**Renewing the Mind: Aligning Your Thoughts with God’s Truth**

**Purpose:**  
Addiction often distorts the way we think, creating patterns of fear, shame, and hopelessness that keep us trapped. These thought patterns can cloud our view of ourselves, others, and even God. But the Bible offers a powerful path to freedom: the renewal of the mind. Romans 12:2 tells us, *“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.”* Renewing your mind involves replacing lies with God’s truth, breaking free from destructive thought patterns, and allowing His Word to reshape the way you think and live.

This process is not a one-time event but a daily act of aligning your thoughts with God’s promises. As you meditate on His Word, you invite transformation into your life, replacing despair with hope, fear with faith, and shame with grace. This worksheet will guide you through scripture, prayer, and practical steps to help you cultivate a mind that is rooted in God’s truth and empowered by His love.

What areas of your thinking do you feel need to be renewed by God’s truth?

**1. Scripture to Reflect On**  
The Bible is filled with verses that speak to the power of our thoughts and the importance of aligning them with God’s Word. Philippians 4:8 encourages us to focus on what is true, noble, right, pure, lovely, and admirable, saying, *“If anything is excellent or praiseworthy—think about such things.”* This verse invites us to actively redirect our minds toward what is uplifting and life-giving.

In 2 Corinthians 10:5, we are reminded to *“take captive every thought to make it obedient to Christ.”* This means not allowing negative or destructive thoughts to control us but instead submitting them to the truth of God’s Word. Finally, Isaiah 26:3 declares, *“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”* Fixing our minds on God brings peace, even in the midst of struggle.

Which scripture resonates most deeply with you, and how does it encourage you to align your thoughts with God’s truth?

**2. Identifying Destructive Thought Patterns**  
Renewing the mind begins with recognizing the thoughts that keep you bound in fear, shame, or doubt. These thoughts often stem from lies about your worth, your abilities, or God’s love for you. For example, you might believe, “I will never change” or “God has abandoned me.” These lies create barriers to healing and growth.

Ask yourself: What lies or negative thought patterns have taken root in your mind because of addiction? Once identified, these thoughts can be replaced with God’s promises, which declare that you are loved, forgiven, and capable of transformation.

What are some negative thoughts you often experience, and how do they affect your recovery?

**3. Replacing Lies with God’s Truth**  
The Bible is a weapon against the lies that addiction tells you. Each time a negative thought arises, you can counter it with scripture. For example, when you think, “I will never change,” remind yourself of Philippians 1:6: *“He who began a good work in you will carry it on to completion until the day of Christ Jesus.”*

When shame whispers, “You are not worthy,” respond with Romans 8:1: *“There is now no condemnation for those who are in Christ Jesus.”* This truth reminds you that God’s grace covers your past and His love defines your worth. Replacing lies with God’s truth takes practice, but over time, it reprograms your mind to see yourself as God sees you: redeemed, cherished, and capable of overcoming.

What specific scriptures can you use to replace the negative thoughts you identified earlier?

**4. A Prayer for Renewing the Mind**  
Prayer is a powerful way to invite God into the process of renewing your mind. This prayer can guide you as you seek transformation:

*Heavenly Father, I come to You with a heart that longs for renewal. Help me to recognize the lies that have taken root in my mind and replace them with Your truth. When I feel weak, remind me of Your strength. When I feel unworthy, remind me of Your grace. Transform my thoughts so that they align with Your promises and Your will. Thank You for the peace and hope You bring through the power of Your Word. Amen.*

How can making prayer part of your daily routine help strengthen your mind and align your thoughts with God’s truth?

**5. Living a Renewed Life**  
Renewing your mind is not just about changing your thoughts—it’s about transforming the way you live. As your thinking aligns with God’s truth, your actions, attitudes, and decisions will begin to reflect His will for your life. Colossians 3:2 reminds us, *“Set your minds on things above, not on earthly things.”* By focusing on God’s perspective, you can approach challenges with faith and hope, knowing that His power is at work within you.

Living a renewed life also means extending grace to yourself when you struggle, trusting that God’s mercies are new every morning. Each day is an opportunity to grow closer to Him and to walk in the freedom He offers.

What changes in your life would reflect a mind renewed by God’s truth?

**Conclusion:**  
Renewing your mind is a journey of transformation, a process of replacing the lies of addiction with the life-giving truth of God’s Word. It is not an overnight change but a daily practice of focusing on His promises, taking every thought captive, and trusting in His power to bring healing and peace. As you commit to this process, remember that God is with you, equipping you for victory and guiding you toward a life of freedom and wholeness.