

## A 7 Day Plan to Heal Your Mind – Day 7

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

Romans 12:2 NASB

The Apostle Paul

Paul was a missionary, an evangelist, a disciple-maker, and a church planter. And, it seems like he might have a degree in psychology as well, because there is no better psychological advice in Scripture than Philippians 4:4-9. This passage allows us to escape the needless trap of anxiety, depression, and hopelessness. The verses tell us exactly what we need to practice to have a transformed mind. But you might say, “This sounds great, so how can I prove that it really works?”

Paul clearly states that **we can prove what the will of God is for us**: “*And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.*” (Romans 12:2 NASB) How great is that?

Others might ask, “If I’m free from all my worry and negativity, won’t I start thinking too highly of myself?” Paul would offer this thought: “*For through the grace given to me I **say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.***” (Romans 12:3 NASB) So, if we take the advice of Paul who was once very arrogant, we don’t have to worry about thinking too highly of ourselves, because we will be thinking with the sound judgment God allotted us.

So, let’s review what we’ve learned from Paul:

1. Rejoice in the Lord always
2. Let your gentleness be known to all
3. Be anxious for nothing
4. Pray about everything with thanksgiving
5. Think on things that are:
  - True
  - Honorable
  - Just
  - Pure
  - Lovely
  - Commendable
  - Excellent
  - Praiseworthy
6. Claim the promise that these practices will produce peace that passes all understanding
7. Prove to yourself that God’s will for you is good, acceptable, and perfect

Prove to yourself what the will of God is:

1. **Read** the lessons one day at a time over 7 days

2. **Practice** each day's lesson instead of just reading it
3. **Repeat** the 7 Day plan four times in a month
4. **Proclaim** the goodness of God and His Word