

A PRACTICAL JOURNEY OF FAITH

31 Day Mind Renewal

Fast from negativity. Feast on God's truth.

This companion is a place to practise, reflect and notice God's faithfulness as you follow the daily posts. Begin on any date and move through the 31 days at your own pace.

- One day at a time.
- One Scripture to return to.
- One practical step that puts wheels on your faith.

Our hope is in the Lord, not in a guarantee that every circumstance will change. Bring Him your real feelings, needs and questions as you go.

Name: _____ **Starting date:** _____

HOW TO USE THIS COMPANION

Put wheels on your faith

Start on any day of the week, in any month. Follow the numbered days in order and pause to reflect at the end of each focus section.

STOP

Pause when a negative thought, word or reaction catches your attention.

NOTICE

Name what you are fearing, believing or feeding your mind.

REPLACE

Turn deliberately towards God's Word, character and faithfulness.

SPEAK

Speak His truth aloud. Let it become prayer and praise.

ACT

Take one wise, practical step that agrees with that truth.

A reflection you can use when it fits:

The fact is / I feel _____. But the truth is _____. So today, I choose _____.

This practice does not ask you to deny pain, ignore a genuine problem or force a positive outcome. Praise helps us turn towards God while we take wise action.

Renew Your Mind

My circumstances don't determine my truth. God's Word does.

DAY	FAST FROM	FEAST ON	READ
01	Complaining	Gratitude	Daily post
02	Negative self talk	God's truth	Daily post
03	Assuming the worst	Hope	Psalms 42:5
04	Bad news saturation	Good news	Philippians 4:8

WHAT STOOD OUT TO ME IN THIS FOCUS?

WHAT DID I NOTICE ABOUT GOD?

ONE TRUTH I WANT TO CARRY FORWARD

Trust Instead of Fear

I don't need to know what God is doing to trust who God is.

DAY	FAST FROM	FEAST ON	READ
05	What if? thinking	Trust	Proverbs 3:5
06	Fear	God's presence	Isaiah 41:10
07	Worry about tomorrow	Today's grace	Matthew 6:34
08	The need to control	Surrender	1 Peter 5:7
09	Impatience	God's timing	Psalms 27:14
10	Scarcity thinking	God's provision	Philippians 4:19
11	Being led by feelings	Truth	2 Corinthians 5:7

WHAT STOOD OUT TO ME IN THIS FOCUS?

WHAT DID I NOTICE ABOUT GOD?

ONE TRUTH I WANT TO CARRY FORWARD

Fix Your Eyes on God

I will magnify God above what I see.

DAY	FAST FROM	FEAST ON	READ
12	Rehearsing the problem	God’s faithfulness	Psalms 77:11
13	Focusing on what’s missing	What God has provided	Psalms 103:2
14	“Nothing is changing”	Faith for the unseen	2 Corinthians 5:7
15	Powerlessness	Prayer	Philippians 4:6
16	Regret	Grace	Lamentations 3:22-23
17	Hurry and pressure	God’s peace	Isaiah 26:3
18	Dwelling on circumstances	God’s character	Psalms 145:8

WHAT STOOD OUT TO ME IN THIS FOCUS?

WHAT DID I NOTICE ABOUT GOD?

ONE TRUTH I WANT TO CARRY FORWARD

Speak and Live Hope

Because my hope is in God, I will speak and live like hope is possible.

DAY	FAST FROM	FEAST ON	READ
19	Speaking defeat	Words of life	Proverbs 18:21
20	Criticising others	Honour	Romans 12:10
21	Offence	Forgiveness	Ephesians 4:32
22	Grumbling	Praise	Psalms 34:1
23	Cynicism	Expectancy	Romans 15:13
24	"I can't"	God's strength	Philippians 4:13
25	Looking backwards	Looking forward	Philippians 3:13-14

WHAT STOOD OUT TO ME IN THIS FOCUS?

WHAT DID I NOTICE ABOUT GOD?

ONE TRUTH I WANT TO CARRY FORWARD

Hope in the Lord

My hope is not in circumstances changing. My hope is in the Lord.

DAY	FAST FROM	FEAST ON	READ
26	Self criticism	Identity in Christ	Ephesians 2:10
27	Shame	Grace	Romans 8:1
28	Comparison	Contentment	Philippians 4:11
29	Circumstantial hope	Hope in God	Psalms 62:5
30	Fear of the future	God’s faithfulness	Deuteronomy 31:8
31	Negativity as a habit	Testimony	Psalms 107:2

WHAT STOOD OUT TO ME IN THIS FOCUS?

WHAT DID I NOTICE ABOUT GOD?

ONE TRUTH I WANT TO CARRY FORWARD

AFTER THE 31 DAYS

Remember and tell your story

A testimony can be a small shift in trust, a moment of praise or a prayer still unfolding.

WHAT DID GOD SHOW ME ABOUT HIS CHARACTER?

WHERE DID I NOTICE A CHANGE IN MY ATTENTION, WORDS OR ACTIONS?

WHAT IS STILL DIFFICULT, AND HOW CAN I BRING IT TO HIM?

WHAT TESTIMONY WOULD I LIKE TO SHARE?

WHICH PRACTICE WILL I CONTINUE TOMORROW?

Begin again tomorrow

Mind renewal is not completed in a month. Keep using STOP, NOTICE, REPLACE, SPEAK and ACT whenever fear, pressure, regret or negativity asks for the final word.

God's truth is worth returning to. His faithfulness is worth remembering. His praise belongs in our ordinary days.

THE SCRIPTURE I WANT TO CARRY WITH ME

THE PRAISE I WANT ON MY LIPS

MY NEXT FAITHFUL STEP

"My hope is not in circumstances changing. My hope is in the Lord."

Keep putting wheels on your faith.

31 Day Mind Renewal

FAST FROM NEGATIVITY • FEAST ON GOD’S TRUTH

Begin any day, in any month
Follow the numbers in order and mark each day as you go.

01 FAST Complaining FEAST ON Gratitude Daily post	02 FAST Negative self talk FEAST ON God’s truth Daily post	03 FAST Assuming the worst FEAST ON Hope Psalms 42:5	04 FAST Bad news saturation FEAST ON Good news Philippians 4:8	05 FAST What if? thinking FEAST ON Trust Proverbs 3:5	06 FAST Fear FEAST ON God’s presence Isaiah 41:10	07 FAST Tomorrow’s worries FEAST ON Today’s grace Matthew 6:34
08 FAST Need to control FEAST ON Surrender 1 Peter 5:7	09 FAST Impatience FEAST ON God’s timing Psalms 27:14	10 FAST Scarcity thinking FEAST ON God’s provision Philippians 4:19	11 FAST Led by feelings FEAST ON Truth 2 Corinthians 5:7	12 FAST Problem rehearsal FEAST ON God’s faithfulness Psalms 77:11	13 FAST What’s missing FEAST ON What God has provided Psalms 103:2	14 FAST “Nothing is changing” FEAST ON Faith for the unseen 2 Corinthians 5:7
15 FAST Powerlessness FEAST ON Prayer Philippians 4:6	16 FAST Regret FEAST ON Grace Lamentations 3:22–23	17 FAST Hurry and pressure FEAST ON God’s peace Isaiah 26:3	18 FAST Circumstances FEAST ON God’s character Psalms 145:8	19 FAST Speaking defeat FEAST ON Words of life Proverbs 18:21	20 FAST Criticising others FEAST ON Honour Romans 12:10	21 FAST Offence FEAST ON Forgiveness Ephesians 4:32
22 FAST Grumbling FEAST ON Praise Psalms 34:1	23 FAST Cynicism FEAST ON Expectancy Romans 15:13	24 FAST “I can’t” FEAST ON God’s strength Philippians 4:13	25 FAST Looking backwards FEAST ON Looking forward Philippians 3:13–14	26 FAST Self criticism FEAST ON Identity in Christ Ephesians 2:10	27 FAST Shame FEAST ON Grace Romans 8:1	28 FAST Comparison FEAST ON Contentment Philippians 4:11
29 FAST Circumstantial hope FEAST ON Hope in God Psalms 62:5	30 FAST Fear of the future FEAST ON God’s faithfulness Deuteronomy 31:8	31 FAST Negativity as a habit FEAST ON Testimony Psalms 107:2	What has God shown me? Keep going: STOP • NOTICE • REPLACE • SPEAK • ACT			