

RENEWING YOUR MIND

THOUGHTS INVENTORY

Take inventory of your thoughts. What are you thinking about?

Negative Thoughts

Positive Thoughts

% Negative: ____

% Positive: ____

What percentage of your thoughts are negative versus positive?

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. And we will be ready to punish every act of disobedience, once your obedience is complete."
2 Corinthians 10:5-6 NIV

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to SOAR



THE FREEDOM ADVANTAGE

Surrender → Confess → Scripture → Connect → Claim Freedom

Surrender

Renewing your mind begins when you surrender your right to keep thinking the same way.

"Trust in the Lord with all your heart and lean not on your own understanding; submit to God in all our ways, and He will make our paths straight."
Proverbs 3:5

You can't conquer what you refuse to release.

Confession

Identify the thoughts that repeatedly occupy your minds

I'm not enough.
I'm going to fail.
Nobody really cares about me.
I'll never change.
What happened to me defines me.
I have to make everyone happy.
I have to stay in control.

Confession isn't condemnation. It's bringing what's hidden into the light.

You can't renew a thought you won't acknowledge.

"Lord, You know I struggle with _____."

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."
James 5:16

Scripture

Scripture Reference: Find Where It Is Written

"Taking captive every thought to make it obedient to Christ." - 2 Corinthians 10:5

Anxiety: Philippians 4:6-7

Fear: 1 Timothy 1:7

Worry: Matthew 6:34

Scripture Connection

ERASE & REPLACE

Replace the Lie with the Truth

Thought: "I'm a failure."

Truth: "I may have failed at something, but failure is something I experienced; it is not my identity.

I am God's workmanship, created in Christ Jesus for good works."
Ephesians 2:10.

Claim Freedom

Agree with what Christ has already done on the Cross.

"Thank You, God, for freeing me from _____ in Jesus' name."

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.
Ephesians 4:22-24

"Set your minds on things above."
Colossians 3:2

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WHAT ARE YOU THINKING?

CHANGE YOUR MIND = CHANGE YOUR LIFE

THE FREEDOM

ADVANTAGE

Scripture Memorization: Find Where It Is Written

Stand on God's Word. If He said it, He will do it.

Addiction

"So if the Son sets you free, you will be free indeed."
John 8:36

Anxiety

"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, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
Philippians 4:6-7

Condemnation

"Therefore, there is now no condemnation for those who are in Christ Jesus."
Romans 8:1

Depression

"Come to me, all you who are weary and burdened, and I will give you rest."
Matthew 11:28

Fear

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
1 Timothy 1:7

Future

"For I know the plans I have for you," declares the Lord — plans for your welfare rather than harm, giving you hope and a future."
Jeremiah 29:11

Grief

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."
Psalm 34:18

Identity

"I have been crucified with Christ and I no longer live, but Christ lives in me."
Galatians 2:20

Unforgiveness

"If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."
John 20:23

Worry

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."
Matthew 6:34

Worth | Self Esteem

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."
Ephesians 2:10

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."
2 Timothy 3:16-17

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GRATITUDE LIST

GRATITUDE LIST (EXAMPLE)

God, thank you for . . .

1. Giving me air to breath
2. Waking me up this morning
3. Giving me food to eat
4. Water to drink
5. A roof over my head
6. A job
7. Giving me life
8. Health
9. Providing for my needs
10. Creating me
11. Saving me
12. Giving me gifts, talents and abilities
13. Strength for today
14. Friends and family
15. A church family
16. A place to lay my head at night
17. A wife or husband
18. Children
19. A future and a hope
and so much more . . .

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."
1 Thessalonians 5:16-18

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GRATITUDE LIST

God, thank you for . . .

LIVING LIFE ON MISSION

GOOD SAMARITAN PROMPTS

so he asked Jesus, "And who is my neighbor?" Luke 10:29

- Do something simple to bless someone today who can't pay you back
- Do you have an elderly neighbor? Bring them a meal or ask them if they need any help
- Call or text someone you haven't seen or talked to in a while. Let them know you were thinking of them
- See a neighbor whose house isn't mowed? Take a few minutes and mow it for them
- Volunteer for a local shelter or food pantry
- Do you have an expertise? If you're an accountant, help someone in financial trouble
- Invite a friend or coworker to come to service with you this Sunday or join you online for Freedom Night
- Do some Spring cleaning and give your unused items to charity

What would Jesus do? WWJD

- Help the least of these
- Go after the one
- Forgive and help his enemy
- Go the extra mile for someone in need
- Give self sacrificially for someone else

Serving Others is a Key to Freedom

- Gets the focus off your issues
- Re-energizes you
- Include your family and leave a legacy
- Heavenly rewards
- You are blessed to be a blessing
- Have a need sow a seed

"Take advantage of every opportunity to be a blessing to others, especially to our brothers and sisters in the family of faith." – Galatians 6:10

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