



renew

A 14-DAY CHALLENGE

by Valerie Woerner

HEY THERE!

I am so grateful you chose to join me for Renew, our 14-day challenge to study the word “mind,” and let the lessons we learn overhaul our thoughts. Over the past year, passages in the Bible with the word “mind” have captured my attention so much!

I know my mind is important, but judging by my thought life, I really didn’t hold it in as high regard as the Lord did. The Word is covered in Scripture that calls us to renew our minds in truth, and there we will find **peace** and **joy**. Those are two qualities I feel like we are all fighting for on a daily basis. Anxiety and depression are at all time highs right now and our drug industry totally confirms that with the number of people desperately trying to find even a little bit of relief. I have found so much encouragement in the Word, and better than that, I have experienced more joy and peace as I have learned to renew my mind. It sounds like a nice buzzword but y’all know me. I want to know how to take biblical truths and apply them to my life in practical ways. So that’s what this challenge is all about.

Over the next 14 days, we will look at passages in Scripture with the word (or sentiment) “mind,” see what God is saying, and take one action step to really apply what we are learning. By the end of the challenge, my hope is that you will see a noticeable difference in your thought life. That might sound like a tall order, but I know it’s possible because I’m experiencing it right now after studying these verses all together.

ACTION STEP

Many times throughout this journey, I’ll encourage you to journal your thoughts. Grab your [yearly prayer journal](#), [Fresh Start](#) or another notebook that you will be able to write notes in and look back on when you need a refresher!

Let’s start here. What is your thought life like today? What is so hairy in your mind right now that you felt it was worth diving into this study for the next 2 weeks? Trust me, I know that’s a big deal! I want you to write down your starting point. Write down those common thoughts you have that weigh you down. Don’t skip this! It’s foundational to think about what we are actually thinking about in order for us to change it.

Father, I pray for the person reading this right now. Give them time and space to make the most of this challenge and the discipline to stick with it. We love you, Lord! I’m grateful for the opportunity to share what I’ve learned about the mind and pray this glorifies you! In Jesus’ name, Amen!

· day one ·

PERFECT PEACE IS OURS

You will keep in perfect and constant peace the one whose mind is steadfast [that is, committed and focused on You—in both inclination and character], because he trusts and takes refuge in You [with hope and confident expectation].

- Isaiah 26:3 (AMP)

Don't we all want peace? And bonus: a perfect peace that is constant? Does this kind of feel like a false promise because we still have fear in our lives even if we are reading all the anxiety verses and praying?

This forces me to get really honest about my mind and thoughts. **When I think my mind is steadfast, is it really?** I can tell you that I have read verses through panic attacks and hard moments all while still being completely consumed with the mountain in front of me. We're able to look at our phone while we have a conversation or watch TV while flipping through a magazine. We don't even realize how divided our minds can be. Doesn't it make sense that we can convince ourselves that we are meditating on God while at the same time letting unruly thoughts linger?

What I love about the Amplified version of this passage is how it says explicitly what a steadfast mind is: "committed and focused on [God] - in both inclination and character." Inclination and character get me thinking.

MY INCLINATION

My natural tendency or habit is to let thoughts fester. Just last night, I KNEW I needed to shift gears, get off my phone and make the tough decision to find true refreshment in the Word. Instead, I let that natural habit take me further and further. An HOUR later, I was depressed and frustrated with myself. It's crazy how fast those negative feelings can come on.

- *A practical tip: How do we change the initial habit? How can we create a new response when the bad habit trigger of negative thinking pops in? When we experience the first sign of a pity party over something small, we can say, "But hey! I'm not stranded on a deserted island without food or my comfy pillow (or whatever little comfort you love)!" This sounds silly, but it snaps me back to reality pretty quick. Whatever I'm sad about is likely small.*

MY CHARACTER

I blame my character on my worrying. I am just a worrier, we say. Seriously, like 95% of people consider this just a personality trait. *hands raised high over here* When we claim this as just part of who we are, we give it too much power and give up all control that we can possibly do something different to change it. We also don't give God much credit to change that about us. You know that this is not our story. Worrying is not how God created us.

- *A practical tip: Stop identifying yourself as a worrier. Stop giving those thoughts a free pass and instead start identifying with your new self.*

Now let's look at the second part of this verse in the reverse. What we keep our mind on is what we are trusting. What do your thoughts tell you? If your mind is constantly on your financial struggles, is your trust in God or in the bank account? I'll be honest, I learned the hard way last year that my trust was in consistent VMP sales. I never would have thought that, but when things slowed down for a season, it was all I could think about.

ACTION STEP

I know your time is precious and I certainly don't want to waste it! I hope you get the most out of this challenge. To do that, I highly recommend journaling what you learn and what you discover about yourself. [Journaling has helped me so much!](#) Today, journal about the two practical tips I shared above.

Feel free to email us at info@valmariepaper.com to share any victories you experience as you work through the challenge! We're cheering you on!

· day two ·

BACK ALLEY THOUGHTS

*“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”
- 1 Peter 5:8 (NIV)*

There’s a reason your mind entertains thoughts you wish you didn’t think. We have an enemy actively planting seeds in hopes to lead us to ruin. His entry point is our thoughts. All the big things that devour us, like addiction, infidelity and the seemingly smaller things, like envy, comparison, selfishness, pride or anxiety, start there. When we let these negative thoughts consume us, they flow out. It’s inevitable.

So Satan plants seeds in our minds. But this verse is followed by hope. Verse 9 says, to “resist him, be firm in your faith.” This tells me that it actually IS possible to resist the enemy. I need this reminder often, especially after it feels like I continually let my thoughts run rampant.

If we aren’t on guard, we can be overtaken suddenly and wonder how we got there. Has that ever happened to you? Life is good. No worries and no sadness. Then, within hours, you feel smothered by the most negative thoughts?

I picture Satan like the shiftiest of street vendors in a back alley and me as a naive tourist completely unaware that he might not have the best of intentions to sell me the real deal. We lose when we naively buy whatever he’s selling us.

When we live aware of our enemy, we come at things from a different mindset and can better resist his attacks. How do you practically do that? By being “firm in your faith”, rooted, established and immovable in what you believe to be true. This is why I have repeatedly mentioned getting in the Word. The more we know and believe, the firmer our feet can stand against attacks.

Lay down roots. Plant those feet firmly and say goodbye to that naive tourist who bought from the devil.

ACTION STEP

Listen to a sermon from Max Lucado called, [“Minding Your Mind.”](#) You can find the link to this and all the resources I mention at the end of the e-book!

· day three ·

CONFORM OR TRANSFORM

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.
- Romans 12:2 (ESV)

The Message translation paints such a visual for this verse. It says that culture drags us down while God brings out our best. What is that best? As I dug into this passage, I found four things that happen when we renew our minds.

FREEDOM

We don't like the idea of confinement or conforming. I wouldn't normally describe myself as a rebel, but in this case, it's true. When we let thoughts in that are not from God, we are conforming. You might think that it's restrictive to not watch certain shows or have certain thoughts or even some conversations, but that's actually where freedom lies.

MATURITY

Transformation comes when we reject the world's definition and renew our mind in God's truth.

WORSHIP

Looking at the context of this verse, the sentence that precedes this passage says, "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship." How do we do this? The following sentence tells us. By not conforming. Know that when you renew your mind, it is an act of worship to God. In Matthew 22:37, Jesus says, "Love the Lord your God with all your heart and with all your soul and with all your mind." Loving God with our minds is part of the greatest commandment. When we obey, we glorify God.

CLARITY

The ending of verse 2 that I honestly tend to skim past says, "That by testing you may discern what is the will of God, what is good and acceptable and perfect." When we are renewing our minds in God's truth, we will find clarity.

ACTION STEP

Write down what thoughts you are struggling with right now. Write down the shows you are watching often, the websites you check daily, the books you are reading or other media you are consuming. Make a decision that might feel confining that will actually be very freeing. Say no to the shows that cause anxiety, envy or depression. Need extra encouragement? Read my post on [4 reasons we can't let fear hold us back](#) and how it took me 18 years to conquer my biggest fear.

· day four ·

NO NEUTRAL GROUND

*For to set the mind on the flesh is death,
but to set the mind on the Spirit is life and peace.
- Romans 8:6*

This verse puts a fight in me. I am reminded that there is no neutrality of the mind. There aren't thoughts that are neither good nor bad. They either bring us life and peace or they are slowly killing us. Big deal, right? Every thought that enters our mind is important.

When you think about your thoughts over the course of the day, what's the balance when your head finally hits the pillow? Is it negative? Do you struggle to fall asleep feeling anxious, frustrated with yourself or your spouse, annoyed at your kids, worried about bills or wondering why that famous insty girl has it so much easier than you? Walk through the day. Did you embrace overwhelmingly more negative thoughts than positive ones? Has it all left you assuming that God isn't listening?

He's right there friend.

Believe me. I have blamed God for a lot. And then I've realized how silly I looked and felt embarrassed that I could fill up with the world all day long and then complain that God wasn't there. He desperately wants us to choose Him and see that He's with us but He doesn't force His way in or turn us into robots who follow Him.

It is strangely easy to disconnect our thoughts and our feelings and not even realize that the reason we feel consumed by so many negative thoughts, like comparison, envy, depression, anger and bitterness, is because we keep feeding the beast.

ACTION STEP

Tonight before bed, journal how you are feeling or how you have felt the majority of the day. Write down several of the thoughts you have had throughout the day and see how they match up and affect each other.

· *day five* ·

WHICH WOLF ARE YOU FEEDING?

I read my friend [Jennifer Dukes Lee's post](#) the other day and had to include it because she shared an old legend that immediately challenged me by asking the simple question “Which wolf are you feeding?” It goes like this:

“The grandson of an old Cherokee chief asked his grandfather, ‘Why is life so unhappy?’

The wise chief thought for a moment and then asked his grandson to listen to the wolves howling in the distance. The boy listened.

The grandfather continued: ‘A fight is going on inside me. It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, and regret. The other is good—he is joy, peace, love, and hope. This same fight is going on inside you—and inside every other person too.’

The grandson thought about that for a moment and then asked his grandfather, ‘Which wolf will win?’

The old chief simply replied, ‘The one you feed.’”

Which thoughts are you feeding? Which thoughts do you entertain more?

I’ll tell you right now, I know when I entertain the thoughts of, “My life is hard.” or “I deserve to throw myself a pity party because...,” I am feeding a tiny wolf of discontentment. It’s small and seems innocent but then it turns into a raging beast with just a little food. Don’t underestimate those thoughts.

ACTION STEP

Ask yourself today, “Which wolf am I feeding?” And if you are feeding the evil or worldly wolf, ask yourself what it’s tearing up in your life.

· day six ·

CITIZENS OF HEAVEN

Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ.

- Philippians 3:19-20

When we set our mind on this world, it will lead to destruction. Why? Because our citizenship is in heaven. Our **minds** are different because our citizenship is in heaven. Does that mean we will get it perfect? Of course not. I get what it means to set my mind on earthly things (i.e. filling every space in my life with text messages, Netflix, social media scrolling, fantasy football, shopping and more). I get that I need to find space. I even wrote a post a while back about [silence and solitude](#) when I was sitting on that topic. But how can I practically set my mind on eternity? I did some digging and [John Piper gave a beautiful answer](#):

*“As we read the Scriptures we ought to pray, ‘O Lord, open my eyes to see yourself and the wonders that you are and the wonders that you promise.’
These are the things of heaven.”*

I’m still fleshing out what this looks like, but I’m hooked on the word wonder and it keeps me thinking about the book, [Awe, by Paul David Tripp](#), that I read a while back. It was all about this concept of living every day in awe of God. Definitely worth the read if you are looking for more on this topic!

ACTION STEP

Pray this prayer by John Piper this morning, then write out Colossians 3:1-3 and spend the day meditating on it. Read it in several different versions to gain a fuller picture of it.

· day seven ·

THE POWER OF DISCIPLINE

For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control].

- 2 Timothy 1:7 (AMP)

When I read this verse, what sticks out to me most is the fact that, although we have been given a sound mind, it's entirely possible to not experience a sound mind. It just like how owning a treadmill doesn't mean I will use it and experience its benefits.

Today, I want to use this visual to instill this idea: That thing sitting in my bedroom that I've turned into a clothes rack? That thing that's been collecting dust all while I complain to my husband that it's hard to work out at home? It's a treadmill. The answer is in front of me but I have neglected it. I forgot about the gift.

So here is your reminder. We have the gift. We may have forgotten we had it. We may have even complained to the gift giver that He forgot to give our gift to us, but He hasn't. It's right there and He is inviting us to use it.

Further digging revealed this:

- The NKJV uses the words "sound mind."
- The NLT uses the word "self-control."
- BlueLetterBible.org's lexicon uses the word "moderation."

I am blown away that something as life-altering as our thoughts can be tamed by something as mundane as discipline and self-control. Whether I live wrecked with anxiety, overwhelmed by heavy, dark thoughts, or experience God's abundant peace and joy is at least in part decided by whether I exercise the discipline to say "no" to the thoughts of the world or "yes" to God.

Even as I type these words, I feel like I have to minimize the power we have because surely we know God is all-powerful and if He wanted me to have peace, He doesn't need my help. And while it's true that God could literally snap His fingers and we could have peace, that's rarely how God works. Why? Because it's in the struggle and the learning of discipline that we grow to look more like Him. And ironically, in the struggle, we have to choose to fully rely on Him to change us. And part of that is understanding that He changes us through His Word and prayer and not simply a snap of the fingers.

We can be a participant of His grace and activate His power by exercising self-discipline in our thought life.

ACTION STEP

Today, meditate on the question below and journal a response at the end of the day:
In what practical ways are you exercising personal discipline to achieve a calm, well-balanced mind?

· day eight ·

EMOTIONS MAKE BAD MASTERS

*“A sound mind makes for a robust body, but runaway emotions corrode the bones.”
- Proverbs 14:30 (MSG)*

Let me start by saying, emotions aren't bad. They can be a good indicator that things are off, much like sickness alerts us to something wrong in our bodies. But while emotions make good servants, they don't make good masters.

Part of having a tranquil heart is keeping our mind sound and not letting thoughts or emotions run rampant. I have experienced some rollercoaster emotions in my day. The most volatile was the week my sister got married. There were so many joyful tears. On her wedding day, I was 36 weeks pregnant (with an 8 lb ball of hormones rolling around in my belly) and cried most of the day. Not 12 hours later, we found out my cousin had died. That following week until the funeral was filled with even more tears and grief.

Both emotions were healthy. I needed to celebrate and I needed to grieve. But I felt like I was barely holding it together, living completely reactionary and letting my emotions single handedly decide my actions for me.

When we have thoughts that tell us life is hard and no one has it as hard as we do, we sometimes feel the only answer is to down a pint of ice cream. Friends, I have been here way more times than I care to admit. But I'm learning to explore the roots of those thoughts instead of jumping on the bandwagon without determining whether there is a foundation for that feeling or if it is a rootless seed planted by the devil.

ACTION STEP

Have you heard of the feelings wheel? It's a tool used to help us identify what we are really feeling. Click [here](#), or find the website address at the end of the e-book, to see the wheel. Start with the outer rim and see which word is describing how you think you are feeling. Move inward to see if the word listed describes you or to identify what your true feelings are so you can more intentionally react to them.

· day nine ·

MY OLD SELF

“To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”

- Ephesians 4:22-24

Wearing old rags when we’ve got a brand new perfectly fitting dress in the closet seems silly. But what’s insane is if I complained about the old rags, wondering why I don’t smell like a brand new outfit. This is me every time I wonder why I am struggling with depression or anxiety, comparison or more, when I’m still thinking thoughts from my old self and expecting joy and peace. But we have to take off the old rags (the old thought patterns) and put on the new dress (a new way of thinking).

The Message version says we have to “take on an entirely new way of life.” You’ve heard it said that the definition of insanity is doing the same thing and expecting different results. If you are tired of the same worries and the same depressing thoughts creeping in, do something different. Start taking off the old thoughts and refuse to let them come back.

When they creep in your mind, imagine yourself taking the old rags off and tossing them into the furnace. Grab the new dress and don’t even think of sticking your hand into the flame to pull them out. In that analogy, sticking my hand in the flame to retrieve old rags seems like a no-brainer. Why would I do that when I’ve got a brand new dress? Habit, maybe? The fact that Satan makes it look appealing to me? Regardless, recognize here and now that we have everything we need for joy and peace when we entertain thoughts of God instead of the thoughts of our old self.

The NLT version says “let the Spirit renew your thoughts and attitudes.” LET THE SPIRIT. We simply have to scoot out the old stuff and let the Spirit in. We don’t have to manifest happy thoughts out of thin air. We have a whole big book (you know the one) to meditate on. There have been many times when I’ve felt too overwhelmed to pray and come up with my own lovely words. Sometimes, I’ve chosen to give up and find shallow solace in my phone or a pity party. Other times, I’ve chosen the Bible, and that input of truth gave me all the words I needed.

ACTION STEP

Think through this today and journal tonight: What thoughts are from my old self? What truths do I need to find and hold on to to replace them?

· day ten ·

GIRD THE LOINS OF YOUR MIND

*Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.
- 1 Peter 1:13*

What does sober-minded mean? A quick search on BlueLetterBible.org reveals: steadfast, self-disciplined and spiritually and morally alert. Do we take our thoughts seriously and protect them or do we let them trip us up?

I read a [fantastic devotion](#) from the book Sparkling Gems by Rick Renner about this verse and the phrase “gird up the loins of your mind” which appears in the KJV. This phrase was used for runners who would basically hike up their robes and tuck them in their belts so they could run without entanglement. Rick said,

“Peter is telling us that if we don’t:

- deal with the loose ends that exist in our minds and emotions;
- correct those parts of our thinking that we know are wrong;
- grab hold of all those dangling areas in our thinking and put them out of the way;
- and remove them by the authority of the Word of God —

then we are choosing to permit things to exist in our lives that will hinder our steps and slow us down in our race and in our ability to successfully walk with God!”

That’s powerful stuff! I want to run unencumbered especially by, of all things, my thoughts. It seems like such a silly thing to get tangled up in but it’s incredibly significant in our race. It can even affect whether or not fear keeps us from certain opportunities.

ACTION STEP

What are the common loose ends of your mind that the devil is grabbing hold of? (Examples: I’m lazy. I’m too busy. Why do all my friends seem to have perfect husbands?) The devil will use these as entry points that will only lead to destruction. I loved these additional questions from Rick: What are you doing right now to make sure the devil can’t find access to your mind and emotions again? What practical steps are you taking to make sure that you won’t fall into that same trap the next time?

· day eleven ·

A LIFE SHAPED BY CHRIST

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

- 2 Corinthians 10:5 (NIV)

My questions are:

- What thoughts go against God?
- What are thoughts that obey God?

When we know the Word, we can more easily detect these things. Studying the Bible has immediate benefits, like setting our minds up with truth for the day. But it also has exponential benefits for our future when a truth we read months before circles back and God uses it in our lives.

The Message version says, “every loose thought, emotion and impulse into the structure of life shaped by Christ.” A life shaped by Christ. This is what I long for. Not a life shaped by every loose thought like we talked about yesterday! It gives the devil an entry point.

As I think about a life shaped by Christ, I can get overwhelmed with living “intentionally”. This is such a buzzword for our generation. We all want to live more intentionally. But before you get overwhelmed with all the action steps to start living more intentionally, think about your mind. This is the outflow. Getting intentional with our thoughts will change everything else.

ACTION STEP

As you go about your day, study your thought life as you reflect on this verse. Before bed, think of the last few thoughts you’ve had and journal your insight. Were they thoughts that obeyed Christ? Did you have to take captive any thoughts?

· day twelve ·

MASTER ANXIETY OR MASTER ALMIGHTY

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

- Philippians 4:6-8

I've heard these verses a million times, but this time, this thought came to me: We can't serve two masters. We can't expect the peace or joy of God while simultaneously filling our mind with garbage. But the efforts aren't ours alone. When we choose to fill our minds with good things, the peace that comes is exponential because God is involved. It's actually not just about us guarding our thoughts. God guards once we take the step to fill our minds with good things.

Sometimes when I think about this verse, thinking on lovely things seems careless. It seems a bit naive. But God never said anxiously thinking about our troubles will solve them. In fact, He said in Matthew 6:31-34, "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Instead, He will solve them when we think on Him.

ACTION STEP

Write on a sticky note, "whatever is true, noble, right, pure, lovely, admirable, excellent and praiseworthy." Keep it handy throughout your day and let it help filter your thoughts.

Bonus action step: Listen to the Max Lucado's sermon, ["Think About What You Think About."](#) So good!

· day thirteen ·

WHAT ARE WE SEEKING?

How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you. In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues.

- Psalm 31:19-20

This verse, at first glance, feels very disconnected from the mind, but I found something interesting in this passage. There is goodness stored up like hidden treasure that I will find only when I seek God and not the actual treasure.

- This is why if I'm anxiously seeking peace apart from God, I won't find it.
- This is why if I turn inward and start analyzing why I'm not experiencing joy and focus on myself in hopes to feel better, I won't find joy.
- This is why if I tell myself, stop thinking about _____, we rarely stop thinking.

We talked yesterday about Matthew 6:33, but the verse above uniquely illustrates it again. "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

As we seek good thoughts and journey on this quest to renew our minds, our source has to be Jesus.

ACTION STEP

Today, put aside the tools we've been using to renew your mind and simply seek to know Jesus better.

· day fourteen ·

A MIND THAT GLORIFIES GOD

“Yes, they knew God, but they wouldn’t worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused. Claiming to be wise, they instead became utter fools...They traded the truth about God for a lie. So they worshiped and served the things God created instead of the Creator himself, who is worthy of eternal praise! Amen.”

- Romans 1:21-22, 25

Why? I wanted to know why they traded truth for a lie. Why did they worship things God had created instead of God himself, the creator of it all! As I dug into this passage, I started piecing it together. Romans 1:21 starts out talking about how we are without excuse to know God because all of creation cries out His name. Creation piques our curiosity to pursue God. We are able to perceive that God is real, but we have the choice of pursuing His truth or rationalizing it.

Romans talks about how they justified different reasons and became futile in their thinking. Instead of choosing to give thanks and honor God, they chose science or logic. This forces me to ask myself, in what ways do I choose to find reasons to NOT glorify God? **What “logic” am I preferring to God’s marvelous truth?** Would I rather believe something is coincidence instead of giving God the credit?

We can’t simply know God with our mind. We have to give Him lordship. Going back to our key verse, why did they worship creation? Because they tried to explain things with human reason even when the truth was staring them in the face begging to be pursued.

As we wrap up talking about renewing our minds, we can’t neglect that the more we pursue foolish ideas, the more our minds will be darkened. On the other side, the more we choose to glorify God, the more our minds will be opened to more truth.

ACTION STEP

How can I glorify God instead of defaulting what seems logical or assuming a coincidence? In what ways do I try to explain away God’s marvelous truth with facts?

EXTRA RESOURCES

I am so grateful to have gone through this challenge with you! If you are looking for ways to keep learning on this topic, here are some suggestions.

- Read the Gospels and pay special attention to the mind of Christ to get a clearer picture of what it actually means to have the mind of Christ, which Philippians 2:5 tells us we have!
- Want to be renewed specifically in regards to anxiety and worry? Listen to the full series from Max Lucado called, [“Anxious for Nothing.”](#)
- Want to be renewed specifically in regards to joy? Listen to this sermon from John Piper called, [“The Path to Full and Lasting Pleasure.”](#) On my favorite verse!! :)
- Search your concordance for more passages with the word “mind.”
- Grab one of our [Val Marie Paper prayer journals](#)! As we have talked for 14 days about how easily our minds slip into thoughts, I can’t help but share them. I created our prompted prayer journals to bring my mind back to the Lord as I pray because distractions abound and focus is hard to come by!
- This challenge has changed the direction of my second book (tentatively called Grumpy Mom Takes a Holiday). The aim was to share with moms how we can live more than the stereotyped mom life. As I experienced my own struggles, I kept coming back to this idea of needing to reject the lies of motherhood and renew my mind with truth. If you would like to be encouraged more on this topic as it relates to motherhood, [sign up on our website](#) to be notified when I have any updates on the book!

I hope that your mind has been refreshed through this challenge. I’d love to hear what message has been most impactful. Share with us at info@valmariepaper.com!

Val

LINKS MENTIONED

INTRO

Yearly/Fresh Start Journal - <https://shop.valmariepaper.com/collections/journal-collection>

DAY 1

“7 prompts to start journaling” - <http://www.valmariepaper.com/7-prompts-start-journaling/>

DAY 2

“Minding Your Mind” - <https://vimeo.com/133759636>

DAY 3

“4 reasons we can’t let fear hold us back” - <http://www.valmariepaper.com/4-reasons-we-cant-let-fear-hold-us-back/>

DAY 5

“Which Wolf Are You Feeding?” - <http://jenniferdukeslee.com/which-wolf-are-you-feeding/>

DAY 6

“How to practice silence and solitude” - <http://www.valmariepaper.com/how-to-practice-silence-solitude/>

“What Can We Do Practically to Help Set Our Minds on Heavenly Things?” - <https://www.desiringgod.org/interviews/what-can-we-do-practically-to-help-set-our-minds-on-heavenly-things>

DAY 8

The Feelings Wheel - <http://www.joshspurlock.com/wp-content/uploads/2014/02/The-Feeling-Wheel.pdf>

DAY 10

“Gird Up the Loins of Your Mind” - <https://renner.org/gird-up-the-loins-of-your-mind/>

DAY 12

“Think About What You Think About” - <https://rock.oakhillschurch.com/page/641?Item=581>

EXTRA RESOURCES

“Anxious For Nothing” - <https://rock.oakhillschurch.com/page/641?Item=572>

“The Path to Full and Lasting Pleasure” - <https://www.desiringgod.org/messages/the-path-to-full-and-lasting-pleasure>

Prayer Journals - <https://shop.valmariepaper.com/collections/journal-collection>

“Grumpy Mom Takes a Holiday” - <http://www.valmariepaper.com/books/grumpy-mom-takes-holiday/>