

RENEWING THE MIND COURSE

HANDBOOK



Sophia Tucker
BIBLE COACHING

Copyright © 2020 by Sophia Jane Tucker

Website: sophiatucker.com

Email: info@sophiatucker.com

ISBN: 9781686875793

First published in Great Britain in 2020
by Sophia Tucker

All rights reserved. No part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the author.

Unless otherwise indicated, all Scripture quotations marked (NKJV) are from the New King James Version
®.

Copyright © 1982 by Thomas Nelson. Used
by permission. All rights reserved.

Word studies conducted using Strongest Strong's Exhaustive
Concordance of the Bible, The: 21st
Century Edition ®

Copyright © 2001 by Zondervan. Used by
permission. All rights reserved.

All emphases in
scripture quotations are added by the author.

ABOUT THIS HANDBOOK

The renewing of the mind course handbook has been prepared for members who are completing courses with The Mind Renewal School.

This handbook contains verses to support you on your journey.

Worksheets that are required for the course

This is for all members that are using any of the courses and will be built upon as the courses continue.

Specific guidance and support for individual courses can be found within the Mind Renewal School.

WHY WE SHOULD RENEW OUR MINDS?

"Excerpt from Renewing the Mind 101 Book"

For many years I heard about renewing the mind but did not understand what that meant, what it looked like, or even the discipline that is required to do it effectively. I probably thought that I was renewing my mind by applying basic Christian practices.

I praise God for His Grace; He indeed has helped me in significant ways to put off the old and put on the new. But there were so many gaps, and I didn't understand why I did not have lasting change in my life in certain critical areas. I kept on going round and round the same mountains for many years just like the Israelites. My journey started with one of those mountains when I wanted to find ways to lose weight through a 100% godly manner.

This led me to studies by Barb Raveling. Through growing to understand the power of renewing the mind in this area, I for the first time in my life found a breakthrough, which impacted so many other areas of my life. But it was not an easy journey; in fact, I struggled to truly understand why and how to do this. I went on the journey of study and leaning on God's Word. I had to renew my mind about renewing the mind. It was an uphill struggle for me, and my flesh did not want to know. The first step for all of us is to understand why we have to renew our minds to line up with the Word of God and why this is critical to our walk with God, in Christ Jesus our Lord.

What is renewing the mind?

Renewing of the mind is a tool given to us by the Lord to indeed change our lives through the complete transformation of our thinking, attitudes, and views of life. Nowhere else in the bible does it promise that believers can have their lives transformed other than through the renewing of the mind. Renewing the mind is a complete renovation of the mind of a Christian; it is the proactive removal of information and mindsets that do not line up with the Word of God/mind of Christ.

We can live in a beautiful, harmonious state of mind that will allow us to think in the same way Christ thinks. God had a perfect plan for all His children, but because of the Fall, His plan was interrupted. However, through the Power of Christ, our mind can be restored to operate as was originally intended.

The Battlefield

"Mind Renewal is getting rid of all the unbelief so that you will not be double-minded and can walk in pure faith."

- Reverend Curry Blake

Unfortunately, there is a mighty war that goes on between the flesh and the spirit which causes us to be double minded. The bible says that when we are doubleminded, we can't receive anything from the Lord. It is due to unbelief in our hearts causing us to doubt whether the word of God is true or not. Renewing the mind is a process that removes unbelief so we can eradicate being double minded and walk in great faith.

The Mind is Powerful

Recently, I was watching an interview with an actor who said that to prepare for his role in a movie playing a villain; he began by isolating himself from all friends, family and the love they would bring. He won many awards for this movie but afterward when trying to reintegrate into society he could not do it as he felt that he was still that villain and this caused depression and required therapy. The mind is extremely powerful. Anyone can condition themselves to believe and act in a certain way. This man clearly was able to look back and see how drastically he had changed. How we think can truly change our brain.

But praise the Lord the Word of God is the only powerful tool that can divide between soul and spirit and can truly transform us according to the Fathers purposes. We have the Holy Spirit that can permeate every part of our mind to aid us in this spiritual process.

No matter what mountain you are facing today you can begin the change approved by God that makes that very mountain be brought down low and utterly destroyed.

Scripture References

FAITH, HOPE & LOVE

And now these three remain: faith, hope and love. But the greatest of these is love.

FAITH

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Isaiah 41:10

What time I am afraid, I will trust in thee.

Psalms 56:3

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Joshua 1:9

Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:6-7

For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.

Isaiah 41:13

The Lord is on my side; I will not fear: what can man do unto me?

Psalms 118:6

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

1 John 4:18

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Psalms 23:4

For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.

Jeremiah 29:11

Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.
Proverbs 3:5-6

HOPE

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.
John 15:7

And we know that for those who love God all things work together for good, for those who are called according to his purpose.
Romans 8:28

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.
Matthew 7:7-8

And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.
Hebrews 11:6

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.
John 10:10

But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.
Isaiah 40:31

In all your ways acknowledge him, and he will make straight your paths.
Proverbs 3:6

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, “My refuge and my fortress, my God, in whom I trust.” For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day.
Psalm 91:1-16

Casting all your anxieties on him, because he cares for you.

1 Peter 1:7

The reward for humility and fear of the LORD is riches and honor and life.

Proverbs 22:4

Truly, I say to you, whoever says to this mountain, 'Be taken up and thrown into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him.

Mark 11:23

Your word is a lamp to my feet and a light to my path.

Psalms 119:105

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

1 Peter 2:24

Call to me and I will answer you and will tell you great and hidden things that you have not known.

Jeremiah 33:3

Then Joshua said to the people, "Consecrate yourselves, for tomorrow the LORD will do wonders among you."

Joshua 3:5

The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.

Proverbs 1:7

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 3:16

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

3 John 1:2

As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy.

1 Timothy 6:17

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Ephesians 2:10

For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed," says the LORD, who has compassion on you.

Isaiah 54:10

A Psalm for giving thanks. Make a joyful noise to the LORD, all the earth! Serve the LORD with gladness! Come into his presence with singing! Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

Psalms 100:1-5

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

Galatians 5:16-17

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

1 Peter 5:6-7

LOVE

Let all that you do be done in love.

1 Corinthians 16:14

And above all these put on love, which binds everything together in perfect harmony.

Colossians 3:14

So now faith, hope, and love abide, these three; but the greatest of these is love.

1 Corinthians 13:13

Jesus answered, "The most important is, 'Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

Mark 12:29-31

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

1 John 4:18

"If you love me, you will keep my commandments.

John 14:15

See what kind of love the Father has given to us, that we should be called children of God; and so we are.

1 John 3:1

So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.

1 John 4:16

Let love be genuine. Abhor what is evil; hold fast to what is good.

Romans 12:9

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Galatians 2:20

No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:37-39

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

Galatians 5:22

The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

Zephaniah 3:17

And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing.

1 Corinthians 13:2

Set me as a seal upon your heart, as a seal upon your arm, for love is strong as death, jealousy is fierce as the grave. Its flashes are flashes of fire, the very flame of the LORD. Many waters cannot quench love, neither can floods drown it. If a man offered for love all the wealth of his house, he would be utterly despised.

Song of Solomon 8: 6-7

Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man.

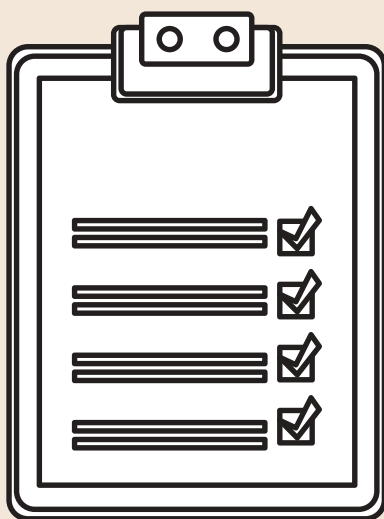
Proverbs 3:3-4

Jesus answered him, "If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him.

John 14:23

FAITH ACTIONS

HOW TO USE FAITH ACTIONS
INCLUDING
WORKSHEETS



SOPHIA TUCKER

What are Faith Actions?

Faith actions are steps you will take every day to cement truths and be a doer of the word and not just merely a hearer.

Here you will enquire of the Lord for what He is leading you to do each day and write in your Faith Actions form which can be found on the following pages.

These should typically be short and to the point - but let the Lord lead you. In the Renewing the Mind Courses Faith Actions have already been selected for you as you grow in confidence you can add your own.

Repeating Faith actions 7 times a day (set an alarm)

This is so important! You want to take the faith actions and put a reminder in your phone. Alternatively you can use note cards or truths on post it notes. This is going to reinforce your new truths in a consistent and focused manner which is so vital for a renewed mind.

How to use the Faith action tracker?

The faith action tracker is one of many worksheets in the RTM Journals. This tracker gives you a space to keep note of how often you are renewing your mind, what activity you are completing and an option for you to track other renewing the mind activities or personal goals.

MIRROR EXERCISES

SPEAKING LIFE & TRUTH

2 Corinthians 4:13

Since we have the same spirit of faith, according to what is written, "I believed, and therefore I spoke" we also believe, and therefore we speak.



SOPHIA TUCKER

STEPS TO WRITE MIRROR EXERCISES

1 Utilise other mind renewal tools

It is always a good idea to use other mind renewal tools to help you build mirror exercise documents. Especially when you are first beginning. Using scripture journaling, Think on models or even bible study helps you ensure that the truths are lined up with Gods Word.

2. Pray and ask the Lord to reveal to you His truths about this situation.

Getting a Christ perspective on the situation so that you can see the situation you are facing through His eyes.

3. Believe!

It is not enough to wish and hope that these biblical affirmations and scriptures are true we have to believe and act in faith that the Lord's word is the final authority.

4 Gather scriptures that relate to the area of that you are choosing to renew your mind about. The Word of God is a weapon, a powerful tool and the best way to renew your mind to the Mind of Christ and not towards simply our opinions. Allow the Holy Spirit to lead you in writing affirmations.

5 Listen to Holy Spirit and the personal words God gives you.

Use the truth that your receive from prayer, journaling and listening to the Lord and add these to your mirror exercises.

6. Write affirmations in first person, with authority

Each affirmation should not only be scripturally based but is a great tool to target and defeat many of the lies of the enemy that is being used against you.

7. Place your mirror exercises next to mirror(s) in your home

I like to choose mirrors that I use regularly. I also like having these in other areas of my home. But take the time to speak these out loud, boldly, looking at yourself in the mirror a few times a day.

My Mirror Exercise



My Mirror Exercise



My Mirror Exercise



I will not divide what God has joined. We are one with Christ.

**For the things that are already seen, I give God the glory
and for the things that are not yet seen, I give God glory**

**What Your word says I can do, I can, and will
do with all my heart**

It's not I who live, but Christ who lives in me.

**The old me is gone. I am new; I was raised up
with Jesus to sit with Him in heavenly places**

**I am free, and the Lord fights my battles on my behalf -
victory is mine**

God provides all my needs by His riches and glory

The power of your Word makes me live with confidence

**Whatever I ask in prayer, I receive by faith,
because I am not double minded**

My spirit takes the lead today & everyday

**I am a doer of the Word and not simply just a hearer. I do what it
says and I am blessed.**

I can walk in the fruits and gifts of the Spirit in Christ Jesus.

**I lay my life down as a living sacrifice and it is being turned into
something great, that can be used to bring freedom to others.**

**My life shall testify of the goodness of God and draw people to
Christ.**



S.O.A.P - F GUIDE & FREE PRINTABLE

SOPHIA TUCKER

THANK YOU

For downloading this printable

Included in this printable is a quick guide of how to complete S.O.A.P - F.

There are two versions of worksheets one is for your shorter soap sessions and the other is for when you want to go deeper in studying and applying these truths to your life.

For more free printables subscribe www.sophiatucker.com

&

**For more support join our ministry
Tapestry of Beauty
www.tapestryofbeautyministries.com**

Sophia Tucker

S

Scripture

- Write out the scripture verse
- Add in any other cross -reference verses
- If using a concordance add in extra points

O

Observation

- Talk to God about this verse
- What are the key points of this verse?
- Who was the audience?
- What key words jump out at you?

A

Application

- How can you apply this to your life today?
- Ask the Holy Spirit to show you what He wants you to see in these verses.
- Are there any changes you need to make in your life?

P

Prayer

- Pray - read the verse back to the Lord
- Is there anything you need to confess today?
- Write a prayer to the Lord

F

Faith Actions

- How can you be a doer of this Word?
- What actions can you take to renew your mind today?
- Affirmations? Scripture Prayers?

S

O

A

P

F



**THINK ON MODEL
GUIDE
&
FREE PRINTABLE**

SOPHIA TUCKER

THANK YOU

For downloading this printable

**Included in this printable is a quick guide to
The Think On Model**

**There is a worksheet to help you complete
the Think on model.**

For more free printables subscribe www.sophiatucker.com

&

**For more support join our ministry
Tapestry of Beauty
www.tapestryofbeautyministries.com**

Sophia Tucker

MEDITATE ON THESE THINGS

Philippians 4:8-9

The Think on model was a renewing the mind practice that was given to me by the Lord based on Philippians 4:8 - 9:

Meditate on These Things

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

The promise is that if we meditate on the following areas above then we will have great peace. The Father is already with us but we get to experience His peace in greater measure.

In the book *Renewing the Mind 101* (Week 5) this method is taught in greater detail. But the key is to apply each component of verse 8 to an area of our thinking that we need to bring into line with the Mind of Christ.

You can also use this model to think well of another person as well as walk through these components with friends and family to help them have a healthy mindset.

The Word of God is sharper than any two edged sword and applying these truths and promises to our lives brings true transformation.

On the next few pages you will see worksheets to help you!

Choose a topic to renew your mind about. Gather your thoughts regarding each area and then write out a statement of faith.

TOPIC:

**Think on these things
(this means to calculate,
judge and conclude),
reason, decide, think
and meditate on**

Your Thoughts

**Write a statement of
faith**

TRUE

**- Whatever is worthy of
credit, truthful and when
tested it would without
doubt be proven to
be a fact.**

HONORABLE/NOBLE

**- Whatever is dignified
about a person or situation.**

JUST/RIGHT

**- Whatever is just or right
before the eyes of God, His
standard or righteous in His
eyes.
-Whatever is correct about a
thing or person**

PURE

**- Whatever is pure,innocent,
sacred and perfect**

TOPIC:

**Think on these things
(this means to calculate,
judge and conclude),
reason, decide, think
and meditate on**

Your Thoughts

**Write a statement of
faith**

LOVELY

**- Whatever is pleasing,
acceptable, agreeable, and
great, cherished, highly
prized. Anything that is
worthy to have and
embrace**

GOOD REPORT/ADMIRABLE

**- Something worthy of
praise or commendable
about a person or situation**

VIRTUOUS

**- The excellence of a person
(in body or mind) or of a
thing, an eminent
endowment, property or
quality, a good or gracious
matter/act. Anything
worthy of praise**

PRAISEWORTHY

**Enthusiastic
acknowledgement of
anything that deserves
praise. Recognizing good in
a person or situation.**

EXTRA NOTES

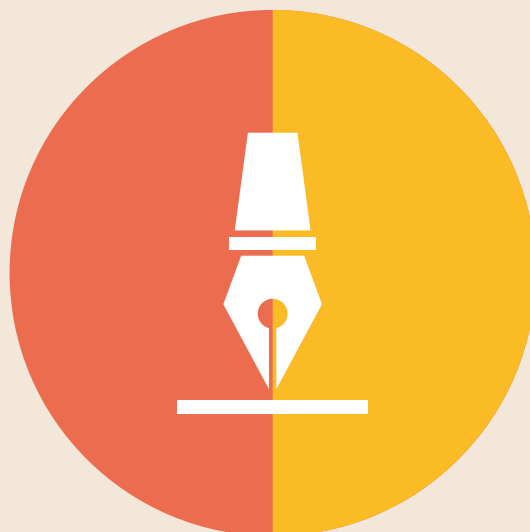


A large, empty white rectangular area intended for taking notes, framed by a yellow border.

SCRIPTURE JOURNALING

5 STEPS TO
SCRIPTURE JOURNALING

INCLUDING
WORKSHEETS



SOPHIA TUCKER

5 STEPS TO SCRIPTURE JOURNALING

1 Write out all the thoughts, feelings, opinions and or emotions you are currently feeling about a particular situation or area that needs Mind Renewal.

Your feelings and thoughts are a great indicator of what areas of your mind that you need to renew about. Keep working your way down the column to you have it all out on paper. You can add more later.

2. Pray and ask the Lord to reveal to you His truths about this situation. Getting a Christ perspective on the situation so that you can see the situation you are facing through His eyes.

3 Identify the main issue you are facing and write the topic at the top of the page.

4 Gather scriptures that relate to the area of that you are choosing to renew your mind about. The Word of God is a weapon, a powerful tool and the best way to renew your mind to the Mind of Christ and not towards simply our opinions. Allow the Holy Spirit to lead you in this helping you seek the truth and write these in the Scripture Notes.

5 Write an affirmation or scripture prayer in the final column for each truth the Lord has shown you. Use these to renew your mind throughout the day. Keep a record of you journaling session as you may need to come back to speaking the affirmations or prayers.

Topic:

Write out your thoughts, feelings, opinions or emotions & pray

Find some verses that relate to your thoughts /area of mind renewal and write scripture notes/verse

Write a affirmation or Scripture Prayer & read each one during the day

Topic:

Write out your thoughts, feelings, opinions or emotions & pray

Find some verses that relate to your thoughts /area of mind renewal and write scripture notes/verse

Write a affirmation or Scripture Prayer & read each one during the day

Topic:

Write out your thoughts, feelings, opinions or emotions & pray

Find some verses that relate to your thoughts /area of mind renewal and write scripture notes/verse

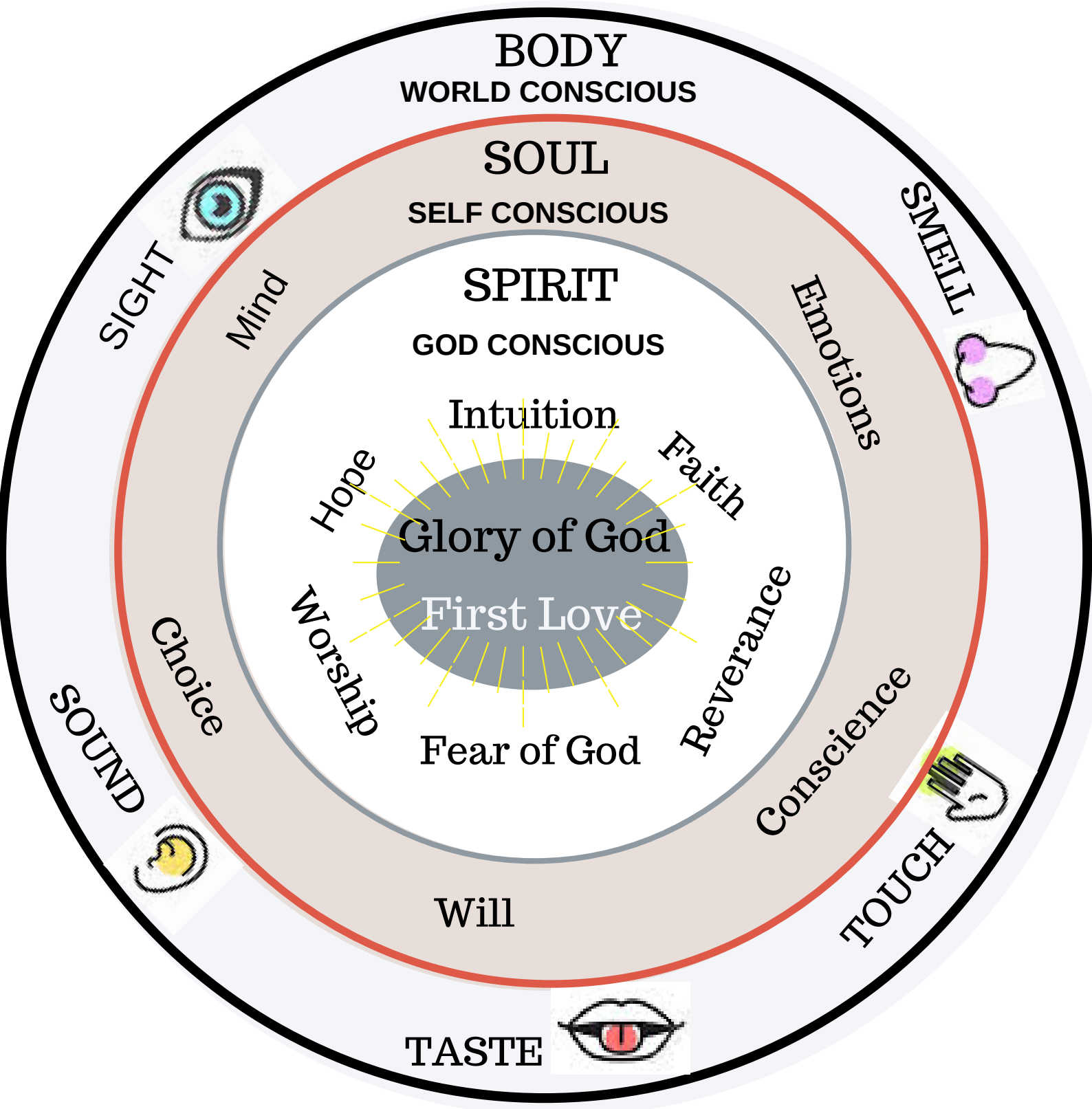
Write a affirmation or Scripture Prayer & read each one during the day

Topic:

Write out your thoughts, feelings, opinions or emotions & pray

Find some verses that relate to your thoughts /area of mind renewal and write scripture notes/verse

Write a affirmation or Scripture Prayer & read each one during the day



POWER OF A FOCUSED LIFE PERSONAL WORKSHEET

“THE POWER OF A FOCUSED LIFE”
RENEWING THE MIND 101 STUDY WORKSHEET

STEP 1: Vision

Write out your overall vision for this journey? (What is your overall vision for this journey you are on)

1. *What would you want those who knew you best to say about you when you have reached your goal?*

Indicate specific people and the statements you would like to hear each of them say about you.

Person: Jesus

Statement about you: _____

Person: _____

Statement about you: _____

Person: _____

Statement about you: _____

POWER OF A FOCUSED LIFE PERSONAL WORKSHEET**Person:** _____**Statement about you:** _____

STEP 2: Goals: Write your short term goals (during the study) and long term (after the study)**1. Spiritually** (bible study, prayer time, accountability, mind renewal, fasting, etc.)*Short-term goals:*

1. _____

2. _____

3. _____

Long-term goals:

1. _____

2. _____

3. _____

2. Relationally (family, friends, accountability partners etc.)*Short-term goals:*

1. _____

2. _____

3. _____

Long-term goals:

1. _____

2. _____

3. _____

3. Physically (exercise, health, boundaries, etc.)*Short-term goals:*

1. _____

2. _____

Long-term goals:

1. _____

2. _____

POWER OF A FOCUSED LIFE PERSONAL WORKSHEET

STEP 3: Action Plans: Describe your specific activities you will do to accomplish these goals.

a. Spiritually (bible study, prayer time, accountability, mind renewal, fasting, etc.)

Short-term goals: _____

Action steps: _____

Long-terms goal: _____

Action steps: _____

b. Relationally (family, friends, accountability partner etc.)

Short-term goals: _____

Action steps: _____

Long-term goals:

Action steps: _____

c. Physically (exercise, health, boundaries, etc.)

Short-term goals:

Action steps: _____

Long-term goals:

Action steps:

POWER OF A FOCUSED LIFE PERSONAL WORKSHEET

STEP 4: Scheduling Your Time: What specific times will you implement your action plans?
This is the most crucial part of turning vision into reality. (You may make copies of these schedules).

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12:00am							
12:30am							
1:00am							
1:30am							
2:00am							
2:30am							
3:00am							
3:30am							
4:00am							
4:30am							
5:00am							
5:30am							
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am							
10:00am							
10:30am							

POWER OF A FOCUSED LIFE PERSONAL WORKSHEET

11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							
10:00pm							
10:30pm							

POWER OF A FOCUSED LIFE PERSONAL WORKSHEET

- A. **Vision:** Our vision is most effective when we have measurable goals and an action plan with a schedule. We need a clear vision with measurable goals as well as an action plan, a series of practical steps that help us fulfill our goals. We establish a schedule that is in agreement with our action plan, goals, and vision.
- B. **Life Goals:** We set measurable goals or objectives for each area of life to help us walk out our vision. We need *long-term goals* and *short-term goals*
- C. **Action plan:** We need an action plan for each long-term and short-term goal (in each area of life). Our action plan is the series of small steps we do that help us fulfill our goals. Goals that do not have an action plan will not be fulfilled. Therefore taking time to write an action plan is essential. If you can't write out your vision, action plan, and schedule, then mostly likely you do not have them.
- D. **Schedule:** Make a schedule for each action plan to provide focus for your priorities. A schedule is a target to aim at, or a "road map" to help us keep on track. In making a schedule, we must allow for emergencies and unexpected things. I do not expect to keep my schedule 100%. We will benefit greatly if we keep our schedule even 80% of the time.

Good is the enemy of the best.

We can easily get caught up in the tyranny of the urgent instead of living with focus on our purpose. If you do not determine your schedule, then others will.

In seeking to walk in the fullness of our calling and destiny in God, we must clearly identify our vision or life purpose—what is it that we most want to be or do?

Without a vision the people "perish" or they miss out on their life destiny. Without a vision, we squander our destiny. To "cast off restraint" means to not use our resources in a way that helps us walk out our life vision.

¹⁸Where there is no vision, the people perish. (Pro. 29:18, KJV)

¹⁸Where there is no revelation, the people cast off restraint. (Prov. 29:18, NKJV)

Time is one of our most valuable resources. Money is power, but time is life. We "redeem" our time by wisely using it in ways that are "redemptive," or useful to God's purpose in our life.

¹⁴Awake, you who sleep...Christ will shine on you. ¹⁵See then that you walk wisely, not as fools but as wise, ¹⁶redeeming the time, because the days are evil. (Eph. 5:14-16)

POWER OF A FOCUSED LIFE PERSONAL WORKSHEET

Your Notes

Personal Day Assessment (Actual)

Time	Task	Notes
4.00		
5.00		
6.00		
7.00		
8.00		
9.00		
10.00		
11.00		
12.00		
13.00		
14.00		
15.00		
16.00		
17.00		
18.00		
19.00		
20.00		
21.00		
22.00		
23.00		
24.00		
00.00		
1.00		
2.00		
3.00		

Personal Day Assessment (Preferred)

Time	Task	Notes
4.00		
5.00		
6.00		
7.00		
8.00		
9.00		
10.00		
11.00		
12.00		
13.00		
14.00		
15.00		
16.00		
17.00		
18.00		
19.00		
20.00		
21.00		
22.00		
23.00		
24.00		
00.00		
1.00		
2.00		
3.00		

Notes

ponder

SOPHIA TUCKER

HOW TO PRAY-READ SCRIPTURE



JOSHUA 1:8

meditate

reflect

contemplate

This Book of the Law shall not depart from your mouth, but you shall read [and meditate on] it day and night, so that you may be careful to do [everything] in accordance with all that is written in it; for then you will make your way prosperous, and then you will be [a]successful.

Joshua 1:8 AMP

HOW SHOULD I MEDITATE?

Prayer reading is a great tool to muse/meditate over The Word. Muse is one of the definitions used in Hebrew translations of meditating.

The definition of 'muse' is "to think about something carefully and for a long time.

Synonyms: contemplate, meditate, ponder, reflect, ruminant and speculate

WHAT IS PRAYER READING?

- **Prayer Reading is the ability to take scripture and instead of just reading it we pray it back to God.**
- **Prayer Reading opens up our ability to not only go deeper in the Word but allows us to have a conversation with the Lord as we read through scripture.**
- **Prayer Reading enables us to practice the art of slowing down and meditate on the Word like in Joshua 1:8 so we can be careful to do everything in it. This is pro active mind renewal.**

STEPS TO PRAY - READ

01

Choose a set of scriptures

Choose a set of verses that you are using to renew your mind.

02

Types of Scripture

Acknowledge the type of scripture. There are two main types of scripture:

1 - Scriptures that declare a thing, a command or something to obey
"Lord I commit to...."

2- Scriptures that you must stand in faith upon to believe
"Lord help me to..."

03

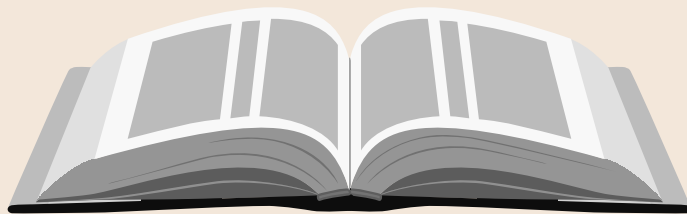
Pray according to the scripture you have chosen

Make it personal to you as you talk to the Lord about the verses. Journal what you receive from the Lord

For more detail and tips on renewing the mind please get the book *Renewing The Mind 101* available on Amazon.

REPEAT & EMPHASISING

SCRIPTURES



SOPHIA TUCKER

Repeat & Empasise

One of the Mind Renewal Tools that works wonderfully is with the spoken repetition and slow meditation on scripture word for word.

It is likened it to “chewing” on the word of God. Chewing on the word is like chewing food; digestion starts in the process of chewing first before it enters the stomach. It also is the same with the word, when you take the time to slowly and repeatedly meditate on it; your brain, heart and the power of the Holy Spirit work together allowing the truth to go deeper.

Jeremiah 15:16

Thy words were
found, and I did eat them; and thy word was unto me the joy and
rejoicing of mine heart: for I am called
by thy name, O LORD God of hosts.

Psalms 119:103

How sweet are Your words to my taste, sweeter than honey in my mouth?

Matthew 4:4

“But Jesus replied, It is written and forever remains written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'”

The precious Word of God has been given to you for your nourishment you need it to sink deep into your most inner being. The word is life for your soul and strength to our body. So we want to treasure it for the gift that it is and take the time to feed on this word slowly.

One of the definitions of meditation in the Bible is to ‘muse’. This means, to consider deeply and repeatedly.

The goal is not to necessarily memorize the scripture alone, but to draw out all the goodness possible from that very word and let it wash over you and cleanse you from the inside out.

STEPS

How can you take this and put it into practice daily?

Let's practice repeating and emphasizing the scriptures.

For instance, if I am trying to renew my mind to the scripture:

Be quick to listen, be slow to speak and be slow to become angry.

Step one:

I would take the above scripture and slowly emphasize each word. And repeat this as many times as there are words in the scripture.

Step two:

So this scripture has 14 words in that verse, so I would say the scripture 14 times emphasizing the next word each time I read it.

Step three:

I would then say a prayer back to the Lord asking for revelation or guidance.

Step Four:

Journal your thoughts about this verse when finished

For some, this can be a difficult concept to understand in written form. So I have recorded a short example based on the above scripture for a clear understanding.

This clip can is found on Sound Cloud.

Here is the link: <https://soundcloud.com/user-535341093/week-4-repeating-emphasizing>

Take the time to listen to that recording and have a practice yourself.

7 Step Process

To experience change

T R A N S F O R M A T I O N

Romans 12:2

H A B I T S

1 Thess 5:17, Heb 5:14

C O M P R E H E N S I O N

John 8:32

D I S C I P L I N E

Hebrews 12:10-11

D I S C O V E R Y

Jeremiah 24:7

P U R S U I T

Revelation 3:20, Isaiah 59:1

A W A R E N E S S

Psalm 119:25, 29 & Ps 26:2