



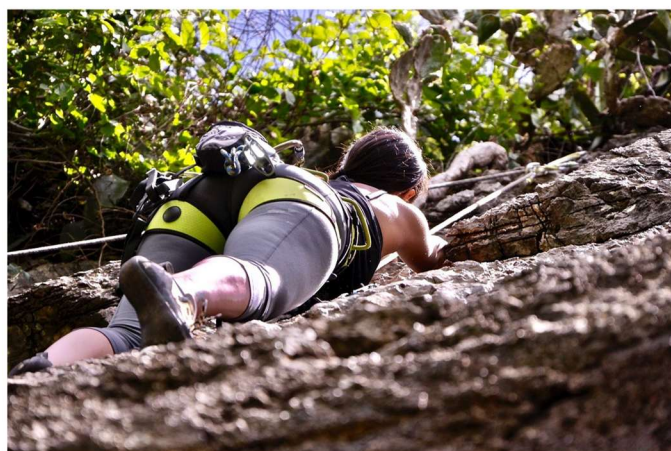
**Transforming and Renewing Your Mind
Grows Your Faith in God
Spring 2026
Susan Freeze**

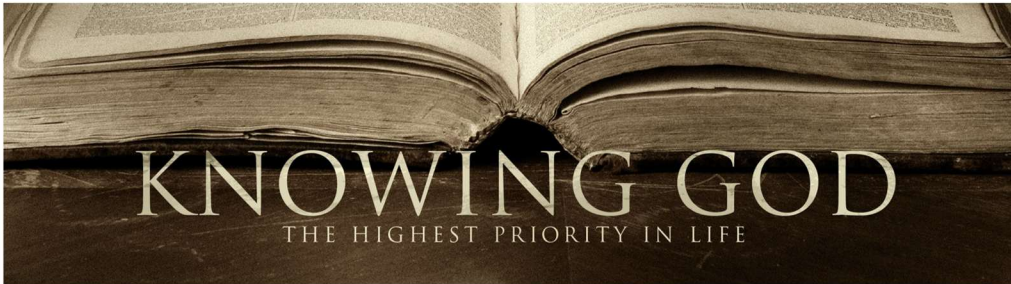


God often doesn't move the mountains that we need him to move.



But he will give you the climbing gear to climb it.





- **We only trust people we know” says Martha Tennison. If you’re struggling to trust God, it may be because you don’t really know God.”**
- **Joanna Weaver – Having a Mary Heart in a Martha World**

PRAYER + the WORD + TIME = INTIMACY with GOD

- Time is an essential factor in Living Room Intimacy for purely practical reason. If I don’t take time to pray, there will be no real communication in our relationship.
- If I don’t take time to read God’s Word, I won’t hear his loving call.
- And if I don’t make time to be alone with Jesus, our relationship will suffer, because time is integral to any relationship.



Joanna Weaver - Having a Mary Heart in a Martha World

God's Thoughts toward us are like the Sands of the Sea

- 17 How precious also are thy thoughts unto me, O God! how great is the sum of them!
- 18 If I should count them, they are more in number than the sand; when I awake, I am still with thee.
- Psalms 139:17-18



Have you ever seen sand under a microscope?

- It makes this scripture even more beautiful.
- Make a list of anchor scriptures that you can use when you have negative thoughts.





Write out Scripture verses to Anchor you from negative thoughts. Anchor yourself to Heaven!

1. _____

2. _____

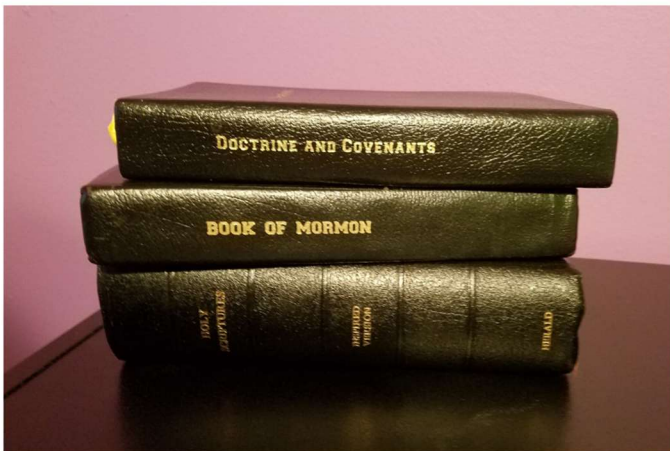
3. _____

4. _____

Scripture
Observations
Application
Prayer

- **SOAP Method**
- **Scripture** – Write it down - Handwriting helps memory retention
- **Observation** – Look Closely
What is the passage saying?
Who is speaking? What’s happening? What does it say about God’s heart?
- **Application** – Truth touching life.
The intersection between God’s eternal word on your world.
- **Prayer** – Where reflection turns into Relationship.

The Scriptures are like our GPS for Life





Ways to cultivate time with God

1. **Set apart the same time of day everyday to meet God. (At least shoot for M-F) Possibly incorporate something to drink – hot tea or water with lemon.**
2. **Read your scriptures! As you seek you will find. Remember you are reading while you are in a different set of circumstances every time. Saturate yourself with his word.**
3. **Listen to inspirational things. I listen to these classes while I drive. The library has many books on tape. You can also listen while you are walking. This would be great for both your physical and spiritual life. Habit stacking!**
4. **Use music – Share Sylvia’s example – She reaches for her phone and starts praise music first thing. Start your devotion by singing a hymn. Play instrumental hymns while you are spending time with God.**
5. **Do a bible study. Avraham Gileadi does an Isaiah study. Don’t be afraid to branch out. Don’t always hang out in Psalms, Proverbs, the New Testament and the Book of Mormon.**
6. **Have your own retreat with God! Pray for half of the day. Or better yet pray and fast for a half or whole day! (I loved this idea because often if I fast, I just do it in the middle of the busyness.)**
7. **Journal your spiritual experiences. – I have multiple journals but now I have one for just what the Lord speaks to my heart.**
8. **Memorize scriptures – They are your foundation when you don’t have access to the word.**
9. **Learn the Names of God. This includes the I am statements of Jesus.**

The Freeze Point – March-April 2026
Zion's Path Newsletter

I am an overthinker. I know this about myself and, to be honest, those that are close to me could tell you this, too. Because of this I am drawn to the scriptures that talk about mind and thoughts.

The scriptures tell us that we can be transformed by the renewing of our minds (**see Romans 12:2**). They also tell us that we should hold every thought captive (**see 2 Corinthians 10:5**), and that we should think on good things (**see Philippians 4:8**).

There was even a period of time that I prayed that the Lord would renew and transform my mind. He answered that prayer, but not in the way I was expecting. The Lord often doesn't just give us what we pray for, because we have agency—we have to choose it. What the Lord did was help me to become very aware that I was in control of my thoughts. I can renew and transform my mind by what I think about.

The really neat thing about this is now there is all of this research about how your thoughts control your body. They advise, "Never say I am getting sick." Always say, "I am fighting a cold" (or whatever ails you.) Telling yourself to fight sickness is better than telling it you are getting sick. Research shows your thoughts can even change the biome in your gut. (Since I have digestive problems, I want the right thoughts!)

Research also shows that 80% of what we think is not true! No wonder the Lord says to hold every thought captive. One author said that she would handcuff negative thoughts and take them to Jesus, then let him help her decide if they were true or not. (Joanna Weaver – [Having a Mary Heart in a Martha World](#)) What a great way to visualize being in control of your thoughts!



With the improved medical scanning technology, we can now SEE how prayer affects people's brains. With MRI's they can actually see real-time changes in the brain activity during prayer and meditation. Prayer activates key regions responsible for focus, empathy and emotional regulation. They say that it sends blood flow to the frontal lobe, which helps with decision making and self-control. The research indicates that people that pray and meditate often literally develop more gray matter.

There is new research about how our brains have much more neuroplasticity than previously taught. We can actually rewire our brains to strengthen pathways for positive emotions. One author says, "We are our own brain surgeons." We can choose to make our lives better by being in control of our thoughts. He continues by saying that you are changing your brain day by day whether you want to or not. (W. Lee Warren – [The Life-Changing Art of Self-Brain Surgery](#)) He goes on to state that if we are having negative thoughts, our brain actually puts filters in place to reinforce this so we start noticing the negative things around us. The reverse is true with gratitude and positivity—our brain applies filters so we notice the positive things in life. We are the captains of our own ships, so to speak.

Want to change your life? Change your thoughts. In the book [The 4:8 Principle](#) by Tommy Newberry, he calls negative thoughts RATS – "Really Awful Thoughts." None of us need RATS running around in our heads. He also states that Joy is not an accident! Think about that for a minute.

Obviously, research is showing us what the scriptures have said all along: what we think about on a daily basis matters. So even if you aren't an overthinker like I am, take the time to think about your thoughts. What are you choosing to think about day by day?

[Romans 12:2](#) *And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what that good, and acceptable, and perfect will of God is.*

[2 Corinthians 10:5](#) *Casting down imaginations and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.*

[Philippians 4:8](#) *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report—if there be any virtue, and if there be any praise, think on these things.*



Resource Page

BOOKS

Tame Your Thoughts – Three Tools to Renew Your Mind and Transform Your Life – Max Lucado

Unsinkable Faith: God Filled Strategies to Transform the Way You Think, Feel and Live – Tracie Miles

Mary Heart in a Martha World – Joanna Weaver

Afraid of All Things – Scarlet Hiltibidal

The Life Changing Art of Self Brain Surgery – Lee Warren, MD

The God Who Stays – Matthew West

I Want to Trust You, But I Don't – Lysa Terkeurst

Switch on Your Brain – Caroline Leaf

Pilgrim – Ruth Chou Simmons

SONGS

Oh My Soul – Casting Crowns

Faithful Now – Vertical Worship

I Have this Hope – Tenth Avenue North

Lord, I Need You – Matt Maher

King of the World - Natalie Grant



Scripture

Observations

Application

Prayer