**Sacred Self-Care: Honoring God’s Temple**

**Week 2**

**Renewing Your Mind**Romans 12:2 - *"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."*

### **1. Guarding Your ThoughtsPhilippians 4:8** – *"Finally, brothers and sisters, whatever is \_\_\_\_\_\_, whatever is \_\_\_\_\_\_, whatever is \_\_\_\_\_\_, whatever is \_\_\_\_\_\_, whatever is \_\_\_\_\_\_, whatever is \_\_\_\_\_\_—if anything is excellent or praiseworthy—think about such things."*

* What we allow into our \_\_\_\_\_\_ shapes our emotions, decisions, and faith.
* Our mental health starts with intentional \_\_\_\_\_\_ and what we allow to influence us.

### **2. Filtering What We Consume1 Corinthians 15:33** – *"Do not be misled: 'Bad \_\_\_\_\_\_ corrupts good \_\_\_\_\_\_.'"*

* Social \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and even certain relationships can impact our mental well-being.
* Transformation requires a renewed \_\_\_\_\_\_ (Romans 12:2).

### **3. Practicing Gratitude and Worship1 Thessalonians 5:16-18** – *"Rejoice always, \_\_\_\_\_\_ continually, give \_\_\_\_\_\_ in all circumstances; for this is God’s will for you in Christ Jesus."*

* Gratitude shifts our focus from \_\_\_\_\_\_ to \_\_\_\_\_\_ faithfulness.
* Worship is a powerful \_\_\_\_\_\_\_ to re-center our \_\_\_\_\_\_\_ on God’s truth.

**Challenge:**

**Reflect:** What influences are shaping your thoughts?

**Act:** Make one intentional change this week to guard your mind.

**Pray:** Ask God to help you filter what you consume and fill your thoughts with His truth.