

**THIRTY DAYS TO A
RENEWED MIND**

A Daily Practice Guide

JUDY GREGERSON

Strategies for Overcomers

www.strategiesforovercomers.com

Thirty Days to a Renewed Mind: A Daily Practice Guide

© 2026 Judy Gregerson / Strategies for Overcomers

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Unless otherwise noted, Scripture quotations are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

This book is intended for general informational and devotional purposes only and is not a substitute for professional medical, psychological, or psychiatric care. If you are experiencing a mental health crisis, please seek help from a qualified professional.

Strategies for Overcomers

www.strategiesforovercomers.com

First Edition, 2026

How to Use This Book

This book is meant to be lived, not just read. Each chapter builds one piece of a simple, repeatable practice for renewing your mind — a few minutes each morning and a few minutes each evening, for the next thirty days.

You will need a journal or notebook to go alongside this book, somewhere to write your Thought Log entries, your prayers, and your answers to each chapter's Journal Prompt.

Move through the chapters at the pace that fits your life. There is no prize for rushing. The goal is not to finish quickly — it is to let your mind actually be renewed.

INTRODUCTION

Why Your Mind Needs Renewing Today

You already know the feeling. The same anxious thought loops in your head for the hundredth time. The same self-critical voice whispers that you're not enough. The same worry about your health, your family, or your future steals your peace before the day even begins.

You've prayed about it. You've read Scripture. But the thoughts keep coming back.

That is exactly why you should read this book.

I have walked alongside clients just like you — men and women who love Jesus but feel trapped in their own minds. What I've discovered is simple and life-changing: real freedom doesn't come from trying harder. It comes from renewing your mind exactly the way Romans 12:2 tells us:

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” —

Romans 12:2

This is not a nice suggestion. It is God's promise of transformation. When your mind changes, your emotions change. When your emotions change, your actions change. When your actions change, your entire life changes.

This is a practical guide, not just another book to read and put on the shelf. You will spend 10–15 minutes each morning and a quick review each evening practicing five simple, repeatable steps. By the end of the thirty days you will have a lifelong system you can use forever.

You do not need to be perfect. You only need to be willing. The Holy Spirit will do the heavy lifting.

Before you turn the page, I invite you to make a simple commitment:

My Renewal Commitment

I choose today to renew my mind. I will take every thought captive to the obedience of Christ. I will practice the five steps daily for the next thirty days. By God's grace, I will be transformed.

Signed: _____ Date: _____

You are not alone. Jesus is with you, the Holy Spirit is in you, and this book is in your hands. Let's begin.

Today's To-Do

- Pray the short prayer on the next page.
- Sign your 30-Day Renewal Commitment above.
- Schedule 15 minutes tomorrow morning for your first Renewal Time.

JOURNAL PROMPT

Why did I pick up this book right now? What one area of my life do I most want to see transformed by a renewed mind?

CHAPTER 1

The Battlefield of the Mind

You've probably felt it — that moment when one single thought suddenly takes over your whole day.

Maybe it's something someone said that keeps replaying. Or a worry about your health, your family, or what's coming next. Before you know it, anxiety or discouragement has settled in and it's hard to shake.

It's not random. This is the battlefield.

The Bible puts it plainly in 2 Corinthians 10:5: we are to take every thought captive to make it obedient to Christ.

Our minds really are where the war happens. Thoughts come at us every day — some from our own past, some from the enemy, some from the world around us. The ones we let stay long enough start to shape what we believe, and what we believe ends up shaping how we live.

I've sat with a lot of people who felt stuck in worry or self-doubt or anger. Almost every time, when we looked back, it started with one thought they had believed for a long time without really noticing.

The good news is that God never meant for us to live defeated by our thoughts. He gave us weapons, and the first one is the ability to take every thought captive.

I like to think of the mind like a garden. Seeds land all the time — some good, some harmful. We don't always choose which seeds arrive, but we do get to choose which ones we water and let grow.

Most of us have been letting the garden grow however it wants. No wonder it feels overwhelming sometimes.

Renewing the mind begins the moment we quietly decide we don't have to stay passive anymore.

Quick Self-Assessment

Take a minute and ask yourself:

- What thought has been running through my mind a lot this week?
- How does that thought make me feel?
- Has believing it helped me or hurt me?

Write your answers down somewhere — in the margin or in a notebook. Don't rush past this. Just noticing is the beginning.

You are not powerless here. The same God who raised Jesus is ready to help you learn a new way of thinking.

This book is simply a practical plan to help you do that over the next thirty days — spotting the lies, capturing them, and replacing them with truth until something starts to shift for good.

Today's To-Do

- Read 2 Corinthians 10:4–5 out loud three times.

“For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.” — 2 Corinthians 10:4–5

- Do the quick self-assessment above.

- Pray this short prayer: “Father, I surrender my mind to You. Help me see every thought the way You see it. I want to take every thought captive to the obedience of Christ. Amen.”

JOURNAL PROMPT

What is one thought that has felt like a stronghold in my life? How has it affected my relationships, my health, or my peace?

CHAPTER 2

Understanding How the Mind Works

Now that we've acknowledged the battle, it helps to understand how the battlefield actually works.

God made our brains in an amazing way. Whatever we think about repeatedly becomes easier and easier to think. Scientists call this neuroplasticity. The Bible simply called it the renewing of the mind long before anyone had a name for it.

Here's how the cycle usually goes: a thought comes in, we give it attention, we feel an emotion, we act (or react) based on that emotion, and the pathway in our brain gets a little stronger.

Do that enough times and the thought becomes almost automatic. It shows up without any effort from us. That's why it can feel so hard to break free sometimes — we're not just fighting a passing idea; we're fighting a well-worn path in our minds. We have created a stronghold in our mind.

But the same process that built the difficult path can also tear it down and build a better one.

| *“Be transformed by the renewing of your mind.” — Romans 12:2*

Notice it doesn't start with trying harder to act differently. It starts with the mind. When the thoughts change, the feelings and actions start to follow.

That's why we're going to practice the same Renewal Cycle every day:

Awareness → Capture → Replace → Repeat

- Awareness: noticing the thought instead of letting it run in the background
- Capture: stopping it and looking at it in the light of God's truth

- Replace: putting God’s Word in its place
- Repeat: doing it again and again until the new thought becomes the natural one

Most of us know we’re supposed to think on what is true (Philippians 4:8), but we’ve never really been shown how to do it in the middle of ordinary days. That’s what these thirty days are for.

You don’t need long blocks of time. Ten to fifteen minutes in the morning and a short check-in at night is enough. What matters most is showing up consistently.

Clients come to me worn out from years of anxiety. People who have read their Bible faithfully, but their minds still feel like a war zone. We started with this simple cycle. After two weeks clients are catching most of their anxious thoughts before they took over. By the end of the thirty days they tell me, “I finally feel like I have a tool instead of just hoping it gets better.”

You can have that same gentle shift.

Today’s To-Do

- Write or draw the Renewal Cycle (Awareness → Capture → Replace → Repeat) in your journal or on a card and put it where you’ll see it each morning.
- Set a daily reminder on your phone that says “Time to renew my mind.”
- Read Philippians 4:8 out loud.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.” — Philippians 4:8

JOURNAL PROMPT

What is one area of my life where I can already see the Renewal Cycle working (even a little)? Where do I need it most right now?

CHAPTER 3

Preparing Your Heart

Before we dive into the five practical steps, there's something important we need to talk about first. A lot of us — myself included at times — try to renew our minds by pure willpower. We read the verses, repeat the declarations, maybe even set alarms on our phones, and still feel worn out or defeated a week later. I've been there. It's exhausting because we're trying to do something that was never meant to be done alone.

Renewing the mind is not another self-help project. It's a grace-filled partnership with the Holy Spirit. Jesus said it so plainly in John 15:5: "Without Me you can do nothing." That includes changing the way we think day after day.

So before we go any further, we pause and surrender.

Take a quiet moment right now and pray this simple prayer out loud if you're able:

"Lord, I admit that I have tried to control my thoughts on my own. Today I surrender my mind completely to You. I give You every worry, every lie I've believed, and every stronghold in my thinking. Fill me with Your Holy Spirit and teach me to think the way You think. I trust You to do what I cannot do. In Jesus' name, Amen."

Write this prayer in your journal and pray it every morning for the next thirty days. It becomes your daily reset button — a gentle reminder that you don't have to carry this alone.

Grace matters more than most of us realize in this process. Grace is not permission to stay stuck in the same old patterns. It is the power to get free. When you slip up (and you will, because we all do), grace quietly says, "Get back up. My mercy is new every

morning” (Lamentations 3:22–23). Striving says, “You failed again.” Grace says, “You are still Mine, and I am still working in you.”

The enemy loves to use shame to keep us from even starting. Don’t listen to that voice. God is not disappointed in you — He is genuinely glad you are finally ready to let Him do the deep work only He can do.

One Simple Heart Check Before You Begin Any of the Steps

Ask yourself two honest questions:

- Am I doing this in my own strength, or am I relying on the Holy Spirit?
- Am I willing to obey whatever truth God shows me?

If the honest answer to the first question is “my own strength,” pause right there and pray the surrender prayer again. Real, lasting change only happens when we stay connected to the Vine.

You are not alone in this journey. The same power that raised Christ from the dead lives inside you (Romans 8:11). That power is more than enough to renew your mind, one thought at a time.

Today’s To-Do

- Pray the Prayer of Surrender out loud (write it in your journal if you haven’t already).
- Read John 15:5 and Romans 8:11 out loud.

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” — John 15:5

“And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.” — Romans 8:11

- Set a daily phone reminder that says: “Surrender my mind to Jesus.”

JOURNAL PROMPT

What fears or doubts come up when I think about fully surrendering my mind to God? What would it look like to trust Him completely with my thoughts?

CHAPTER 4

Step 1 – Awareness: Catch the Thought

You cannot change a thought you don't even notice. That is why Awareness is Step One.

Most of our negative thoughts run quietly on autopilot. They feel like background noise — until suddenly they become loud and overwhelming. The whole goal of this first step is simple: start noticing the thoughts before they take over your day.

I call this the “Stop & Notice” technique. Every time you feel a negative emotion rise up — anxiety, anger, discouragement, shame — pause and gently say (out loud or in your mind): “Stop. What am I thinking right now?”

Then write it down in your Thought Log. You'll find a simple three-column template below and again in the appendix.

Your Thought Log (3-Column Format)

Situation	Thought I'm Having	Feeling It Creates
Doctor's appointment coming up	“What if the test results are bad?”	Anxious, heavy chest

--	--	--

Try to do this at least three times a day for the next thirty days. You will be amazed how quickly you start catching thoughts you used to miss completely.

Common triggers to watch for: first thing in the morning, before or after meals, when you're tired or stressed, during certain conversations, or while scrolling on your phone. Write your top three triggers in the margin so you can be extra alert.

A client once told me, "I didn't realize how many fearful thoughts I had until I started to stop and notice. Within four days I had written down twenty-seven different worries. No wonder I felt exhausted!" Once she became aware, she was finally able to do something about them.

Awareness is not about beating yourself up. It is simply about shining light on the darkness so God can bring truth in its place.

Today's To-Do

- Create your first Thought Log entry right now (use the 3-column format).
- Practice the "Stop & Notice" technique at least three times today.
- Read 2 Corinthians 10:5 again: "bringing every thought into captivity..."

JOURNAL PROMPT

What surprised me most when I started catching my thoughts today? Which trigger seems to be the strongest right now?

CHAPTER 5

Step 2 – Capture: Take It Captive

Now that you're beginning to notice the thoughts, it's time to capture them.

Capturing is the moment you refuse to let the thought run free. You stop it in its tracks and examine it under the light of God's Word.

Here is a simple four-question "Capture Script" you can use every time you catch a thought:

- Is this thought true? (Does it line up with Scripture?)
- Is this thought helpful? (Does it move me closer to God or farther away?)
- Where is this thought coming from? (My past, the enemy, or the Holy Spirit?)
- What would God say about this situation?

Say the script out loud when you can — there is real power in speaking truth.

You can also add one extra filter question: "Is this thought even mine, or did I pick it up from someone else's opinion, social media, or fear?" Many of the thoughts we battle aren't original to us at all.

After you fill in the Thought Log from Step 1, simply add these two lines:

Thought I caught: _____

My Capture Script answers:

- True? _____
- Helpful? _____
- Source? _____
- What God says: _____

Do this for every thought you log. Within a week you will start doing it more naturally.

Remember the goal: You are not trying to empty your mind. You are taking control of it so Jesus can fill it with His peace.

Today's To-Do

- Use the Capture Script on at least three thoughts today (write them down).
- Memorize the four questions in the Capture Script.
- Read Philippians 4:6–7 out loud and underline the promise of God's peace.

JOURNAL PROMPT

Which question in the Capture Script feels hardest for me right now? Why?

CHAPTER 6

Step 3 – Replace: Put On the Truth

You have caught the thought. You have captured it. Now it is time to replace it with God's truth.

This is the most powerful step because it is where real transformation happens. You don't just remove the lie — you deliberately install the truth in its place.

Here is how to do it:

- Find the exact promise in Scripture that directly contradicts the lie.
- Speak the truth out loud (faith comes by hearing).
- Personalize it with your own name.
- Thank God for the truth.

Example

Lie: "I'm never going to get better."

Truth: "I can do all things through Christ who strengthens me" (Philippians 4:13).

Personalized: "Judy, you can do all things through Christ who strengthens you."

Declaration: "Lord, thank You that Your strength is made perfect in my weakness."

You don't need to memorize a hundred verses. Start with three powerful ones per week. Write each verse on an index card. Read it morning and night. Say it out loud ten times.

At the end of your morning routine, speak three short personalized declarations based on the thoughts you captured the day before. Keep them honest and powerful.

Today's To-Do

- Choose one thought you captured yesterday and write its replacement truth.
- Speak the replacement truth out loud three times.
- Start your first three Scripture memory cards (2 Corinthians 10:5, Romans 12:2, Philippians 4:8).

JOURNAL PROMPT

What lie have I believed for a long time? What exact Scripture truth is ready to replace it?

CHAPTER 7**Step 4 – Renew: Fill Your Mind on Purpose**

You have caught the thought. You have captured it. You have replaced it with truth. Now it is time to renew — to fill your mind on purpose so the lies have less and less room to grow.

Renewing is not a one-time event. It is a daily choice to feed your mind what is true, noble, right, pure, lovely, and praiseworthy (Philippians 4:8).

Your two daily renewal blocks are simple:

Morning (10 minutes)

- Read today’s Scripture from your memory cards.
- Speak your three personalized declarations out loud.
- Listen to 3–5 minutes of worship or Scripture audio while you get ready.

Evening (5 minutes)

- Review your Thought Log from the day.
- Write down one victory (a thought you successfully replaced).
- Thank God for His faithfulness.

Just as you watch what you eat, watch what you consume: cut excessive news, social media scrolling, and negative music or podcasts. Add worship music, Scripture apps, encouraging podcasts, and time in God’s Word.

Create a “Renewal Playlist” on your phone. Use a Bible app’s “Verse of the Day” feature as your morning anchor. Place Scripture cards on your bathroom mirror, car dashboard, and kitchen counter.

A client once told me he never had time to “renew his mind.” We started with just the ten-minute morning block. Thirty days later he said, “I used to wake up anxious. Now I wake up with a song and a Scripture already in my heart.” Small, consistent choices really do change things.

Today's To-Do

- Build your Renewal Playlist (minimum 5 songs).
- Set your phone alarm for your Morning Renewal Time.
- Read Philippians 4:8 out loud and underline the words that stand out to you.

JOURNAL PROMPT

What am I currently feeding my mind that is not helping my renewal? What one new habit will I add this week?

CHAPTER 8

Step 5 – Repeat & Review: Make It a Lifestyle

The final step is the one that turns thirty days into a lifetime: Repeat & Review.

You now have the complete system:

Awareness → Capture → Replace → Renew → Repeat & Review

Step 5 is where the practice becomes part of who you are.

Every Sunday evening, take a few minutes for these weekly review questions:

- Which thought pattern showed up the most this week?
- Which step felt easiest? Which felt hardest?
- What victory did I see, even a small one?
- What will I focus on next week?

Every time you complete a week, reward yourself with something life-giving — a walk in nature, time with a friend, a favorite cup of coffee. You’ve earned it.

After Day 30, the five steps simply become your new normal. You will catch thoughts faster, replace them more quickly, and live with far more peace than you once thought possible.

Today’s To-Do

- Fill out your first weekly review (even if you’re only on Day 8).
- Thank God out loud for the progress you have already made.

JOURNAL PROMPT

Looking back over the last week, where have I seen even a small shift in my thinking? What encourages me to keep going?

Appendix: Thought Log

Use this page to capture your thoughts and how they make you feel.

Situation	Thought I'm Having	Feeling It Creates
Doctor's appointment coming up	"What if the test results are bad?"	Anxious, heavy chest

Situation	Thought I'm Having	Feeling It Creates
Doctor's appointment coming up	"What if the test results are bad?"	Anxious, heavy chest

A Final Word

As you continue to use this discipline to renew your mind, you'll find that old patterns are breaking and new ones are forming. Strongholds will break and lose their power over you. Old feelings will fade away. The gloom you sometimes felt will disappear.

This requires time and patience, but it is worth the time.

Congratulations on making this change in your life. I've made this as simple as I can so you can start easily and get real results. God will bless you as you renew your mind because you are working in obedience to His word and will.

Blessings on you!

Judy Gregerson

June 2026