

*Be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].*

*Romans 12:2 AMP*

This exercise is a powerful tool for renewing your mind. Use it whenever you have doubt or inner conflict with any expectation set forth in God's Word:

1. Choose one biblical expectation that is difficult for you to believe wholeheartedly. This will be a principle, promise or aspect of God's nature you may agree with theologically and intellectually, but your actions, words or emotions don't line up.
2. Make this expectation into a concise faith statement. Example: "God's will is good, acceptable and perfect" or "God isn't finished with me yet."
3. Divide a page of your journal or notepad into 3 vertical columns. You can also use the chart provided on the back of this page.
4. Label the columns from left to right: Beliefs, Blurts, and Be Renewed.
5. Before you begin this exercise, pray that the Holy Spirit will uncover hidden thoughts. Ask Him to bring you to a place of faith and full agreement over time.
6. Under Beliefs, write your targeted faith statement by hand ten times each day for the next week. Even if you miss a day, keep going with the exercise.
7. Be on the alert for objections or negative thoughts that come into your mind while you are writing. Put these in the column labeled Blurts. (You may not have 10.)
8. Blurts are often subtle or subconscious beliefs that are unbiblical and unproductive. Though tempting to push them away, write them down.
9. In the Be Renewed column, turn each of the Blurts into a faith statement that is consistent with Scripture. (Find supporting verses in your concordance or online.)
10. After a few days, look back over your Blurts to find any themes that emerge. The themes identify false beliefs keeping you from be fully convinced of God's truth.
11. Even if it doesn't feel true, continue writing and speaking your targeted Belief. Ask the Spirit to remind you of it during the day or as circumstances arise.
12. Continue with the exercise until you come into full alignment with what God says is true. Remember, it takes time to renew long-standing thought patterns.

Here is an example:

<b>BELIEF</b>	<b>BLURT</b>	<b>BE RENEWED</b>
1. God isn't finished with me.	I keep messing up.	Victory is mine in Jesus
2. God isn't finished with me.	I'll never make it.	My destination is sure.
3. God isn't finished with me.	I'm a slow learner.	God is patient and kind.
4. God isn't finished with me.	This isn't working.	I'll get there if I don't give up.
5. God isn't finished with me.	He is mad at me.	Jesus satisfied God's anger.
6. God isn't finished with me.	This is too hard.	He's strong when I'm weak.
7. God isn't finished with me.	I am a loser.	I am God's beloved child.
8. God isn't finished with me.	This is taking too long.	It will be worth it!
9. God isn't finished with me.	What will people think?	Fear of man brings a snare.
10. God isn't finished with me.	Why not just fix this?	The process has great value.

