians 4:8** — *"Whatever is true, noble… think about such things."*
- **2 Timothy 1:7** — *"God has not given us a spirit of fear, but of power, love, and a sound mind."*
- **Romans 12:2** (again) — *"Be transformed by the renewing of your mind."*

🧠 Learning Objectives

This week you'll:
✅ Discover how neuroplasticity works and why it proves your mind can change.
✅ Understand the limbic system's role in fear, anxiety, and stress.
✅ Learn biblical tools to calm your nervous system.
✅ Practice "limbic rewiring" exercises from the book.
✅ Take steps to replace fear patterns with truth.

✨ Deeper Reflection (Personal Journal)

Pause, pray, and write your answers:
1 What did you learn about your brain this week that surprised you?

2 Which stress triggers do you see most in your life right now?

3 How can you use God's Word to calm your emotional "limbic reactions"?

4 What practical step can you take this week to break an old fear pattern?

5 What would it look like to have a "sound mind" even during stress?

🙏 **Prayer Prompt**

"Lord, thank You for designing my mind with the ability to heal and grow. Help me see that my old thought patterns don't have to control my life. Teach me to replace fear with faith, stress with peace, and lies with truth. In Jesus' name, I pray. Amen."

📌 **Memory Verse**

2 Timothy 1:7 — *"For God has not given us a spirit of fear, but of power, love, and a sound mind."*

💬 Group Discussion — Small Group Questions

1. What is neuroplasticity, and how does it work in the human brain?

2. What daily worries do you struggle with most, and how does the limbic system affect that?

3. What new truth did you learn about stress, fear, or anxiety?

4. What role does faith play in rewiring your mind?

5. Which calming or "limbic rewiring" exercises will you try this week?

🛠 Practical Application — "Limbic Reset Plan"

This week, practice this **3-step Reset Routine**:

1 **Daily Limbic Rewiring** — Pick *one* exercise from the book (like breath prayers, gratitude journaling, or mindful breathing). Do it for 5–10 minutes each day this week.

2 **Stress Trigger Tracker** — Each evening, write down one moment where you felt anxious or stressed. Note what triggered it and how you responded. Look for patterns.

3 **Calm Verse Anchor** — Pick a calming Scripture (like Philippians 4:8 or 2 Timothy 1:7). Whenever you feel fear or stress, pause, take three deep breaths, and repeat your verse aloud.

💭 Questions to Carry Into the Week

- Where does my mind go when I'm stressed?

- How can I train my brain to run to the truth instead?

- Which limbic exercises help me feel God's peace fastest?

💜 Session 3: Breaking Free from Toxic Thought Patterns & Triggers

---

🌟 Theme: Spot the Lies — Stop the Cycles — Live Renewed

"You can't defeat what you can't define — this week, you'll learn to name the lies and break their hold."

Most of us live with hidden mental loops that sabotage our peace, joy, and relationships. Anxiety, avoidance, rumination, catastrophizing — these patterns keep recycling until you expose them for what they are: *lies that don't line up with who you are in Christ.*

This week is a major turning point. You'll learn how to pinpoint your personal "triggers" and see how negative thoughts become negative choices — but you won't stop there. You'll discover how to break those cycles with biblical tools, practical exercises, and a Spirit-led plan to live differently.

📖 Reading This Week

How to Renew Your Mind — **Chapter 3: Identifying Negative Thought Patterns and Triggers**

📍 **Pages 93–149**

📚 Key Scriptures to Anchor This Week

- **2 Corinthians 10:5** — *"Take every thought captive…"*
- **Proverbs 4:23** — *"Above all else, guard your heart, for everything you do flows from it."*
- **Philippians 4:6–7** — *"Do not be anxious about anything…"*
- **Isaiah 26:3** — *"You will keep in perfect peace those whose minds are steadfast…"*

🧠 Learning Objectives

This week you'll:
✅ Learn how to recognize your top negative thought patterns (avoidance, catastrophizing, rumination).
✅ Discover how triggers set off these mental loops.
✅ Practice tools to stop avoidance and face fears in small steps.

✅ Use “F.A.C.E.” and “Hierarchy Mapping” to tackle anxiety gradually.
✅ Experience how replacing rumination with truth sets you free.

✨ **Deeper Reflection (Personal Journal)**

Take your time with these:
1 Which negative pattern (worry, rumination, avoidance) shows up most in your life?

2 What specific situations trigger these thoughts?

3 How does your body react when you’re stuck in one of these cycles?

4 What truth from Scripture speaks directly to your biggest mental loop?

5 What would change in your daily life if that pattern were broken for good?

🙏 Prayer Prompt

"Jesus, shine Your light on my hidden patterns. Help me see my triggers clearly and respond with faith, not fear. Give me courage to face what I've been avoiding and strength to trust Your truth over every lie. In Jesus' name, I pray. Amen."

📌 Memory Verse

Philippians 4:6-7 — *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God… will guard your hearts and your minds in Christ Jesus."*

💬 Group Discussion — Small Group Questions

1. What negative thought patterns do you struggle with most often?

2. Which triggers tend to set these patterns off?

3. How can "Facing your fears" (F.A.C.E.) help break avoidance cycles?

4. What is the difference between rumination and worry in your mind?

5. Which part of the chapter was most helpful or eye-opening for you?

🛠 Practical Application — "Cycle Breaker Plan"

This week's challenge:
1 **Trigger Map** — Draw a "Wheel of Emotions" (or use the one in the book). Identify where your common triggers fit and what emotion they spark. Write one truth or verse next to each.
2 **F.A.C.E. Step** — Pick *one* thing you usually avoid due to fear or worry. Write down a *tiny* exposure step you can safely take this week — no matter how small. Journal what happened afterward.
3 **Thought Catcher Journal** — For three days, track one negative thought

loop. Note when it hits, what triggered it, and what truth replaced it. Celebrate even small wins!

Questions to Carry Into the Week

- What patterns have kept me stuck for years?

- What would it feel like to finally live free of them?

- Who can I share this journey with for support?

💜 Session 4: Strengthening Faith — Training Your Mind to Trust God Fully

---

🌟 Theme: Faith Over Fear — How Renewed Thoughts Fuel Unshakeable Trust

"When your thoughts agree with God's Word, your faith rises above fear — and your mind becomes your strongest ally, not your worst enemy."

You've uncovered your patterns. You've learned the science. Now it's time to see how *faith* is the engine that makes mind renewal truly work.
This week, you'll dig into powerful biblical truths about fear, trust, and your *new mind* in Christ. You'll practice seeing your challenges through God's promises — not through old beliefs or feelings.

You'll also explore how to trace anxiety back to its *root* — and how to give it to the One who promises perfect peace. Plus, you'll get practical *faith exercises* and "rewiring" tools to help your mind *believe* what your heart knows is true.

📖 Reading This Week

How to Renew Your Mind — **Chapter 4: Techniques for Strengthening Faith through Mind Renewal**

📍 **Pages 149–180**

📚 Key Scriptures to Anchor This Week

- **Psalm 23:1–4** — *"The Lord is my shepherd…"*
- **Isaiah 26:3** — *"You will keep in perfect peace those whose minds are steadfast…"*
- **John 14:27** — *"My peace I give you…"*
- **Philippians 4:13** — *"I can do all things through Christ who strengthens me."*

🧠 Learning Objectives

This week you'll:
✅ Learn how to strengthen faith by practicing *right believing* daily.
✅ Discover what anxiety reveals about your hidden fears.

✅ Use *biblical visualization* to train your mind to expect God's goodness.
✅ Understand the "fight, flight, freeze, fawn" stress response — and how faith rewires it.
✅ Learn to pinpoint where fear lives in your thoughts — and replace it with God's promises.

✨ **Deeper Reflection (Personal Journal)**

Sit with these:
1 Where does fear still have a foothold in my mind?

2 How have my old thought patterns made faith harder?

3 What does it look like to *see* my life through Psalm 23?

4 What "fight, flight, freeze, or fawn" response do I default to most?

5 How does Scripture help me calm my heart and body when anxiety rises?

🙏 Prayer Prompt

"Good Shepherd, thank You that I never walk alone. Strengthen my faith so that my mind lines up with Your truth. Where I fear, teach me to trust. Where I doubt, anchor me in Your promises. Renew my mind so my life overflows with peace. In Jesus' name, I pray. Amen."

📌 Memory Verse

Philippians 4:13 — *"I can do all things through Christ who strengthens me."*

💬 Group Discussion — Small Group Questions

1. What faith exercise or technique from this chapter stood out to you?

2. How does understanding the "fight, flight, freeze, fawn" response help you?

3. What verse(s) give you courage when you feel anxious or fearful?

4. How can visualization help you rewire old fear patterns?

5. What's one practical thing you can do this week to strengthen your faith?

🛠 Practical Application — "Faith Focus Plan"

This week's challenge:
1 **Psalm 23 Walk** — Take a quiet walk (or sit in a peaceful spot). Read Psalm 23 aloud. Picture yourself with the Good Shepherd — where is He leading you? Write down what you see and sense.
2 **Faith Declaration Card** — Write your top fear on one side of a card. On the other side, write *one powerful Scripture* that defeats that fear. Keep it with you — pull it out whenever fear shows up.
3 **Daily Calm Check-In** — Each day, note one moment when you felt fear or stress — then write how you *responded* with faith instead of your old pattern. Celebrate small wins!

Questions to Carry Into the Week

- How does seeing Jesus as my Shepherd change how I handle fear?

- What “faith picture” can I hold in my mind when stress hits?

- What story does my mind need to tell itself from now on?

💜 Session 5: Cultivating Emotional and Spiritual Well-Being

🌟 Theme: Healthy Inside — How Renewed Thoughts Shape Lasting Peace & Joy

"You can't always control your circumstances, but you can choose your focus — and watch your heart change from the inside out."

This week, you'll zoom in on how your renewed mind directly influences your *emotions* and your *spiritual well-being*. So much anxiety, negativity, and stress come from believing distorted thoughts. Chapter 5 uncovers 50 common *cognitive distortions* that keep you stuck — and shows how gratitude, rejoicing in Jesus, and daily reflection break the cycle.

You'll see that mind renewal is more than an idea — it's a daily practice of noticing your thoughts, shifting your focus, and rejoicing in what's true.

📖 Reading This Week

How to Renew Your Mind — **Chapter 5: Cultivating Emotional and Spiritual Well-Being**

📍 **Pages 180–204**

📚 Key Scriptures to Anchor This Week

- **Philippians 4:4–8** — *"Rejoice in the Lord always…"*
- **1 Thessalonians 5:16–18** — *"Give thanks in all circumstances…"*
- **Psalm 16:11** — *"In Your presence there is fullness of joy…"*
- **Romans 8:6** — *"The mind governed by the Spirit is life and peace."*

🧠 Learning Objectives

This week you'll:
✅ Identify common thought distortions that drain your peace.
✅ Practice gratitude journaling as a tool for emotional healing.
✅ Learn how rejoicing in Jesus transforms your emotional state.
✅ Discover how daily reflection renews your perspective.
✅ Experience practical steps for mind and spirit wholeness.

✨ Deeper Reflection (Personal Journal)

1 Which cognitive distortions do I struggle with most?

2 What happens to my peace when I dwell on “what-ifs” or worst-case scenarios?

3 How can gratitude change my emotional default?

4 How does rejoicing in Jesus calm my mind and lift my spirit?

5 What truth do I need to meditate on daily this week?

🙏 Prayer Prompt

"Father, help me see where I'm believing lies that steal my peace. Open my eyes to Your goodness all around me. Teach me to rejoice in You daily and to give thanks in every situation — not for it, but in it — because You are good. Renew my mind and heal my emotions. In Jesus' name, I pray. Amen."

📌 Memory Verse

Philippians 4:4 — *"Rejoice in the Lord always. I will say it again: Rejoice!"*

💬 Group Discussion — Small Group Questions

1. Which of the 50 distortions did you relate to most?

2. How does practicing gratitude help shift your thinking?

3. Why is rejoicing in Jesus powerful for emotional health?

4. What daily habit can help you keep your mind governed by peace?

5. What part of this chapter challenged you the most?

🛠 Practical Application — "Daily Gratitude Reset"

This week's challenge:
1 **Gratitude Journal** — Write down three *new* things you're thankful for *every day* this week. Be specific.
2 **Rejoice Prompt** — Each morning, speak aloud: *"Jesus, thank You that*

today is a day of grace." Note how your day changes.
3 **Distortion Check** — Pick *one* common negative thought you catch yourself thinking. Write a *truth statement* to replace it. Repeat it whenever the distortion shows up.

Questions to Carry Into the Week

- What good things am I overlooking that I could celebrate?

- What lies about myself or my situation do I need to replace?

- How can I make gratitude a normal part of my thoughts this week?

💜 Session 6: Embracing Total Well-Being — Body, Mind, and Spirit

---

🌟 Theme: Living Integrated — When Your Thoughts Heal Your Whole Life

"You are not parts — you're a whole person made to flourish in every area, from your body to your soul to your spirit."

This week shows you that true mind renewal goes beyond thoughts and feelings — it transforms how you *live*. God designed you as a whole being: body, soul, and spirit — and each part influences the others.
Many believers focus only on "spiritual" life but neglect the practical: rest, health, sleep, stress, and boundaries. This session will help you connect the dots and live in the fullness of well-being Jesus paid for.

📖 Reading This Week

How to Renew Your Mind — **Chapter 6: Embracing Total Well-Being: Body, Mind/Soul, and Spirit**

📍 **Pages 205–223**

📚 Key Scriptures to Anchor This Week

- **1 Thessalonians 5:23** — *"May your whole spirit, soul and body be kept blameless…"*
- **3 John 1:2** — *"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."*
- **Psalm 4:8** — *"In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety."*
- **Isaiah 40:31** — *"But those who hope in the Lord will renew their strength…"*

🧠 Learning Objectives

This week you'll:
✅ Discover how your physical habits affect your mental renewal.
✅ Learn simple biblical rhythms for rest, sleep, and self-care.
✅ See how your spiritual well-being fuels your physical strength.

✅ Practice healthy boundaries to guard your mind and energy.
✅ Build a personal daily or weekly "well-being plan."

✨ **Deeper Reflection (Personal Journal)**

1 How does my physical health affect my thoughts and emotions?

2 Where do I neglect rest or overcommit my time?

3 What does it look like to "sleep in peace" as a spiritual habit?

4 How can I invite Jesus into my practical daily self-care?

5 What one boundary or rhythm could I add this week to protect my peace?

🙏 Prayer Prompt

"Lord, thank You for making me whole — body, soul, and spirit. Show me how to live wisely so I can be healthy, peaceful, and full of Your life. Teach me to rest in You, care for what You've given me, and guard my heart and mind with truth. In Jesus' name, I pray. Amen."

📌 Memory Verse

3 John 1:2 — *"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."*

💬 Group Discussion — Small Group Questions

1. What stood out to you about living whole in body, soul, and spirit?

2. How can neglecting one part affect the others?

3. What practical tip about sleep or rest was most helpful?

4. What does it mean to discover and live out God's will daily?

5. How will you protect your well-being differently after this week?

🛠 Practical Application — "Whole-Person Renewal Plan"

This week's challenge:
1 **Sleep Reset** — Choose *one* new practice for better sleep (breathing, no screens, prayer routine). Try it each night.
2 **Boundary Line** — Pick *one* area where you need a firmer boundary (time, social, digital). Set it up. Keep it simple.
3 **Weekly Sabbath Slot** — Block one hour this week to rest *on purpose* — walk, nap, worship, or just be still. Reflect afterward: *How did this change my mindset?*

Questions to Carry Into the Week

- Where does my life feel out of balance?

- How can I honor my body, mind, and spirit together?

- What small step can I commit to daily to live renewed?

💜 Session 7: Embracing the Journey of Renewal

🌟 Theme: Keep Going — Walking Daily in a Renewed Mind

"Mind renewal isn't an event — it's a lifestyle. And Jesus walks every step with you."

Congratulations — you've spent six weeks digging into your thoughts, your patterns, your spiritual armor, and your whole-person well-being. Now you get to *live it out*.
Chapter 7 reminds you that this journey isn't about doing everything perfectly. It's about daily *active surrender*, speaking truth over your life, resting well, sleeping in peace, and resetting whenever old thoughts sneak back in.

This week equips you to keep the momentum going: practical check-ups, helpful tools, and a Spirit-led plan to *stay renewed*. You'll celebrate how far you've come — and plant seeds for how far you'll go.

📖 Reading This Week

How to Renew Your Mind — **Chapter 7: Embracing the Journey of Renewal**

📍 Pages 223–End

📚 Key Scriptures to Anchor This Week

- **Philippians 1:6** — *"He who began a good work in you will carry it on to completion…"*
- **Romans 12:2** (again) — *"Be transformed by the renewing of your mind…"*
- **2 Corinthians 4:16** — *"Though outwardly we are wasting away, yet inwardly we are being renewed day by day."*
- **Psalm 121:8** — *"The Lord will watch over your coming and going both now and forevermore."*

🧠 Learning Objectives

This week you'll:
✅ Reflect on your journey and celebrate progress.
✅ Identify your daily renewal rhythms.
✅ Learn how to "actively surrender" your thoughts and plans.
✅ Discover how to speak life over your mind, body, and spirit.
✅ Create a simple "Next 30 Days" personal renewal plan.

✨ Deeper Reflection (Personal Journal)

1 What area of my mind has changed most over these weeks?

2 Where do I still sense resistance to renewing my thoughts?

3 How does "active surrender" look in my daily life?

\

4 What promise(s) do I want to speak over myself every morning?

5 How can I remind myself that God finishes what He starts?

🙏 **Prayer Prompt**

"Father, thank You for walking with me every step of this journey. Help me hold onto what I've learned — and keep growing deeper in trust, wholeness, and joy. Help me to renew my mind daily. Remind me that You are faithful to finish the good work You began in me. In Jesus' name, I pray. Amen."

📌 **Memory Verse**

Philippians 1:6 — *"He who began a good work in you will carry it on to completion until the day of Christ Jesus."*

💬 **Group Discussion — Small Group Questions**

1. What does "active surrender" mean to you now?

2. What helps you sleep in peace and wake up renewed?

3. How do you speak God’s Word over your mind daily?

4. What practical tip will you keep using from this journey?

5. How will you keep renewing your mind after this course?

🛠 Practical Application — "Next 30 Days Plan"

This week's final challenge:
1 **Daily Reset Prayer** — Each morning for 30 days, pray: *"Lord, help me to renew my mind today — I surrender every thought to You."*
2 **Truth Over Thoughts** — Pick one *new* truth declaration to say aloud when fear or negativity hits. Keep it simple and strong.
3 **Monthly Check-In** — Mark your calendar for a "Mind Renewal Check-Up" every 30 days. Ask: *What's better? What still needs work? Where am I growing?* Celebrate progress!

💭 Questions to Carry Into the Future

- How will I remind myself daily that this is a journey, not a finish line?

- who can I invite to walk alongside me in my faith journey so we can support and encourage one another?

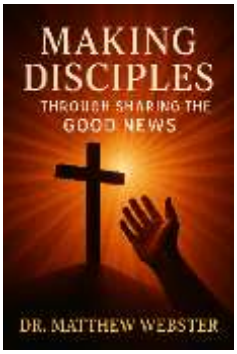
- What promise will I hold onto when life feels hard or thoughts slip back?

🎉 You Did It!

You've completed *How to Renew Your Mind* — not as a book you read but as a *lifestyle* you live.
Your thoughts are changing. Your brain is rewiring. Your spirit is stronger. And your Good Shepherd is leading you forward.

Keep taking thoughts captive. Keep speaking truth. Keep choosing rest. And keep going — because the best days of your renewed life are ahead.

➡️ **Next Course: *Making Disciples***



A 10-Session Journey into the Mission You Were Made For

You've done the hard and holy work of renewing your mind — letting God heal old patterns, speak truth into your thoughts, and restore your sense of identity. Now that your heart and mind are aligned with His, it's time for the next part of your transformation:

It's time to live sent.

Making Disciples is the next course in this journey — and it's not just about gaining knowledge. It's about stepping into your calling as a disciple-maker in everyday life.

In this next 7-week course, you'll learn how to:

- Share the Gospel with clarity and confidence
- Recognize divine appointments in your daily life
- Discover your unique disciple-making style
- Build relationships that lead to transformation
- Baptize, teach, and walk alongside others in faith
- Experience the joy and authority of spiritual multiplication

You don't need to be a pastor or a public speaker. You just need a willing heart and a renewed mind. Jesus didn't say, "Go and be good." He said, **"Go and make disciples."** This course will show you how.

📖 You've renewed your mind. Now activate your mission.

You were never meant to keep this to yourself. The world needs what God has put in you.

Join us for the next step: *Making Disciples* — where your renewed mind becomes a renewed mission.