

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Rom 12:2

Renewing Your Mind

REVIEW

REVEAL

REGROUP

REWRITE

RECLAIM

<p>Review:</p> <p><i>State what happened in one or two BRIEF sentences.</i></p>	
<p>Reveal:</p> <ol style="list-style-type: none"><i>1. What am I thinking or feeling?</i><i>2. Why am I feeling this way? (fear)</i> <p><i>Brevity is key here!</i></p>	
<p>Regroup:</p> <p><i>What would calm my emotions? One or two words</i></p>	<p>I need:</p>
<p>Rewrite:</p> <p><i>What does the word of God say?</i></p> <ul style="list-style-type: none"><i>• Find a key word or words from the first 3 steps.</i><i>• Find scripture related to that word</i><i>• Write it down!</i>	
<p>Reclaim:</p> <p><i>What is God's truth about this situation?</i></p> <ul style="list-style-type: none"><i>• Write it down</i><i>• READ IT OUT LOUD!</i>	

Step 2:

We came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to his good purpose. Phil 2:13