

BE TRANSFORMED BY THE
RENEWING OF YOUR
MIND...
ROMANS 12:2



GUIDEBOOK

Mind Renewal Resource

*Revelation
Within*



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Heidi and Christina

INTRODUCTION

Christina Motley and I, Heidi Bylsma-Epperson, of Revelation Within, welcome you to this resource guide. You may have stumbled into it during one of our challenges or perhaps you just joined our community and thought to check it out. Regardless, *WELCOME!* Christina and I are available in our community to support you and answer your questions.

REASONS TO RENEW YOUR MIND



TRANSFORMATION REQUIRES IT



DEEPENS OUR INTIMACY WITH GOD

It fosters a moment-by-moment awareness of His presence.



ALIGNS OUR LIVES WITH HIS WILL

Through mind renewal we seek God's thoughts about what we face. We can align our thoughts and beliefs with His and "think God's thoughts after Him."



FOCUSES US ON GOD AND HIS WORD

Our understanding of God and His Word goes to an entirely new level and we experience His sufficiency.



GIVES US A NEW PERSPECTIVE

We develop a newfound ability to navigate challenges with wisdom and grace. We learn more and more what it means to love others well and to love God well!



LEADS US TO FREEDOM

We escape from old destructive patterns using counterfeit comforts that we have used for years to deal with life's challenges. Now, we have a new way of thinking and living!



BUILDS OUR LIVES ON TRUTH

With mind renewal, we begin to see that there are lies that we believe that have been a part of our thinking for years. We expose these to the light of God's Big T Truth.



DEVELOPS AN ETERNAL VIEW

God's Word reminds us to fix our eyes not on what is seen, but on what is unseen, for what is seen is temporary and what is unseen is eternal. Mind Renewal helps us to do that.

SO, THERE YOU HAVE IT!

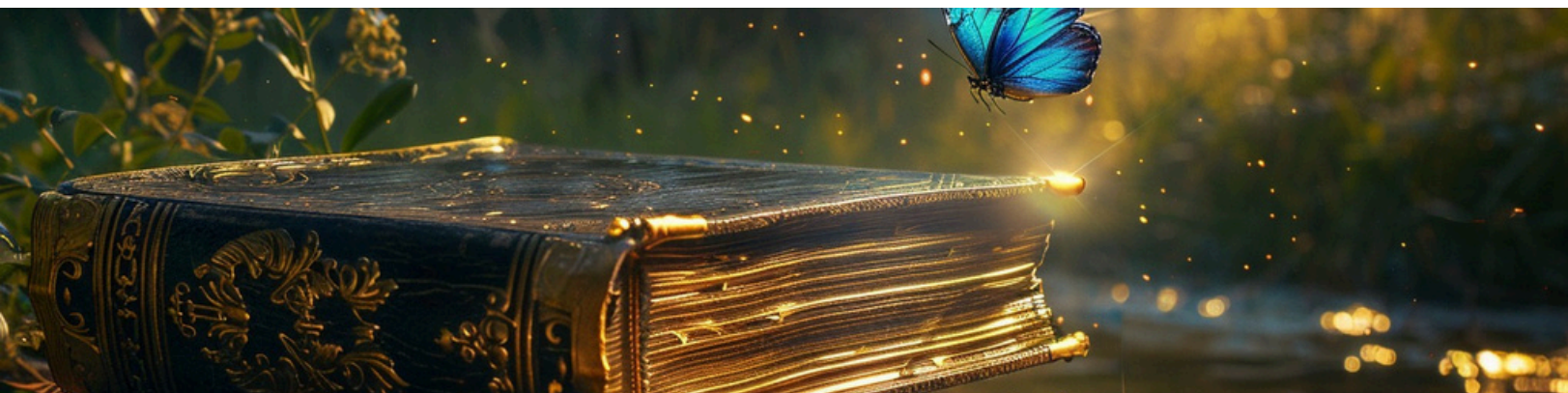
Renewing your mind enhances your walk with Jesus by providing practical strategies for integrating God's perfect Big T truths into your daily life. Your love for the Lord and your knowledge of Him and His love for you *will move from your head to your heart!*

TRANSFORMATION!

TRANSFORMATION

THINK, BELIEVE, ACT

Whatever we think about will determine our beliefs.
Our beliefs will directly determine our actions.



HOW TO USE THIS RESOURCE GUIDE

*Therefore, I urge you, brothers and sisters, in view of God's mercy,
to offer your bodies as a living sacrifice,
holy and pleasing to God—this is your true and proper worship.
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 12:1-2 (NIV)*

CHOOSE WHAT TO THINK ABOUT



We all think thoughts all the time. And what we ponder will form and shape our beliefs. Our beliefs will then establish our actions.

So if we see actions in our lives that concern us – running to food, numbing out with scrolling on our devices, reacting explosively to people around us, being in a state of disappointment with our lives – we can back up to what we are thinking.

We might struggle with turning to counterfeit comforts like binge watching shows or overworking. Let's take our thoughts captive like 2 Corinthians 10:5 says—**before** our thoughts take US captive!

AVOID OVERWHELM



Try just one of the tools in this guide and see how that goes. We suggest trying the mind renewal tools in order of the way they are presented. The first tool, the God List is fundamental to some of the others so that might be a great place to start. Please, though, feel free to use the tools in any order! When you feel like you see how one tool works, try another one. In time, you will find that you are able to practice them with spontaneity and joy. These are intended to be life-giving...please don't let the enemy use this list to overwhelm you!

KEEP IT SIMPLE



Ask in the community if you need clarification or suggestions. There are lots of helpful participants who can offer clarity. Also, Christina and Heidi are in the community almost every day.

*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 4:8*



MIND RENEWAL TOOLS

Just A Sample

We have over 100!



TOOL #1 GOD LIST

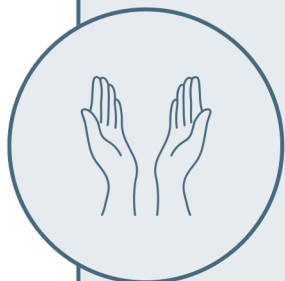
The God List is the first mind renewal tool that the Lord led us to intentionally develop. It came about because many people who came to us seemed to have a view of God that was more like a disapproving, distant, condemning, authority figure like a mean boss or abusive parent! This stood in their way of experiencing a tenderness in their hearts for God that would encourage them to want to honor and submit to his authority.

So we challenged ourselves and those who came to us to begin a running list of what God's Word says about Who He is and what He does for His people. Later, we added a column for participants to add "What does He want me to believe?"

Whether it is in reading the bible directly, Christian studies and books, or even hymns and songs, there is a lot of truth about God that many of us may have forgotten or never even known! He wants to reveal Himself to us!

The best way to start building a God List is to open to Psalms and just start there. Ask God to show you Himself. Then write down what you see.

Other tools in this resource will draw on the God List so this is a great place to start.



TOOL #2 PRAISEFEST

Refer to your God List in tool #1 and use it to praise God for Who He is and what He does for His people.

Example:

My God List references Proverbs 18:10, "The Name of the Lord is a strong tower, the righteous person runs into it and is safe."

In my Praisefest, this becomes, "God, You are a strong tower and I know that I can run into that tower and be safe. Thank you!"

Another example is, simply, "Thank you, God, that you are Redeemer."

MIND RENEWAL TOOLS

Continued



TOOL #3 SCRIPTURE WORD FOCUS

Select one scripture for this exercise. Invite God in to this activity and then read the verse out loud or write it in a journal emphasizing the first word in the verse (or short phrase).

Read the verse out loud again (or write it down) emphasizing the second word in the verse or short phrase.

Continue through all words or short phrases of the verse. As you do, notice the nuances of meaning from focusing on each word or short phrase.

Example using Isaiah 41:10:

So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.

So **do not** fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.

So do not **fear**, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.

So do not fear, **for I am** with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.

So do not fear, for I am **with you**;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.

Take a moment to pray and praise God for the specificity of each word and how the meaning of the verse expanded as you did this exercise!

MIND RENEWAL TOOLS

Continued

TOOL #4 PERSONALIZE SCRIPTURE

Select a relevant verse for what you may be feeling or going through and insert your name.

Using Isaiah 41:10 again:

So Heidi will not fear, for God is with Heidi
Heidi will not be dismayed, for God is Heidi's King.
God will strengthen Heidi and help Heidi;
God will uphold Heidi with His righteous right hand.

TOOL #5 PRAY SCRIPTURE

Select a relevant verse for what you or another person may be feeling or going through and pray the passage for you or for them.

An example using Isaiah 41:10 again:

Lord, please help Michael not to fear, help him to sense that you are with him;
Jesus, may Michael not be dismayed, because You are his God.
Strengthen Michael and help Michael;
Uphold Michael with your righteous right hand.

TOOL #6 VICTORY LIST

Each day, invite God to give you eyes to see His work in your life. When He does, jot it down in a list in a journal, in a notebook or in your notes app on your phone. Watch as this list grows over time. Use it from time to time to practice gratitude for all the ways God has been at work in your life!

TOOL #7 BECAUSE YOU ARE..., I WILL....

This tool celebrates the attributes of God and works really well with a God List (Tool #1). You can use this tool "on the fly" (no matter where you are even without tools and without a bible) or you can sit down and use it as a devotional exercise, writing it out in a journal. The distinction between this and a Praisefest is that I share my intention with God to act because of what I know to be true about *Him*.

Just pray to Him with this template: "Because You, God, are . . . , I will"
For example:

Because you are Comforter, I will turn to you instead of self-soothe when I have had a hard week.

MIND RENEWAL TOOLS

Continued

TOOL #8 WHO I AM IN CHRIST

God has graciously attributed to us so many good and wonderful things. This tool just involves telling yourself what is true about what He says about you. The more you speak truth to yourself, the more likely you are to believe it--*and* remember it when you don't have this list handy! (You can take a picture of this list or a screen shot and have it on your phone to pull out whenever you want.)

Here at Revelation Within, this is a list we use:

- I have been bought with a price; I am not my own; I belong to God (1 Cor. 6:19,20).
- I am a child of God (John 1:12).
- I am part of the true vine, a channel of Christ's life (John 15:1,5).
- I am Christ's friend (John 15:15).
- I am chosen by Christ to bear His fruit (John 15:16).
- I am a son of God; God is spiritually my Father (Rom. 8:14,15; Gal. 3:26, 4:6).
- I am a joint heir with Christ, sharing His inheritance with Him (Rom. 8:17).
- I am a temple -- a dwelling place -- of God. His Spirit and His life dwell in me (1 Cor. 3:16, 6:19).
- I am a member of Christ's body (1 Cor. 12:27; Eph. 5:30).
- I am a new creation (2 Cor. 5:17).
- I am reconciled to God (2 Cor. 5:18, 19).
- I am a saint (Eph. 1:1; 1 Cor. 1:2; Phil. 1:1; Col. 1:2).
- I am God's workmanship -- His "poetry in motion" (Eph. 2:10).
- I am chosen of God, holy and dearly loved (Col. 3:12; 1 Thess. 1:4).
- I am free forever from condemnation (Rom. 8:1).
- I can understand what God's will is (Ephesians 5:17).
- I can mature spiritually (Ephesians 4:15).
- I have God's power (Ephesians 6:10).
- I possess the mind of Christ (1 Corinthians 2:16).
- I am dead to sin (Romans 6:5).
- I am overcoming (1 John 4:4).
- I am not helpless (Philippians 4:13).
- I am redeemed from the curse of the Law (Galatians 3:13).
- My sufferings have a purpose (Ephesians 3:13).
- I am seated with Christ in the heavenly realms (Ephesians 2:6).
- I am a light to others and can exhibit goodness, righteousness, and truth (Ephesians 5:8-9).
- I am victorious (1 John 5:4).
- I am more than a conqueror (Romans 8:37).
- I am the righteousness of God (2 Corinthians 5:21).
- I am born again (1 Peter 1:23).
- I am delivered (Colossians 1:13).
- I am qualified to share in His inheritance (Colossians 1:12).

MIND RENEWAL TOOLS

Continued

TOOL #9 LORD, I LOVE. . .

This is one of our personal favorites. No matter what frame of mind or mood we are in, there is always something we can tell God we love. This often opens our hearts up to the Giver of every good and perfect gift!

Example:

Lord, I love the texture and taste of yummy dutch chocolate.

Lord, I love the smell of my horses' breath.

Lord, I love Your Word that You use to speak to me so very often.

TOOL #10 BREATH PRAYERS

This involves using a most vital part of your body—your breath—to prayerfully consider scripture or biblical thought.

Exhale completely first and then breath in through your nose. As you do or at the top of your inhale speak the first part of the verse or phrase. Hold gently for a moment considering what the verse says. Then, exhale through your mouth speaking out the second portion of the verse or scripture. Repeat it as often as necessary. Doing this helps to regulate our bodies and brings our hearts and minds peace as well.

Example:

Empty your lungs of air and then breathe in deeply through the nose. At the top of the inhale, say: "Speak, Lord..." Exhale through your mouth slowly and say: "For Your servant is listening."

I like to repeat these at least 6 or more times. The meaning of what I am breath praying seems to deepen with each series of breaths.

Try verses that are meaningful to you or give these a try:

Peace. Be still. – from Mark 4:39, ESV

Speak Lord. I am listening. – from 1 Samuel 3:9

You are the Potter. I am the Clay. – from Isaiah 64:8

You, Lord are my shield. And the lifter of my head. – from Psalm 3:3

I am anxious for nothing. I give thanks and make my needs known to you. – from Philippians 4:6

You satisfy me with good things. And I am renewed. – from Psalm 103:1-5

MIND RENEWAL TOOLS

Continued

TOOL #11 WHAT IS TRUE?

This is a great tool to use on the fly when you have experienced a sudden disappointment or found yourself frustrated or hurt. In the moment, you can pray “Lord, what is true?” Then listen to what He impresses on your heart. “What is true is that the way that person treated me does not get to define me—YOU define me, Lord.” “What is true is that in 30 minutes, this uncomfortable meeting will be over and I will be looking back on it. It won’t last forever.” “What is true is I can be grateful for the time I had at my church and the wonderful people you allowed me to get to know.”

The perspective that God offers on just about any situation almost always brings a new and refreshing perspective.

TOOL #12 LOOK AND LEARN

This tool addresses what we will do with “failure.” The idea is to consider what are God’s thoughts about failure?

So often we allow our slips, stumbles, falls, and failures to define what will happen next. Whether we slipped in saying something we wish we hadn’t said or ate more than we needed or looked a little longer with desire or envy at something or someone that God hasn’t given to us...we can come TO the Lord and bring our “mess up” with us.

Turning to our Redeemer and admitting the mess up, we then ask Him to help us to see it like He does. Jeremiah 33:3 says “Call to me and I will answer you and tell you great and unsearchable things you do not know.” He will tell us what we can do so that the next time all things are equal we will make a different--better--choice. The key is asking Him for His thoughts. Then doing what He says.

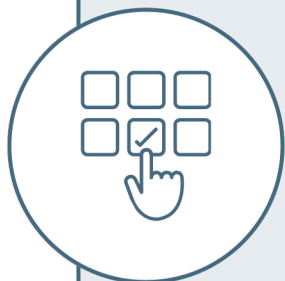
We have found that these “Look and Learn Lessons” often do *not* look like what we expect. For instance if I overeat, my human wisdom may tell me “Don’t ever go to that restaurant again!” or “Get rid of all the tempting foods in the house!”

Often, though, what God does is show me some of what was going on behind the slip. He then often provides ways I can renew my mind or think differently about the situation.

For example, after recognizing the tendency to overeat in the evening hours, God led me to put a journal and a favorite pen next to my place at the dinner table. After dinner was over, before I helped with the clean up, He led me to jot down three lies that I might be likely to believe that might lead me to overeat in the coming night. Then, He gave me three corresponding truths to write down below each. To give the experience a somatic super-charge, He led me to scribble through the lies as I spoke the truth that He had given me.

MIND RENEWAL TOOLS

Continued



TOOL #13 TODAY, I CHOOSE

In a very real way, this is setting your intention for the day and speaking it to the Lord (or writing it in a journal). Many of us get the greatest impact when we speak our intention out loud.

Here are some examples that I wrote in my journal and have spoken out loud to the Lord in prayer:

Today I Choose...

...to turn off the TV and spend time writing a note of encouragement to a friend.

...to listen and affirm my teenager when she tells me a story about her day.

...to love my husband and my church.

...to focus on the blessings in my life...



TOOL #14 WHERE ARE YOU, GOD?

No matter how we *feel*, God is close, He is on duty, present, aware of what is going on. Remind yourself of what is true about Him and His activity in your life to counter the lies you might tend to tell yourself.

"God feels distant."

"God doesn't care."

Etc. These are *lies*.

Remember we will believe what we tell ourselves, and feelings do not define what is true. So let's tell ourselves and think on what is true. Our beliefs *will* change and we will find ourselves aware of God and His wonderful Presence, Power and Provision in our lives.

Here are some examples from when I was going through a challenging situation:

- You are as near as my next breath.
- You are sustaining me.
- You are attentive to me.
- You wait to show me compassion.
- Your arm is reaching for me.
- You speak and open Your hand to me.

MIND RENEWAL TOOLS

Continued

TOOL #15 LORD, HERE I AM

You can put these phrases in your phone to have at the ready and then pray them to God whenever you need to.

"Lord, here I am and...
...I am eager for...
...I am anticipating...
...I am willing...
...I am ready for...
...I am open to...
...I am listening for...
...I am reachable...
...I am waiting for...
...I am hoping for...
...I am expecting a...
...I am attentive to...
...I am accepting of...
...I am submitted to...
...I am accessible...
...I am surrendered to..."

TOOL #16 LORD, YOU WILL. . .

This is another one that uses the God List (Tool #1). If you have a God List, you can use it, but even if you don't, just consider what you know about God and what His actions are based on His attributes as revealed in Scripture.

"Lord, You will lift my head."
"Lord, You will shield me and guard me from anything outside of your will for me to learn from or do."
"Lord, You will give me an eternal perspective as I look to you."
"Lord, You will infuse me with Your peace."

TOOL #17 WORSHIP MUSIC RENEWAL

Turn on Spotify, YouTube, Pandora, Apple or Amazon music and call up worship music that encourages your heart and renews your mind. If you aren't certain what might do the trick, ask in our community for favorites. The RIGHT Christian music can help renew our minds. The wrong music can be destructive. Music gets stuck in our heads, so we want to be sure that whatever it is we choose, we are intentional!

MIND RENEWAL TOOLS

Continued

TOOL #18 WHAT IF?

So often, we hear the words uttered “What if...” followed by an imagination that has gone wild with thoughts of family members in accidents, or a million other things. We practice what one pastor friend of mine referred to as “twisted omniscience.” Those “What ifs” can add to our anxiety and worry.

We want to take back this territory for the Lord by daring to imagine what might happen if God shows that He really does have wonderful things planned for us...

Dare to dream of both practical victories in the moment but also God-sized wonders as you use this tool!

God, what if... you really are enough for me?

God, what if... I drive past the drive through when I am not hungry?

God, what if... I renew my mind each time I look at my phone? Just for 1 or 2 minutes?

God, what if... I greet my spouse with a loving, warm greeting when they get home tonight?

God, what if... I call that difficult person just to let her know I am thinking of her?

See how that works? Your turn!

TOOL #19 WHAT WOULD IT BE LIKE?

For those of us who are in difficult relationships with people who may or may not change, this tool helps us to think with the mind of Christ about that person. We know that Jesus loves. That is what moved Him to go to the cross. So if we find ourselves feeling categorically like someone is “just impossible,” it may be time to invite the Lord to show us what it would be like to be in his or her shoes. Empathy.

Invite the Lord to show you anything you know (or maybe think you know) about the person that has relevance. Ask the Lord to show you what you need to consider and then use this template to renew your mind about him:

“What would it be like to...”

Here are some examples::

Your elderly father has moved in with you and is cantankerous and difficult to get along with.

Lord, help me to see my father with Your eyes.

“What would it be like to have been abused by your father?”

“What would it be like to never know if you were going to come home to your parents arguing, drunk, or gone?”

“What would it be like to have to quit school at 13 to go to work to provide for the family and care for 5 younger siblings because your mom died?”

“What would it be like to feel responsible for the family farm being foreclosed on?”

MIND RENEWAL TOOLS

Continued

TOOL #20 LORD, WITHOUT YOU...BUT, *WITH* YOU,...

This is another way of exalting God for His presence, power and provision in our lives. Think of a day or hour or moment when you go your own way. What is life like for you in those moments? Then, contrast that with what it is like when you lean in to the Lord to experience all He has for you.

You can use this template to practice this mind renewal tool any time...on the fly (without a notebook or bible) or as a focused quiet time.

"Lord, without you. . ., but *with* you. . ."

Example:

"Lord, without you, I wander aimlessly and feel lost and alone, but *with* you, I can sense your direction and guidance and know that I am not alone."

"Lord, without you I gravitate toward unhealthy habits and behaviors to comfort myself, but *with* you, I make choices that are better for me and for others in my life."

"Lord, without you, I lack peace, but *with* you, I have peace that passes all understanding, the same peace that Jesus had at the cross."

MIND RENEWAL TOOLS CHECKLIST

Tick the tool when you try it.

☐ God List
Day 1 ___ Day 2 ___ Day 3 ___

☐ Praisefest
Day 1 ___ Day 2 ___ Day 3 ___

☐ Scripture Word Focus
Day 1 ___ Day 2 ___ Day 3 ___

☐ Personalize Scripture
Day 1 ___ Day 2 ___ Day 3 ___

☐ Pray Scripture
Day 1 ___ Day 2 ___ Day 3 ___

☐ Victory List
Day 1 ___ Day 2 ___ Day 3 ___

☐ Because You Are, I Will
Day 1 ___ Day 2 ___ Day 3 ___

☐ Who I Am in Christ
Day 1 ___ Day 2 ___ Day 3 ___

☐ Lord, I Love
Day 1 ___ Day 2 ___ Day 3 ___

☐ Breath Prayers
Day 1 ___ Day 2 ___ Day 3 ___

☐ What is True?
Day 1 ___ Day 2 ___ Day 3 ___

☐ Look and Learn
Day 1 ___ Day 2 ___ Day 3 ___

☐ Today I Choose
Day 1 ___ Day 2 ___ Day 3 ___

☐ Where Are You, God?
Day 1 ___ Day 2 ___ Day 3 ___

☐ Lord, Here I Am
Day 1 ___ Day 2 ___ Day 3 ___

☐ Lord, You Will
Day 1 ___ Day 2 ___ Day 3 ___

☐ Worship Music Renewal
Day 1 ___ Day 2 ___ Day 3 ___

☐ What If?
Day 1 ___ Day 2 ___ Day 3 ___

☐ What Would It Be Like?
Day 1 ___ Day 2 ___ Day 3 ___

☐ Lord, Without You, With You
Day 1 ___ Day 2 ___ Day 3 ___

WHAT'S NEXT?

MIND RENEWAL MASTERY

Embrace positive coping methods, discard old destructive habits. Refresh your mind, explore new aspirations, and undergo transformation.

Mind Renewal Mastery is an intensive LIVE course delving into scripture to understand Mind Renewal: its essence, obstacles, consequences of neglect, and effective strategies.



VISIT [REVELATION WITHIN.COM](https://www.revelationwithin.com)
WEBSITE TO CHECK FOR THE
NEXT CLASS DATE!

MIND RENEWAL POWER TOOLS WORK JOURNAL

We have a 130+ page book that chronicles the Thin Within journey of one of our Revelation Within participants. In this work journal, Barb Shelton shows you in detail how to use over 70 mind renewal tools. Find the work journal [on Amazon](#) by clicking [here](#).

VISIT [AMAZON](#) TO GET A COPY!



RESOURCES

Useful links to help you on your journey



One-on-One Coaching

with CHRISTINA

Christina has been coaching Thin Within participants (now Revelation Within) full-time since 2021 and group coached with Heidi before that. Her unique style and gift of encouragement will be a blessing to you!



[LEARN MORE](#)



One-on-One Coaching

with HEIDI

Heidi coaches her coachees to focus on mind renewal and developing a biblical body image.



[LEARN MORE](#)

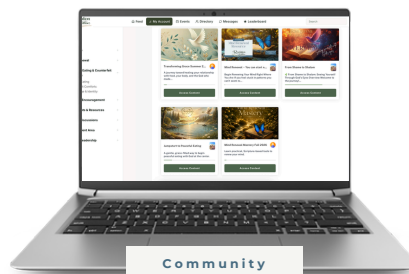


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