Revelation Within



A GUIDED SCRIPTURE STUDY

Mind Renewal Bible Study

"Be transformed by the renewing of your mind."

ROMANS 12:2

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Hi, Friend.

For years in our own Christian lives, we longed to experience changes that simply didn't seem to come—even though we read our Bibles and prayed faithfully.

Over time, God began teaching us practical ways to live out Romans 12:2:

> *"Be transformed by the renewing of your mind."*
>
> ROMANS 12:2

We began to recognize that the enemy often targets his lies toward the most tender and vulnerable places in our hearts. We may know and love Scripture yet still carry deeply rooted beliefs that do not agree with what God says is true.

What if we invited the Holy Spirit to reveal those specific lies and help us intentionally apply God's truth to them?

That is what mind renewal has come to mean to us. It is bringing the thoughts, fears, and beliefs that shape our responses into God's presence—and allowing Him to show us what is true.

These practical tools have helped carry us through some of the most challenging seasons of our lives: the empty nest, aging parents and their passing, serious health crises, an unwanted divorce, the loss of a home and church family...and so much more.

We haven't walked through these experiences perfectly. But through God's grace, the Holy Spirit's faithful presence, and the practice of mind renewal, we have not been completely overtaken by fear, depression, or despair. Again and again, God has drawn us back to Himself.

For many years, food, eating, and body image have been the primary areas in which God has allowed us to help others through Revelation Within—formerly Thin Within.

But mind renewal reaches far beyond these struggles. It can help us navigate illness, grief, painful relationships, uncertainty, and other challenges with God rather than depending upon destructive coping mechanisms to manage the pain of living in a Genesis 3 world.

We believe transformation *is* possible—not because we can work hard enough to change ourselves, but because God lovingly meets us as we renew our minds with His truth.

We hope this Bible study helps you experience His presence, hear His voice more clearly, and discover practical ways to think His thoughts about the places where you most need His hope and freedom.

With love,

Heidi & Christina

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Study & Reflection

No pressure. No overwhelm. Just space to pause, listen, and write honestly.

1. Please look up **Romans 12:1-2** in a current translation of the Bible. Then write Romans 12:1-2 on the lines below **in your own words**:

2. What are we told *not* to do in Romans 12:1-2?

3. What are we told to do in Romans 12:1-2?

4. Please look up **Philippians 1:6**. What is promised in this verse, and who will fulfill the promise?

5. Read **Matthew 6:25-34** in a current translation of the Bible. How many times does Jesus encourage people not to worry or not to be anxious (or similar) in this passage?

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6 List statements that tell you what you are *not* to be worried about:

7 What other aspects of *your* life that are not mentioned in this passage might you be concerned about—and you know Jesus would encourage you not to be?

8 What are the reasons that Jesus gives for not being worried in this passage?

9 Look up **Philippians 4:8** and list below what you are told to think about ("...think about these things..."). Next to each, write a dictionary definition of what each one is. Or, for super-duper extra credit ☺, look up the actual Greek words used in the Bible and jot down what you find. Write on the back of the page if you need to.

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10 Look up any or all of the following passages and summarize what you find.

Passage	My summary of what it says	What God wants of me (to believe, change, or do)
Colossians 3:1-4		
Philippians 4:6-7		
Proverbs 4:23		
Ephesians 4:22-24		
2 Corinthians 10:4-5		
Proverbs 3:5-6		
Isaiah 26:3		
Romans 8:5-7		
1 Corinthians 2:16		
Philippians 2:5		
2 Corinthians 4:16-18		

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11 When you consider the way many of us struggle with repetitive thoughts and focus on diet, exercise, body image, etc., what do you think is a **biblical**, God-honoring perspective? Consider how much focus God might want placed on the body, and how much focus God might want us to place on the mind. Is it possible that we have made our bodies an idol?

12 What might you say to someone who says you are "over-spiritualizing" the challenges you have with being at peace with your body, eating, and physical health?

13 Read **1 Timothy 4:8**. What value does physical training have? What value does training in godliness have? Are we called to do *both*? Why or why not? Can you find Scriptures that elaborate on this concept?

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14 What plan can you make to train yourself to think God's thoughts? How can you do that?



AN INVITATION

Consider joining us for **Mind Renewal Mastery**, our 7-week live course that teaches all about mind renewal—and the tools we can use to practice thinking with the mind of Christ (1 Corinthians 2:16).

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