

30-Day “Mind Renewal” Plan

By Randy Stufflebeam

How to Use This Plan

- Daily rhythm (20–30 min total):
 - Morning (10–15 min): Read the passage, pray, memorize 1 line, speak a short affirmation.
 - Midday (2–5 min): Thought-capture drill (notice-label-replace), 4–6 deep breaths, brief verse recall.
 - Evening (5–10 min): Gratitude (3 items), practice review, 1 sentence prayer.
- Tools: A small notebook or notes app, 5–10 verse cards, a timer, and a calendar to check off days.
- Memory cadence: Each week has a core memory verse. Add 1–2 lines per day and review.

Weekly Themes

- Week 1 (Days 1–7): Renewing the mind and setting attention
- Week 2 (Days 8–14): Capturing thoughts and reframing
- Week 3 (Days 15–21): Training through practice and habits
- Week 4 (Days 22–30): Peace, joy, gratitude, and walking by the Spirit

Core Practices (Neuroplasticity-Aligned)

- Attention: “Set your mind” by a single focus phrase from the passage.
- Repetition: Review the week’s verse 3x/day (AM, midday, PM).
- Emotion + Meaning: Pray the verse into a current situation.
- Small Actions: One doable “put off/put on” step each day.
- Community: Share 1 learning per week with a trusted friend.

For and expanded version of “How to Use This Plan, see Appendix 1

Week 1: Renewing the Mind

 **Memory verse:** Romans 12:2

Day 1 — Romans 12:1–2

- **Focus:** “Be transformed by the renewal of your mind.”
- **Practice:** Write 1–3 “renewal goals” (areas to think/act differently).
- **Affirmation:** “In Christ I’m being transformed today.”

Day 2 — Ephesians 4:22–24

- **Focus:** Put off/put on.
- **Practice:** Make a two-column list (Old thought → New thought in Christ).
- **Cue:** When I notice the old thought, I will speak the new one aloud.

Day 3 — Colossians 3:1–4

- **Focus:** “Set your minds on things above.”
- **Practice:** Attention reset: 10-second gaze upward + breath prayer (3 times today).

Day 4 — Colossians 3:5–17

- **Focus:** Replace patterns with Christlike virtues.
- **Practice:** Choose one virtue (e.g., kindness) and do 1 micro-act today.

Day 5 — Psalm 1:1–3

- **Focus:** Meditate day and night.
- **Practice:** 5-minute slow meditation on one phrase; visualize a rooted tree.

Day 6 — Joshua 1:7–9

- **Focus:** Courage through the Word.
- **Practice:** Create a verse card; rehearse at breakfast, lunch, bedtime.

Day 7 — Isaiah 26:3; Review

- **Focus:** “Mind stayed on You = peace.”
- **Practice:** Nature walk or quiet sit (10 min) repeating the verse; weekly review wins/lessons.

Week 2: Capturing Thoughts

 **Memory verse:** Philippians 4:8–9 or 2 Corinthians 10:5

Day 8 — 2 Corinthians 10:3–5

- **Focus:** Take thoughts captive.
- **Practice:** Thought-capture sheet: Trigger → Thought → Truth verse.

Day 9 — Philippians 4:6–9

- **Focus:** Pray with thanksgiving; think on what's true.
- **Practice:** Gratitude + “True/Good/Lovely” list (3 items each).

Day 10 — Romans 8:1–6

- **Focus:** Life and peace in the Spirit.
- **Practice:** Replace self-condemnation with “no condemnation” confession.

Day 11 — 1 Peter 1:13–16

- **Focus:** Prepare your minds; be sober-minded.
- **Practice:** Digital boundary: 2-hour no-scroll block; fill with reading/prayer.

Day 12 — Proverbs 4:20–27

- **Focus:** Guard your heart/inputs.
- **Practice:** Inputs audit: remove 1 unhelpful feed, add 1 edifying input.

Day 13 — Romans 13:11–14

- **Focus:** Make no provision for the flesh.
- **Practice:** If/Then plan for a specific temptation (When X, I will Y + verse).

Day 14 — Galatians 6:7–10; Review

- **Focus:** Sowing and reaping.
- **Practice:** Identify 1 seed to sow daily next week; rest and reflect.

Week 3: Training by Practice

 **Memory verse: James 1:22 or 1 Timothy 4:7–8**

Day 15 — Hebrews 5:11–14

- **Focus:** Discernment by constant practice.
- **Practice:** Pick one skill to practice daily (e.g., listening 2 minutes before speaking).

Day 16 — James 1:22–25

- **Focus:** Be doers of the Word.
- **Practice:** One concrete obedience today; report to a friend by evening.

Day 17 — 1 Timothy 4:7–10

- **Focus:** Train yourself for godliness.
- **Practice:** 10-minute brisk walk paired with breath prayer/verse recall.

Day 18 — Philippians 4:9

- **Focus:** Learn, receive, practice.
- **Practice:** Ask a mature believer for 1 practical tip; apply it today.

Day 19 — Psalm 119:9–16

- **Focus:** Store the Word in your heart.
- **Practice:** Recite week's verses from memory; write any gaps and fix.

Day 20 — Proverbs 13:20; Hebrews 10:24–25

- **Focus:** Community shapes us.
- **Practice:** Schedule or attend a group; share one testimony/request.

Day 21 — Romans 6:12–16; Review

- **Focus:** Present yourself to righteousness.
- **Practice:** Replace 1 habit loop (Cue → New routine → Reward); weekly review.

Week 4: Peace, Joy, and Walking by the Spirit

 **Memory verse: Philippians 4:6–7 or Galatians 5:22–23**

Day 22 — John 14:27

- Focus: Christ's peace.
- Practice: 4-7-8 breathing with "Peace I leave with you" (3 cycles, 2x today).

Day 23 — Matthew 6:25–34

- Focus: Freedom from worry.
- Practice: "Worry fast" for 1 hour; redirect each worry to a specific petition.

Day 24 — 1 Thessalonians 5:16–18

- Focus: Rejoice, pray, give thanks.
- Practice: Set 3 alarms titled Rejoice/Pray/Thanks; obey on the spot.

Day 25 — Colossians 3:12–17

- Focus: Compassion, forgiveness, love.
- Practice: Forgiveness step: write a prayer/blessing for someone who hurt you.

Day 26 — Galatians 5:16–25

- Focus: Walk by the Spirit; fruit check.
- Practice: Fruit inventory (Love→Self-control): note 1 growth, 1 need; set a cue for the need.

Day 27 — John 15:1–11

- Focus: Abide and bear fruit.
- Practice: Identify 1 "pruning" (remove a drain) and 1 "abiding" habit (add a life-giver).

Day 28 — Romans 15:13

- Focus: Hope by the Spirit's power.
- Practice: Write a short testimony of how God is renewing your mind.

Finish Strong

Day 29 — Review and Consolidate

- Focus: Retrieval strengthens memory.
- Practice: Review top 10 verses; recite without notes; create a 3-verse daily stack.

Day 30 — Psalm 103; Celebration

- Focus: Bless the Lord; remember His benefits.
- Practice: Gratitude letter to God; commit to a simple ongoing Rule of Life (Scripture + Prayer + Community + Service).

Weekly Memory Verses

- Week 1: Romans 12:2
- Week 2: Philippians 4:8–9 or 2 Corinthians 10:5
- Week 3: James 1:22 or 1 Timothy 4:7–8
- Week 4: Philippians 4:6–7 or Galatians 5:22–23

Tracking & Accountability

- Habit checkboxes: Read, Pray, Practice, Gratitude, Review verse (tick daily).
 - Weekly reflection (Days 7, 14, 21, 28):
 - What thought patterns have changed?
 - What practice helped most?
 - What will I continue or adjust next week?
 - Share one update with a trusted friend or group each week.

Appendix 1: How to Use This Plan – Expanded Guide

Overview

- Morning (10–15 min): Read the passage, pray, memorize 1 line, speak a short affirmation.
- Midday (2–5 min): Thought-capture drill + 4–6 deep breaths + brief verse recall.
- Evening (5–10 min): Gratitude (3 items), practice review, 1-sentence prayer.

1. Morning: Speak a Short Affirmation

What it is - A short, Scripture-rooted sentence you say out loud to align your thoughts, emotions, and choices with God’s truth for the day.

Why it works

- Focus + repetition + meaning = strong mental pathways (renewal).
- Saying it aloud adds emotion and embodiment—accelerating learning.

How to create one (simple 5-step method)

- Pick a target: What mindset do you want to shape today? (e.g., anxiety, anger, focus)
- Anchor to Scripture: Choose one verse or phrase from your daily reading.
- Write present-tense, positive, specific: Identity + Action + Truth.
- Keep it short (7–12 words) and memorable.
- Pair with a cue: Say it on waking, after brushing teeth, or before work.

Quick templates

- Because [Gospel truth], I will [specific action] today. (Ref)
- When I notice [trigger], I will [replacement] because [truth]. (Ref)
- Inhale: “[short truth]” / Exhale: “[short response]” (Ref)

Examples

- Anxiety: “I cast my cares on You; Your peace guards me. (Phil 4:6–7; 1 Pet 5:7)”
- Shame: “No condemnation in Christ; I walk in grace today. (Rom 8:1)”
- Temptation: “I’m dead to sin, alive to God; I take the way out. (Rom 6:11; 1 Cor 10:13)”
- Focus: “I set my mind above and do the next right thing. (Col 3:2)”
- Anger: “Quick to listen, slow to anger, clothed with love. (Jas 1:19; Col 3:14)”

Helpful resources to craft affirmations

- Identity-in-Christ passages: Ephesians 1–3; Colossians 1–3; Romans 8; 1 Peter 2:9–10.
- Psalms for emotions: Psalms 23, 27, 34, 42, 91, 103.
- Topical search: “Bible verses about [anxiety/peace/holiness]” from a trusted translation.
- Verse cards: Write one line per card; keep 3–5 in rotation.
- Bonus: Record your affirmation on your phone and loop it for 1–2 minutes.

2. Midday: Thought-Capture Drill

Purpose - To intercept unhelpful or untrue thoughts, test them against Scripture, and replace them with truth—training new mental pathways.

The 5-step drill (2–5 minutes)

1. Notice (Pause + Breathe): What triggered me? What emotion am I feeling (0–10)?
2. Name the thought: Write the exact automatic thought (short and raw).
3. Test the thought:
 - True? Helpful? God-honoring?
 - Evidence for/against?
 - Distortion? (all-or-nothing, catastrophizing, mind-reading, etc.)
4. Replace with truth:
 - Scripture: choose one verse/phrase.
 - New thought: craft a 1–2 sentence truth-based reframe.
5. Rehearse + Act:
 - Say the truth aloud 3 times (slowly).
 - Do one small action that matches the truth (email, apology, walk, delay the urge).

Mini worksheet (use notes app or card)

- Trigger:
- Emotion (0–10):
- Automatic thought:
- Distortion (if any):
- Scripture/Truth:
- New thought (replacement):
- One action now:

Examples

- “I always mess things up.”
 - Distortion: Overgeneralization.
 - Truth: “Though I stumble, I rise; there’s no condemnation in Christ.” (Prov 24:16; Rom 8:1)
 - Replacement: “I made a mistake, but I’m learning. With God’s help, I’ll try again.”
 - Action: Fix one part for 10 minutes.
- “I must check my phone now.”
 - Distortion: Urgency/impulse.
 - Truth: “All things are lawful, but not all helpful.” (1 Cor 6:12)
 - Replacement: “I can wait 10 minutes; focus honors God and helps me finish.”
 - Action: Set a 10-minute timer; keep working until it rings.

Tips

- Keep it short; consistency beats perfection.
- Pair with 4–6 slow breaths (longer exhales calm the body).
- Use the same verse for a whole week if it fits—repetition deepens wiring.

3. Evening: Gratitude, Practice Review, 1-Sentence Prayer

a. Gratitude (3 items) — 3–4 minutes

- *Options:*
 - 3 Good Things: What went well today? Why?
 - The 3 P's: People (who blessed you), Providence (how God provided), Progress (one small step).
 - Savor: After listing, spend 10–15 seconds reliving each moment with God.
- *Example:*
 - People: “A coworker encouraged me.”
 - Providence: “An unexpected refund covered a bill.”
 - Progress: “I paused and prayed instead of reacting.”

b. Practice Review — 2–3 minutes

- Quick check (0–2 each): Read? Pray? Practice? Gratitude? Verse review?
- Three questions:
 1. Where did I notice God’s help today?
 2. Where did I drift? What was the cue?
 3. What’s my one small adjustment for tomorrow?
- If-Then plan: “If I feel [trigger] tomorrow, then I will [replacement action] and say [verse].”

c. One-Sentence Prayer — 30–60 seconds

- *Template:*
 - “Father, thank You for [specific gratitude]; please help me [specific need] tomorrow; I trust Your [promise/character]. In Jesus’ name, amen.”
- *Examples:*
 - “Father, thank You for steadying me today; help me set my mind on You in the morning; I trust Your peace will guard me. In Jesus’ name, amen.” (Phil 4:7)
 - “Lord, thank You for forgiveness; help me speak with gentleness; Your grace is sufficient. In Jesus’ name, amen.” (2 Cor 12:9)

Printable/Nestable Templates

Affirmation Card:

- Truth: [short line]
- Verse: [ref]
- Action: [one step]
- Cue: [when I'll say it]

Thought-Capture:

- Trigger | Emotion (0–10) | Automatic thought | Distortion | Scripture | New thought | Action

Evening Review:

- 3 Gratitudes:
- Score (Read/Pray/Practice/Gratitude/Verses):
- One adjustment (If-Then):
- 1-sentence prayer:

Optional Micro-Schedule

- Morning: After brushing teeth → read, pray, memorize 1 line, speak affirmation.
- Midday: Before lunch → thought-capture drill + breaths + verse recall.
- Evening: 30 minutes before bed → gratitude, review, prayer; screens off afterward.