

DAY 19- RENEWED BY THE HOLY SPIRIT

"And be renewed in the spirit of your mind."

— Ephesians 4:23

Ephesians 4:23 exhorts us to an active renewal of the spirit of our mind. This renewal is not a one-time event, but a continuous process that involves a change in perspective, thoughts, and attitudes.

The word *renewal* in the biblical context refers to a radical transformation that changes the way a person thinks and acts. In the original Greek, the word used for “renew” is *anakainōsis*, which suggests a restoration or a reestablishment. Paul is urging us to allow the Holy Spirit to work in us, changing our way of thinking and guiding us toward the truth of God.

This involves leaving behind old habits and thoughts that are not aligned with divine principles. A renewed mind is able to discern the will of God—what is good, pleasing, and perfect (Romans 12:2).

Furthermore, *the spirit of your mind* refers to your inner attitude and disposition, indicating that renewal must come from the deepest part of our being.

This translates into a life that not only conforms externally but reflects a genuine change in character and desires.

Paul’s exhortation to be renewed in the spirit of our mind is a powerful reminder that the Christian life is not merely about external behavior, but a matter of the heart and the mind.

The renewal of the mind is essential to live in accordance with the will of God.

In daily life, we face many challenges that can influence our thoughts. Distractions and worries can lead us into negative thought patterns, making us forget our identity in Christ. Therefore, the renewal of the mind becomes a daily exercise; it involves immersing ourselves in the Word of God, in prayer, and in fellowship with other believers.

REFLECTION QUESTIONS:

What aspects of your inner life do you recognize need to be renewed?

Why do you think you need that renewal? How would that renewal benefit you?