

30 Day Challenge To TRANSFORM YOUR MIND

Congratulations!

By beginning this challenge, you've just taken your first step to allowing God to transform your mind.

Today is Day 1. Familiarize yourself with the process described below. I recommend that each morning and evening you meditate as follows:

Morning Meditation

- **3-5 minutes – Be Still Moment.** Meditate on how God is speaking to you regarding your need to be still.
- **3-5 minutes – Record Your Meditation Revelations.** Record whatever messages, answers, and/or questions that God revealed to you during your Be Still Moment. Use your personal journal the **Meditation Revelations** section of this journal.
- **3-5 minutes - In God's Word.** Meditate on the Biblical text provided each day. Read and re-read the scripture in different translations. Write the scripture in a way that's meaningful to you. Use your personal journal or the **In Your Words** section of this journal.
- **3-5 minutes – Meditation Affirmation.** After you've meditated on God's Word and have written His Words in your heart, speak God's Word and His promises over your life. Affirm God's goodness and power. Envision yourself as still and quiet and in God's presence. Repeat the affirmation a few times then write it out. Use your personal journal or the **Meditation Affirmation** section in this journal.
- **5-10 minutes - In Prayer.** Use this time to pray over the scripture, the revelations received, the affirmations made and ask God to set your intentions of being in God's presence for the day.

Evening Meditation

- **2-3 minutes - In Prayer.** Use this time to thank God for bringing you through another day as one who is connected and in the presence of God and pray over the scripture again.
- **3-5 minutes – Today I Was Still.** Spend a few minutes recording messages, answers, manifestations, and/or revelations received throughout the day in reference to the scripture and the affirmation. Note at least one way in which you spent time in God's presence. Use your personal journal or record your reflections in the **Today I Was In God's Presence** section in the journal pages below.
- **2-3 minutes - In Prayer.** Pray over the scripture, and ask God to go before you, prepare your tomorrow, and to continue transforming you into one who is able to be still in God's presence.

Then spend time in prayer, asking God to transform your mind and renew a right spirit within You. Ask Him to change you, transform you, take away the negative, toxic thoughts and to give you a heart and mind like Christ. Commit to this journey. Expect the unexpected. And praise God now in anticipation of your life transformed!

From My Royal Heart to Yours!!!

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Romans 12:2 - 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.

Meditation Revelations: _____

Romans 12:2 In Your Words: _____

Meditation Affirmation:

I will not conform to this world. My thoughts, actions, and emotions are transformed as I do that which is good and pleasing to God.

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

2 Corinthians 3:18 - But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

Meditation Revelations: _____

2 Corinthians 3:18 In Your Words: _____

Meditation Affirmation:
I am a transformed into the same image of God!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

2 Thessalonians 3:5 – Now may the Lord direct your hearts into the love of God and into the patience of Christ.

Meditation Revelations: _____

2 Thessalonians 3:5 In Your Words: _____

Meditation Affirmation:

God is leading my heart into a full understanding and expression of the love of God and the patient endurance that comes from Christ!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Philippians 4:8 - Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Meditation Revelations: _____

Philippians 4:8 In Your Words: _____

Meditation Affirmation:

I will think upon things that are noble, just, pure, lovely, virtuous, and all that is good and praiseworthy!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Galatians 5:22-23 - But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

Meditation Revelations: _____

Galatians 5:22-23 In Your Words: _____

Meditation Affirmation:

The evidence of the Spirit working in me is my fruit of love, joy, peace, longsuffering, kindness, faithfulness, gentleness and self-control!

Your Personal Affirmation: _____

TODAY I WAS STILL:

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BIBLE TEXT:

2 Corinthians 10:4-5 - For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

Meditation Revelations: _____

2 Corinthians 10:4-5 In Your Words: _____

Meditation Affirmation:

I will take every thought into captivity to the obedience of Christ!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Colossians 3:5 - Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry.

Meditation Revelations: _____

Colossians 3:5 In Your Words: _____

Meditation Affirmation:

I am putting to death everything that belongs to my earthly nature!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Acts 3:19 - Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord.

Meditation Revelations: _____

Acts 3:19 In Your Words: _____

Meditation Affirmation:

I will repent of my sins and turn to God so that refreshing and restoration may come upon me in the presence of God!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Colossians 3:9-10 - Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him.

Meditation Revelations: _____

Colossians 3:9-10 In Your Words: _____

Meditation Affirmation:

As one who is transformed, I will not lie and I will live as one who is renewed!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Psalm 51:10 - Create in me a clean heart, O God, and renew a steadfast spirit within me.

Meditation Revelations: _____

Psalm 51:10 In Your Words: _____

Meditation Affirmation:

My prayer is that You Oh, create a new heart in me and renew a right spirit in me. I can't do it without you.

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Titus 3:5 - not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit,

Meditation Revelations: _____

Titus 3:5 In Your Words: _____

Meditation Affirmation:

It is not by anything I have done, but only by God's mercy!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Lamentations 5:21 - Turn us back to You, O Lord, and we will be restored;
Renew our days as of old,

Meditation Revelations: _____

Lamentations 5:21 In Your Words: _____

Meditation Affirmation:

Turn me back to You Oh God so that I might be restored and renewed!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Psalm 51:12 - Restore to me the joy of Your salvation, and uphold me by Your generous Spirit

Meditation Revelations: _____

Psalm 51:12 In Your Words: _____

Meditation Affirmation:

Only by Your generous Spirit oh God, can I be restored, upheld and able to bask in the joy of Your salvation!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Ezekiel 36:26 - I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh.

Meditation Revelations: _____

Ezekiel 36:26 In Your Words: _____

Meditation Affirmation:
I have a heart of flesh and a new spirit within me!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Psalm 19:7 - The law of the Lord is perfect, converting the soul; The testimony of the LORD is sure, making wise the simple;

Meditation Revelations: _____

Psalm 19:7 In Your Words: _____

Meditation Affirmation:

Convert my heart and soul with Your testimony oh God, which is sure!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

3 John 1:11 - Beloved, do not imitate what is evil, but what is good. He who does good is of God, but he who does evil has not seen God.

Meditation Revelations: _____

3 John 1:11 In Your Words: _____

Meditation Affirmation:

I am Yours Oh God and I will not imitate what is evil but only what is good.

Your Personal Affirmation: _____

TODAY I WAS STILL:

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BIBLE TEXT:

1 Peter 1:13-14 - Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; ¹⁴ as obedient children, not conforming yourselves to the former lusts, as in your ignorance;

Meditation Revelations: _____

1 Peter 1:13-14 In Your Words: _____

Meditation Affirmation:

My full hope is in Christ. Therefore I will not conform to the former lusts of the world and I will prepare my mind for action and exercise self-control.

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Psalm 101:3 - I will set nothing wicked before my eyes; I hate the work of those who fall away; it shall not cling to me.

Meditation Revelations: _____

Psalm 101:3 In Your Words: _____

Meditation Affirmation:

I will not look with approval on anything that is wicked or vile. I despise the works of evil and anything that moves me away from You!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

2 Peter 1:3 - as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,

Meditation Revelations: _____

2 Peter 1:3 In Your Words: _____

Meditation Affirmation:

God has given me all things that pertain to life. Through Him I can live transformed!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Philippians 1:6 - being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;

Meditation Revelations: _____

Philippians 1:6 In Your Words: _____

Meditation Affirmation:

I am confident that the work of transformation that God has begun in me,
He will complete!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

2 Timothy 1:7 - For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Meditation Revelations: _____

2 Timothy 1:7 In Your Words: _____

Meditation Affirmation:

I do not have a spirit of fear. I have a spirit of power and love and I have a sound mind!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Romans 8:14-15 - For as many as are led by the Spirit of God, these are sons of God. ¹⁵For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

Meditation Revelations: _____

Romans 8:14-15 In Your Words: _____

Meditation Affirmation:

I do not have a spirit of bondage to fear. I have a spirit of God when He adopted me as His own!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Luke 22:42 - saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done."

Meditation Revelations: _____

Luke 22:42 In Your Words: _____

Meditation Affirmation:

I make not like these growing pains, and if You, oh God, could make it easier for me, please do so. But if not, let Your will be done!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Psalm 94:19 - In the multitude of my anxieties within me, Your comforts delight my soul.

Meditation Revelations: _____

Psalm 94:19 In Your Words: _____

Meditation Affirmation:

In the midst of all my worries and anxieties, Your comfort delights my soul, oh God!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

2 Corinthians 4:16 - Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day.

Meditation Revelations: _____

2 Corinthians 4:16 In Your Words: _____

Meditation Affirmation:

I will not lose heart even though my physical self is perishing because I know that my mind and my inner spirit are being renewed everyday!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Ephesians 4:22-23 - that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, ²³ and be renewed in the spirit of your mind,

Meditation Revelations: _____

Ephesians 4:22-23 In Your Words: _____

Meditation Affirmation:

I have put off the former, corrupt and deceitful me as I now have a renewed spirit and mind!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

Philippians 4:13 - I can do all things through Christ who strengthens me.

Meditation Revelations: _____

Philippians 4:13 In Your Words: _____

Meditation Affirmation:
I can do all things through Christ who strengthens me!

Your Personal Affirmation: _____

TODAY I WAS STILL:

30 Day Challenge To TRANSFORM YOUR MIND

BIBLE TEXT:

James 1:12 - Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.

Meditation Revelations: _____

James 1:12 In Your Words: _____

Meditation Affirmation:

I will persevere under pressure and resist temptation because I know that when I pass the tests, I will receive my crown!

Your Personal Affirmation: _____

TODAY I WAS STILL:

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PRAISE GOD! YOU ARE
WALKING TRANSFORMED!

One this your final day of transforming your mind, spend time in prayer and praise! Praise God for the the new creation you've become.

Dear Heavenly Father, continue to break the chains of negative self-talk that have kept me shackled to the sidelines of life. Open my mind and my heart to sincerely believe in the truth of who I am in You and teach me how to see myself through Your eyes. Help me live, move, and have my very being in You.

I claim a life transformed in the mighty name of Jesus, Amen!

Give God your prayer of praise for His transformational power in your journey.

From My Transformed Heart to Yours!!!

Davenia