

RENEW YOUR MIND

A Guide to Identity, Purpose, and Peace

"Be transformed by the renewing of your mind. Then you will be able to know what God's pleasing & perfect will is."

Romans 12:2



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Hey there, Beautiful One!

This is your moment—and we are cheering you on every step of the way! 

We are so excited for you to step into this journey of **renewing your mind and discovering who God created you to be**.

We've been there—we've wrestled with doubt, battled negative thoughts, and felt stuck in old mindsets. But let us tell you... **God's truth changes everything**. When we started renewing our minds with His Word, we saw breakthrough, freedom, and clarity like never before. **And now? It's your turn**.

The best part? **You're not doing this alone**. God is with you in every moment —and so are we.

This isn't just about reading affirmations—it's about **transforming your life from the inside out**. As you fill your heart with God's truth, you'll begin to **see yourself as He sees you**, letting go of fear, doubt, and insecurity.

How to Get the Most Out of These Affirmations:

- **Speak them out loud.** There is **power in your words**—declare them boldly!
- **Take your time.** Let each truth sink deep. Meditate on them. **Feel the shift happening.**
- **Believe every word.** These aren't just nice sayings—they are **God's personal promises to you**.
- **Watch what changes.** As your mind is renewed, your heart, thoughts, and life will follow.

Are you ready? Let's dive in—your breakthrough starts now.

With tremendous love and belief in you,

Kandi & Kelsi



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KNOWING GOD'S CHARACTER & HEARING HIS VOICE

Understanding God's character is the foundation of renewing your mind. His voice is never condemning or confusing but is always loving, kind, and full of truth. When you know His character, you can discern His voice and confidently trust Him.

👉 **Affirmations and Scriptures**

- **Jesus speaks with compassion and love.**

"For God did not send His Son into the world to condemn the world, but to save the world through Him." — John 3:17 

- **God's voice reflects His patience and kindness.**

"The Lord is compassionate and gracious, slow to anger, abounding in love." — Psalm 103:8 

- **God's tone is always marked by love.**

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud." — 1 Corinthians 13:4 

- **God's words bring life and hope.**

"The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life." — John 6:63 

- **God speaks peace to His people.**

"The Lord will indeed give what is good, and our land will yield its harvest. Love and faithfulness meet together; righteousness and peace kiss each other." — Psalm 85:10 

- **God is never the author of confusion.**

"For God is not a God of disorder but of peace—as in all the congregations of the Lord's people." — 1 Corinthians 14:33 

- **God's voice brings hope and joy.**

"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit." — Romans 15:13 

👉 **How to Apply These Truths**

When you're seeking to hear God's voice, pause and ask yourself: Does this bring peace, hope, or comfort? If the answer is no, it's not Him. God's voice always reflects His love, truth, and faithfulness. Revisit these affirmations daily and let them remind you of the gentle, guiding nature of His voice.

GOD'S LOVE AND CARE FOR ME

The love of God is the foundation for everything—it's a reality that shapes who you are. When you know how deeply you are loved, it changes the way you see yourself and the world around you. Let the truth of God's everlasting love wash over you. **His love is unconditional**, and it is the core of your identity.

👉 **Affirmations and Scriptures**

- **God's love for me is everlasting.**

"I have loved you with an everlasting love; I have drawn you with unfailing kindness." — Jeremiah 31:3 ❤️

- **I am engraved on the palms of God's hands.**

"See, I have engraved you on the palms of My hands." — Isaiah 49:16 🖐

- **Nothing can separate me from the love of God.**

"For I am convinced that neither death nor life... will be able to separate us from the love of God." — Romans 8:38-39 🛡

- **God rejoices over me with singing.**

"The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in His love, He will no longer rebuke you but will rejoice over you with singing." — Zephaniah 3:17 🎶

- **God draws me close with His lovingkindness.**

"I have loved you with an everlasting love; I have drawn you with unfailing kindness." — Jeremiah 31:3 🙌

- **God's thoughts toward me are precious and vast.**

"How precious to me are your thoughts, God! How vast is the sum of them!" — Psalm 139:17 🌟

- **I am precious in God's eyes and honored.**

"You are precious and honored in My sight, and I love you." — Isaiah 43:4 💎

👉 **How to Apply These Truths**

Speak these affirmations over yourself every day—**especially when you feel distant or unworthy**. Close your eyes and imagine God wrapping you in His love, rejoicing over you, and whispering these truths into your heart. Let them sink in until they shape how you see yourself.

LIVING IN MY IDENTITY IN JESUS

Who you are is no longer defined by your past, your failures, or even your achievements. In Jesus, you are made new, righteous, and whole. Your identity is firmly rooted in Him. Speaking these truths aloud allows your heart to align with what God says about you, bringing freedom and confidence.

👉 **Affirmations and Scriptures**

- **I am the righteousness of God in Christ.**

"God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God." — 2 Corinthians 5:21 

- **I have been adopted as God's child.**

"He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will." — Ephesians 1:5 

- **I am no longer a slave but God's child.**

"So you are no longer a slave, but God's child; and since you are His child, God has made you also an heir." — Galatians 4:7 

- **I am a chosen and special possession of God.**

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of Him who called you out of darkness into His wonderful light." — 1 Peter 2:9 

- **I am free from condemnation.**

"Therefore, there is now no condemnation for those who are in Christ Jesus." — Romans 8:1 

- **I am complete in Christ.**

"For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness." — Colossians 2:9-10 

- **By His wounds, I am healed.**

"But He was pierced for our transgressions... by His wounds, we are healed." — Isaiah 53:5 

👉 **How to Apply These Truths**

As you speak, picture yourself shedding old, false labels and stepping boldly into the truth of who God says you are. When doubt creeps in, remind yourself: *My identity is in Jesus, not in my circumstances*. Let this truth guide your thoughts and actions.

RESTING IN GOD'S PEACE & SECURITY

Peace isn't something you have to chase—it's already yours in Christ. Even in the most chaotic circumstances, God offers a supernatural peace that guards your heart and mind. His peace centers you, giving you security and rest in His presence.

👉 **Affirmations and Scriptures**

- **God will guide me and satisfy my needs.**

"The Lord will guide you always; He will satisfy your needs in a sun-scorched land."

— Isaiah 58:11 

- **God keeps me in perfect peace as I trust Him.**

"You will keep in perfect peace those whose minds are steadfast because they trust in You." — Isaiah 26:3 

- **God's peace guards my heart and mind.**

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." — Philippians 4:7 

- **I let the peace of Christ rule my heart.**

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace." — Colossians 3:15 

- **Jesus is my peace, breaking down every barrier.**

"For He Himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility." — Ephesians 2:14 

- **I am not anxious because I bring my needs to God.**

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." — Philippians 4:6 

- **God's peace quiets my soul and calms every storm.**

"He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm." — Mark 4:39 

👉 **How to Apply These Truths**

Whenever anxiety creeps in, pause and declare these affirmations aloud. Imagine God wrapping you in His peace and stilling the storm within your heart.

BUILDING FAITH & STRENGTH IN GOD

This is where your **strength comes from**. It's not in striving, but in **trusting** the One who holds you. You can walk in confidence knowing that **the same power that raised Christ from the dead lives in you**. You're not navigating this life on your own—He's got you. 💪

👉 **Affirmations and Scriptures**

- **I can approach God with freedom and confidence.**

"In Him and through faith in Him, we may approach God with freedom and confidence." — Ephesians 3:12 📖

- **I am strong in the Lord and His mighty power.**

"Finally, be strong in the Lord and in His mighty power." — Ephesians 6:10 💪

- **The same power that raised Christ lives in me.**

"That power is the same as the mighty strength He exerted when He raised Christ from the dead." — Ephesians 1:19-20 ✝

- **The joy of the Lord is my strength.**

"Do not grieve, for the joy of the Lord is your strength." — Nehemiah 8:10 😊

- **God renews my strength as I wait on Him.**

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles." — Isaiah 40:31 🦅

- **God is my refuge and strength.**

"God is our refuge and strength, an ever-present help in trouble." — Psalm 46:1 🛡

- **I can do all things through Christ who strengthens me.**

"I can do all this through Him who gives me strength." — Philippians 4:13 🌟

👉 **How to Apply These Truths**

Speak these affirmations boldly, especially in moments of weakness. God's strength carries you through every trial. Let this truth fuel your faith and give you courage to move forward.

TRUSTING GOD'S PROMISES & PROVISION

God's promises are steadfast and sure, offering hope, strength, and provision in every season of life. When we trust in His promises, we find peace in knowing that He is faithful to provide all we need, both physically and spiritually.

👉 **Affirmations and Scriptures**

- **God will meet all my needs according to His riches.**

"And my God will meet all your needs according to the riches of His glory in Christ Jesus." — Philippians 4:19 

- **God's promises never fail.**

"Not one of all the Lord's good promises to Israel failed; every one was fulfilled." — Joshua 21:45 

- **God is my provider, and I lack nothing.**

"The Lord is my shepherd; I lack nothing." — Psalm 23:1 

- **God gives me every good and perfect gift.**

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." — James 1:17 

- **I trust God's timing, knowing He works all things for good.**

"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose." — Romans 8:28 

- **God strengthens me to wait patiently for His promises.**

"The Lord is good to those whose hope is in Him, to the one who seeks Him." — Lamentations 3:25 

- **God has given me exceedingly great and precious promises.**

"Through these He has given us His very great and precious promises, so that through them you may participate in the divine nature." — 2 Peter 1:4 

👉 **How to Apply These Truths**

When you feel unsure about the future, meditate on these promises. Imagine yourself standing firmly on God's Word, trusting that His provision will always come at the perfect time. Reflect on past moments when God came through for you, and let that strengthen your faith in His faithfulness.

SPEAKING LIFE & BUILDING RELATIONSHIPS

Our words have so much power—more than we sometimes realize. The way we speak to others can build bridges or walls. As you focus on these affirmations, ask God to help you speak words of life, encouragement, and truth, especially in those tough moments. Let His wisdom guide your conversations, bringing healing and grace into every relationship. 

Affirmations and Scriptures

- **I will use my words to build others up.**

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." — Ephesians 4:29 

- **My words bring life and healing.**

"The tongue has the power of life and death, and those who love it will eat its fruit."
— Proverbs 18:21 

- **Gracious words bring sweetness and healing.**

"Gracious words are a honeycomb, sweet to the soul and healing to the bones." — Proverbs 16:24 

- **I will be quick to listen, slow to speak, and slow to anger.**

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." — James 1:19 

- **I will speak with wisdom and kindness.**

"She speaks with wisdom, and faithful instruction is on her tongue." — Proverbs 31:26 

- **I will avoid gossip and slander.**

"Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech." — 1 Peter 3:10 

- **My words will reflect God's love and truth.**

"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." — Colossians 4:6 

How to Apply These Truths

Pray before you speak, especially in challenging situations. Let your words be a reflection of God's love and grace, bringing peace and encouragement to others.

THE JOURNEY OF TRANSFORMATION

This is a journey, not a one-time event. Each time you return to these affirmations, you are strengthening your mind and spirit in **God's truth**.

Remember: God is **deeply invested** in your transformation. He is with you, guiding you every step.

Affirmations and Scriptures

- **God will complete the good work He began in me.**

"Being confident of this, that He who began a good work in you will carry it on to completion." — Philippians 1:6 

- **I am being transformed by the renewing of my mind.**

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." — Romans 12:2 

- **God's Word equips me for every good work.**

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness." — 2 Timothy 3:16 

- **God gives me new mercies every morning.**

"Because of the Lord's great love, we are not consumed, for His compassions never fail. They are new every morning." — Lamentations 3:22-23 

- **I am being renewed day by day.**

"Though outwardly we are wasting away, yet inwardly we are being renewed day by day." — 2 Corinthians 4:16 

- **God's truth sets me free.**

"Then you will know the truth, and the truth will set you free." — John 8:32 

- **God's Word lights my path.**

"Your Word is a lamp to my feet and a light to my path." — Psalm 119:105 

How to Apply These Truths

Celebrate progress, no matter how small. Each step is evidence of God's faithfulness to transform and renew you. Keep leaning into His truth—you're becoming who He created you to be.



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