

Renewal of your Mind Activity

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Make copies of the leaf pattern (or draw your own leaves) and cut out the leaves.

Write things that you want to think about on some of the leaves and glue them on the branches. What are you grateful for? What good things have happened in your life? These are the things you want to focus on.

Write things that you no longer want to think about on some of the leaves. These could be things that have happened in your past, mistakes you've made, or thoughts/beliefs you have about yourself that are not true. Glue those leaves in a pile on the ground, away from the tree. These are the things you want to let go of.

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Philippians 4:8 (ESV)

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

Romans 12:2 (ESV)

What we focus on and think about can LITERALLY change our brains. Think of the neural pathways in your brain as a trail in the woods. The more you walk the trail, the clearer the path becomes, making it more likely that you are going to use that path in the future. After all, it's much easier to use a beaten down old trail than it is to create a new one.

Similarly, the more you think about something, the stronger that path in your brain becomes. This is why it can sometimes feel really hard to change the way we think – the pathways have been used so much that it is the way we seem to naturally go. After all, it's much easier to go down those pathways of thought than it is to create new ones.

But it's not impossible! Brain science calls it “neuroplasticity”, the ability to create new neural pathways in the brain. The Bible calls it “the renewal of your mind.” By choosing to focus on those things that are true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise, we can create new neural pathways. Our brains can be transformed.

Choose to focus on the leaves on the tree and rake the other leaves away!





