

Three R's for Renewing Your Mind

Scripture reminds us that our thoughts matter because they influence the direction of our lives. Our thoughts are always moving us toward or away from God and His Truth.

The thoughts we have today have been shaped by our lived experiences and they drive our beliefs about how we fit into our world and how we should relate to others (the story). This happens outside of our awareness, and we can only begin to change our way of thinking when we begin doing what Scripture instructs: *We take captive every thought to make it obedient to Christ.* (2 Corinthians 10:5)

The Three R's process is designed to help you become aware of your thoughts, surface beliefs you currently hold, and realign your thinking with God's truth. This is holy work. Return to the process often, and over time God will use His truth to renew your mind, leading you to healing and transformation.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. " (Romans 12:2 NLT)

Step 1: RECOGNIZE

Recognize you are having a thought and notice where you are feeling it in your body. Be present to it without judgment and without trying to change it.

What are the thoughts I am having?

How am I feeling? (Emotionally and physically)

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STEP 2: REFLECT

Get curious with compassion, and evaluate the evidence instead of just believing the thought. Invite God into this space with you, trusting Him to reveal where you are and guide you forward.

What's the story I'm telling myself about what's going on?

What else might be true?

STEP 3: REFRAME

Once you've processed all your new insights, begin to align your thoughts with God's truth about who you are. Invite God's perspective into your story and ask Jesus for the true narrative. Take what He reveals and begin speaking that over yourself as truth.

God, what do you want me to know about this situation?

New truth to speak over yourself:
