





TTR Week 3 Bible Devotion: Renewing the Mind


Theme: Breaking strongholds begins with transformed thinking.

Day 15 – Be Transformed by the Renewing of Your Mind


 *Scripture:* Romans 12:2 – “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”


 *Devotion:* Strongholds are built in the mind, but so is freedom. Transformation happens when we stop letting the world shape us and instead allow God’s truth to rewire our thoughts.


 *Prayer:* Lord, reshape my thinking today. Replace every lie I’ve believed with Your truth.


 *Action Step:* Write down one negative thought you struggle with. Find a Scripture that speaks truth against it.

Day 16 – Set Your Mind on Things Above


 *Scripture:* Colossians 3:2 – “Set your minds on things above, not on earthly things.”


 *Devotion:* Our minds naturally drift toward worry, fear, or worldly concerns. God calls us to lift our focus higher—toward Him. Freedom grows when our attention is fixed on eternal truth, not temporary struggles.


 *Prayer:* Father, help me fix my mind on what matters most—Your kingdom, not my problems.


 *Action Step:* Each time you feel distracted today, pause and whisper: “*I set my mind on You, Lord.*”

Day 17 – Think on What Is True


 *Scripture:* Philippians 4:8 – “Whatever is true, whatever is noble, whatever is right... think about such things.”


 *Devotion:* The enemy loves to fill our minds with lies. God gives us a filter: if it’s not true, pure, or praiseworthy, it doesn’t belong. This is how we protect our thoughts from becoming strongholds.


 *Prayer:* Lord, retrain my thoughts to align with Your truth. Help me recognize and reject lies quickly.


 *Action Step:* Make a list of 5 true and praiseworthy things about God. Reflect on them throughout the day.

Day 18 – Put On the New Self


 *Scripture:* Ephesians 4:22–24 – “Put off your old self... be made new in the attitude of your minds... put on the new self.”


 *Devotion:* Renewing the mind is like changing clothes—taking off the old and putting on the new. We can’t walk in freedom while clinging to old thought patterns. God calls us to step into a new identity.

 *Prayer:* Father, I let go of old thinking today. Clothe me in Your truth and righteousness.

 *Action Step:* Write down one “old thought” you need to put off. Beside it, write a “new truth” to put on instead.

Day 19 – Meditate on God’s Word


 *Scripture:* Joshua 1:8 – “Keep this Book of the Law always on your lips; meditate on it day and night.”

 *Devotion:* God told Joshua that success and strength would come from constant meditation on His Word. The same is true for us today—the more we soak in Scripture, the less room there is for strongholds.


 *Prayer:* Lord, plant Your Word deep in my heart and mind. Let it shape my thoughts and actions.


 *Action Step:* Memorize one verse today that speaks directly to your current struggle. Repeat it often.

Day 20 – Thriving in God’s Truth


 *Scripture:* Psalm 1:1–3 – “...whose delight is in the law of the Lord... that person is like a tree planted by streams of water.”


 *Devotion:* When our minds are rooted in God’s Word, we thrive like a tree by the water. Strongholds dry up when we delight in God’s truth, because His Word sustains and nourishes us.


 *Prayer:* Father, let me be rooted in You, unshaken by lies or struggles.


 *Action Step:* Spend 10 minutes reading Psalm 1 slowly. Picture yourself as the tree, deeply rooted in God’s truth.

Day 21 – Replace Lies with Truth

 *Scripture:* John 17:17 – “Sanctify them by the truth; your word is truth.”

 *Devotion:* God’s Word is the ultimate weapon against lies. Every stronghold begins with a lie we’ve believed—but every lie can be replaced with God’s truth. Renewal is a daily exchange.

 *Prayer:* Lord, sanctify my mind with Your truth. Let no lie take root in me.

 *Action Step:* Write down one stronghold-lie you’ve believed (example: “I’ll never change”). Replace it with a declaration from Scripture (example: “In Christ, I am a new creation – 2 Cor. 5:17”).