

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 Thoughts

Philippians 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 Consume

1 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 Worship

1 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.