



SD#106 Recognizing and Renewing Your Mindset

Proverbs 4:26 (ESV)

“Give careful thought to the paths for your feet and be steadfast in all your ways.”

Reflection Questions:

- 1) Do you feel stuck in your patterns of thinking?
- 2) How often do you consider changing your habits and routines of life?
- 3) What do you find yourself conforming to in this life?



Seeing Deep Ministries

Extended Devotion:

Have you ever been through a season where you just felt “off?” Maybe you felt extra tired or restless but you weren’t sure why. I’ve had those days too, friend. In fact, I’ve lived in seasons of feeling “off.” If I sit back and retrace the moments I experienced these feelings, I can often link them to something negative. Perhaps it was several days of skipping time with Jesus or pondering too deeply on the things of this world. I know the more I ponder on things that lack spiritual focus, the deeper I sink into dangerous mindsets. Have you felt this way? The way we view everything shapes the way we live.

We can’t renew our mindset if we don’t recognize our need for it. In Romans 12:2, Paul encourages us to transform ourselves by renewing our minds. What does that even mean? It means we put away our old ways of thinking and put on the mind of Christ. This, however, does not easily happen. Sometimes it’s painful, like deep cleaning the crusty, burnt bits off the bottom of your stove. There’s scraping, scrubbing, washing, and dealing with unsavory odors. But, once you remove the dark, hardened layers, the shiny interior announces that your breakfast quiche will no longer contain notes of last year’s turkey and gravy.

As children of God, we are commanded to walk in truth and love. This happens when we abide in Christ. The more we abide, the more we can recognize the thoughts that keep us from pursuing holiness. Proverbs tells us to “give thought” to where we go and we can extend that to what we think and say. But we must intentionally create the space to do so. Otherwise, we become like “chaff, the wind blows away” (Psalm 1). Focusing our mindset on heavenly things will keep us steadfast.

We don’t have to remain stuck in our thoughts and attitudes that root us in doubt and despair. When we recognize that we’re at a place that isn’t drawing us to Christ, we can stop and contemplate why. We can renew our mindset by shifting our thoughts away from the world’s ideas and toward Christ.

2 Timothy 1:7 (NIV) says, “*For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline*”. Christ has given us the strength to recognize our need for transformation and He will give us the strength daily renewal.

Application:

1. Slowing down in life is essential for mindset renewal. When we intentionally pause and contemplate our habits, we begin that process. Cultivating a daily devotion time is a great place to start. If you don’t have one, pause right now and choose a time that is profitable for you.



2. Meditating on Scripture is powerful. The more we mediate, the more we treasure God's Word in our hearts. My favorite verse for mindset renewal is Philippians 4:8. Take time now to find yours.

Takeaway:

Forming habits of slowing down helps us recognize our need for mindset renewal.

