

Silencing the scattered mind

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"And do not be conformed to this world, but be transformed by the renewing of your mind."

— Romans 12:2 (NKJV)

The prompts on this page may bring things to the surface that have been running quietly in the background of your mind for a long time. That is okay. That is actually the point. You cannot tend what you cannot see. God is not alarmed by your thought life — He already knows every thought before it forms. What He longs for is your willingness to bring it into the light with Him. Be honest. Be specific. The more clearly you name what you are carrying, the more powerfully He can meet you there.

REFLECTION PROMPTS

01 What thought do I return to most often when I'm stressed or anxious?

02 Is this thought rooted in truth — or in fear, comparison, or past pain?

03 What does God's Word say about this specific thing I keep thinking?

04 Write a truth declaration to replace the recurring thought:

You have been given authority over your thought life. You don't have to think every thought you're handed.