

Renew *my mind*

This is the page I come back to when I'm stuck, spiraling, or just off. Four small steps, five minutes. Don't overthink it, don't go deep — just walk it.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will."

ROMANS 12:2

1 GATHER

How am I feeling right now?

Just name it — no judging it, no fixing it. One or two honest lines is plenty. This isn't a deep dive; it's setting the table.

2 WHAT IF

What if something else were true?

Loosen the grip of the first thought. "What if this isn't the whole story..." "What if God is actually..."

3 ASK THE HOLY SPIRIT

What thought am I conforming to?

How do You want to renew my mind?

Then be quiet for a minute. Write what He says, even if it's one word.

4 CARRY IT

The truth I'm taking into today:
