

# WOMEN OF WITNESS

## TIPS TO BETTER YOURSELF



### Think About What You Think About

By Max Lucado

***“Do not be conformed to this world, but be transformed by the renewal of your mind ...” Romans 12:2 (ESV)***

Thoughts. We cannot see them. We cannot buy them. We cannot always predict them. But we cannot deny this about them — They define our lives. If we think well, we live well. If we think poorly, we live poorly.

But do we understand that we can manage our lives by managing our thoughts?

Not only does neuroscience back this concept, but the idea is also embedded throughout Scripture, including in our key verse, Romans 12:2: “Do not be conformed to this world, but be transformed by the renewal of your mind...”

In this verse, the Apostle Paul contrasted two types of people: one who is conformed and one who is transformed. One is shaped by society; the other is renewed by the work of God.

The word “conformed” reminds me of the Play-Doh kit I had as a kid. It came with a dozen or so containers of “modeling compound.” Assorted colors of clay could be pressed, smooshed, squished, rolled, squeezed, and shaped. Nothing in the Bible would incline us to think that the Apostle Paul played with Play-Doh. But abundant messages from his pen allude to the very real pressure to conform to the world.

The mastermind behind these attacks? The devil.

Satan aims to derail us with unruly and ungodly thoughts. When our thinking goes off-track, so does our life. But by the power of Jesus, we can avoid being conformed and instead “be transformed by the renewal of [our] mind” (Romans 12:2).

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What a choice word! Paul, writing in the Greek language, chose the verb metamorphoo, which we translate as “transformed.” Anyone who paid attention in middle school science class remembers that the process of turning a caterpillar into a butterfly is also called metamorphosis. The squirmy, furry worm is transformed into a winged, colorful, high-flying butterfly.

God promises you an even greater transformation.

Stuck in your head? Hounded by regrets? Weighed down by worry? Change is possible! The thoughts that have characterized your past need not characterize the rest of your life. God will move you from worm to butterfly, from clay-like to Christlike.

The part of Romans 12:2 that says “be transformed by the renewal of your mind” is also in the passive voice, meaning that God does the work! A new mind is less the result of human effort and more the result of divine intervention. God made our brains; He can retrain our brains. He renews our minds. He reroutes our thought patterns.

With God as your Helper, you will discover a new way of thinking and a better way of living. Could there be a greater promise to ponder? Could there be a greater time to ponder it?

Tame your thoughts and transform your life!

**Prayer:** Dear heavenly Father, thank You that You have not left me alone with my thoughts. I pray that Your Spirit would reveal to me the negative thoughts I’m believing and renew my mind with truth. In Jesus’ Name, Amen.

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