



New Year... New Mind!

**START THE YEAR OFF RIGHT WITH A
40 DAY FOCUS**

New Year, New Mind

Your Daily Study Guide

Open Door Ministries

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How to use this Study Guide

This study guide provides you with the following three tools that will make your 40 day journey fruitful in renewing your mind:

- (1) Daily reading assignments from the Bible
- (2) Four *Points to Ponder* based upon the scripture reading
- (3) Three *Action Steps* that will put this truth into practice every day

Starting on Monday and continuing through Friday, spend time everyday reading the assigned chapter from the Bible. Use the journal page to the right of each day's assignment to write out your thoughts about the scripture, answer the *Points to Ponder* questions and record any significant events that transpire during your 40 day journey. Finally, keep the three *Action Steps* in mind all day long and see how God works in your life in practical and amazing ways.

Your Prayer of Commitment

Change seldom happens without a commitment. Read the prayer below out loud and sign it before you begin. Your 40 day journey will only be as fruitful as your commitment is strong. Start it the right way!

"Father, my life is in your hands. My mind needs your touch. I commit myself to growth over the next 40 days. Help me to fulfill my commitment. I want to be more Christ-like and need your grace to help me grow. I will use this study guide as a tool to help me grow. I will read the assigned chapters from your Word every day. I will answer the questions asked of me in this study guide. I will keep a record of your works in my life over the next 40 days. And I will share my life with others so they can enjoy the life we share. I commit myself to the process of changeover the next 40 days with my Open Door family."

Sign your name here

The Power of Fasting

Jesus said in **Matthew 6:16**, *"Moreover when you fast..."* Notice that Jesus said WHEN you fast, not IF you fast. Fasting is intended by Christ to be a normal activity of every Christian's life. Fasting weakens our flesh while at the same time strengthening our spirit. It is important that you fast something during your 40 day journey of change.

What can you fast? There are many things. Maybe fasting food for a time is something to consider. Maybe there is a certain type of food you can fast like Daniel did in **10:3**, *"I ate no pleasant food, no meat or wine came into my mouth..."* Perhaps TV, Facebook, movies, newspapers or other forms of entertainment would be good to fast, especially since this 40 day focus is about changing your mind!

Whatever you decide, it is important that you consider it prayerfully and fulfill your commitment. When you have decided, write it down in the space below.

Write out what you are fasting here

First Message in this Series: The Power of the Human Mind

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WEEK #1:

God's Plan for Your Mind

Monday, 1-17

Read: Genesis 3:1-8 and Matthew 22

Key Verse: Mt 22:37 Jesus said to him, "You shall love the LORD your God with all your heart, with all your soul, and with **all your mind**."

Points to Ponder

- Why were the Pharisees trying to trick Jesus?
- Why was it important for Jesus to have a renewed mind during these attacks?
- Have you ever had a time when people have done this to you?
- How can you prepare yourself for these types of encounters?

Action Steps

- Be prepared with the Word of God to face your day
- Don't be surprised by a person that God send you today who will ask you questions
- Look for opportunities to share your faith with others

Tuesday, 1-18

Read: Hebrews 8

Key Verse: Heb 8:10 "For this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put My laws **in their mind** and write them on their hearts; and I will be their God, and they shall be My people.

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Points to Ponder

- How much better is our system in Christ than the Old Testament system for changing lives?
- How does God write His laws in your mind?
- How does having the law of God written on your mind change your life?
- How can you have these laws written more clearly in your mind?

Action Steps

- Take time to think about what you have learned from Hebrews 8
- Be sensitive to the voice of the Holy Spirit bringing you direction today
- Take time to tell at least one person today how much God has blessed your life

Wednesday, 1-19

Read: Romans 7

Key Verse: Ro 7:25 I thank God--through Jesus Christ our Lord! So then, **with the mind** I myself serve the law of God, but with the flesh the law of sin.

Points to Ponder

- How can a person struggle with doing what they know is right?
- Name some times when you have struggled like this
- How can we be certain that we are saved when we struggle with doing right?
- What are some steps you can take to live out what you believe?

Action Steps

- Don't be surprised if your mind has intruding thoughts from the enemy
- Identify these intruding thoughts today and fight them with Godly thoughts
- Don't be afraid to share your struggles with someone today who can benefit from your honesty

Thursday, 1-20

Read: Romans 12

Key Verse: Ro 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.

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Points to Ponder

- What are the signs of a renewed mind?
- What happens to you when your mind is not renewed daily?
- How does a renewed mind help you when using your gifts to help others?
- What stops you from having a renewed mind and how can you change it?

Action Steps

- Be mindful of the things today that help you renew your mind
- Be mindful of the things today that do not renew your mind
- Be prepared to encounter someone who needs to “pick your brain” about God today

Friday, 1-21

Read: Colossian 3

Key Verse: Col 3:2 **Set your mind** on things above, not on things on the earth.

Points to Ponder

- What is the difference between things above and things on earth?
- Why is the mind the first part of your life that needs changed?
- If the mind changes, what else can change?
- How can you bridge the gap between knowing what is right and doing what is right?

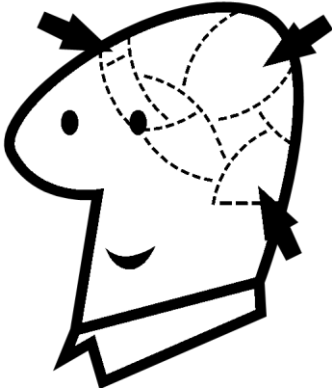
Action Steps

- Pray and ask God to make your new mind become a new way of life
- Keep a list of things today that you would like to change in your life as they occur
- Look for ways to help others who struggle with the same things you do

Next Message in this Series: Thinking with the Mind of Christ

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WEEK #2:

Satan's Assault on Your Mind

Monday, 1-24

Read: Mark 5

Key Verse: Mr 5:15 Then they came to Jesus, and saw the one who had been demon-possessed and had the legion, sitting and clothed and in his **right mind**. And they were afraid.

Points to Ponder

- How do you suppose Satan gained entry into this man's mind?
- What part did Satan play in the lives of the other people that Jesus healed in this chapter?
- How does the enemy gain entry into your thoughts
- What can you do today to stop the enemy from gaining access into your mind?

Action Steps

- Identify ways that Satan gained entry into your thought life today
- Determine to rid yourself of any items or activities that allow the enemy to have access
- Be prepared to talk to someone today about how you are renewing your mind during these 40 days

Tuesday, 1-25

Read: Romans 1

Key Verse: Ro 1:28 And even as they did not like to retain God in their knowledge, God gave them over to a **debased mind**, to do those things which are not fitting;

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Points to Ponder

- What things did people do to be given over to a debase mind?
- What are some signs of this way of thinking?
- How has your 40 day journey helped you overcome similar things?
- What can you do today to stop this from happening to you?

Action Steps

- Identify some things in your family lineage that are similar to the sins of this chapter
- Be quick to repent when you think, say or do wrong things
- Ask God to help you apologize to anyone you may have wronged while living this way

Wednesday, 1-26

Read: Titus 1

Key Verse: Tit 1:15 To the pure all things are pure, but to those who are defiled and unbelieving nothing is pure; but even their **mind and conscience are defiled.**

Points to Ponder

- How does gossip come from your thought life?
- How can you identify and eradicate racist and prejudicial thoughts?
- What kind of thoughts should we have about others?
- What are you doing today to stop these thoughts from dominating your life?

Action Steps

- Catch yourself when you are thinking or ready to say something negative about a person
- Practice thinking only good thoughts and saying only good things about others today
- Compliment at least 10 people today on something you see good in their lives

Thursday, 1-27

Read: Romans 8

Key Verse: Ro 8:6 For to be **carnally minded** is death, but to be spiritually minded is life and peace.

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Points to Ponder

- What does it mean to you to be carnally minded?
- How is the rest of the chapter drawn from this truth?
- According to this chapter, how can we pray when we don't know what to pray for?
- What are you going to do today to walk in a greater understanding of your inheritance in Christ?

Action Steps

- Throughout the day, take notice of condemning thoughts and eradicate them
- Spend time alone and ask God to help you experience what it means to pray with groaning
- Tell someone today why you are so happy and at peace about your future

Friday, 1-28

Read: Ephesians 4

Key Verse: Eph 4:17 This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the **futility of their mind**,

Points to Ponder

- What does it mean to have a futile mind?
- What did Paul mean when he called himself a prisoner of Christ?
- What happens to the Body of Christ when Christians have futile thoughts?
- What are you doing to help remedy this problem?

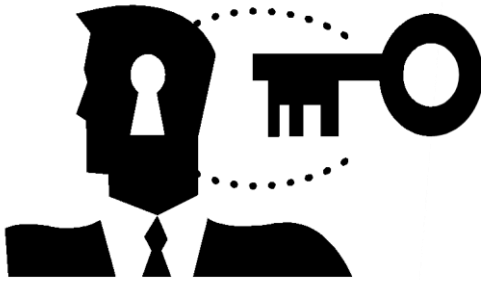
Action Steps

- Determine to preserve the unity of the church by renewing your mind
- Think of yourself as being very important to the health of the church
- Encourage other believers to join you in building the unity and health of the church

Next Message in this Series: Replacing Old Mindsets

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WEEK #3:

Understanding the Renewed Mind

Monday , 1-31

Read: II Corinthians 10

Key Verse: 2Co 10:5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

Points to Ponder

- What are some strongholds you believe exist in your thinking?
- How can you cast them down?
- What are some things that should be built in place of each one?
- How can you start today in replacing these strongholds with the truth of God's Word?

Action Steps

- Pray and ask god to help you discern truth from error
- Keep track of your thoughts today and try to decipher which ones are truth and which ones are not
- Fill your mind with truth all day long from the sources of communication you can control

Tuesday, 2-1

Read: I Corinthians 2

Key Verse: 1Co 2:16 For "who has known the **mind of the LORD** that he may instruct Him?" But we have the mind of Christ.

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Points to Ponder

- What does it mean to be wise and yet foolish?
- How does the Holy Spirit help teach us?
- How can we have the mind of Christ and still have bad thoughts?
- How can you replace sinful thoughts with Godly thoughts?

Action Steps

- Identify and limit the amount of information that does not edify your renewed mind
- Seek out and destroy thoughts that are not in line with God's Word
- Share your testimony with someone today

Wednesday, 2-2

Read: Philippians 2

Key Verse: Php 2:3 & 5 Let nothing be done through selfish ambition or conceit, but in **lowliness of mind** let each esteem others better than himself...Let this **mind** be in you which was also in Christ Jesus,

Points to Ponder

- How did Jesus humble Himself for your sake?
- How can you cut complaints and disputes out of your life?
- What things have you done out of selfish ambition or conceit?
- How can you change your reaction?

Action Steps

- Consider your responsibilities more than your rights today
- Follow Christ's example and give yourself to help someone today
- Look for your rewards today for your obedience to God's Word

Thursday, 2-3

Read: II Corinthians 8

Key Verses: 2Co 8:12 & 18 For if there is first a **willing mind**, it is accepted according to what one has, and not according to what he does not have...and not only that, but who was also chosen by the churches to travel with us with this gift, which is administered by us to the glory of the Lord Himself and to show your **ready mind**,

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Points to Ponder

- How can you become negative when you are asked to give?
- What kind of reaction should you have?
- What does it mean to have a willing and ready mind for doing good?
- What can you do to change your way of thinking to accommodate this?

Action Steps

- Find more scriptures on the blessedness of giving
- Find more ways to give to people today
- Rejoice every time you are asked to give

Friday, 2-4

Read: Romans 14

Key Verse: Ro 14:5 One person esteems one day above another; another esteems every day alike. Let each be fully **convinced in his own mind**.

Points to Ponder

- How have you been judgmental in the past?
- How have people judged you?
- What do you do (or don't do) that may be offensive to another person?
- What can you do to stop being judgmental of others and offended by people?

Action Steps

- Catch yourself being judgmental of someone today
- Beware of offense creeping into your life today or rehearsing past offenses
- Look for an opportunity to help someone today who is offended or feeling like they are being judged

Next Message in this Series: The Process of Renewing Your Mind

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WEEK #4:

Avoiding the Corruption of the Mind

Monday, 2-7

Read: Ephesians 2

Key Verse: Eph 2:3 among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh **and of the mind**, and were by nature children of wrath, just as the others.

Points to Ponder

- What does it look like to fulfill the desires of the flesh and mind?
- What does it mean to walk according to the course of this world?
- What does it look like when a person walks down those two paths?
- What are you doing to take another path?

Action Steps

- Notice the opportunities you have today to walk the path of the world and avoid them
- Be aware of the small things that try to lure you away from Godly thinking
- Invite at least one other person to make this journey with you

Tuesday, 2-8

Read: Colossians 2

Key Verse: Col 2:18 Let no one cheat you of your reward, taking delight in false humility and worship of angels, intruding into those things which he has not seen, vainly puffed up by his **fleshly mind**,

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Points to Ponder

- How could someone cheat you through philosophy and empty deceit?
- What does it mean that you are complete in Him (v-10)?
- How has legalism affected you?
- What are you going to do in order to guard yourself from legalism?

Action Steps

- Don't allow yourself to be controlled by legalism today
- Believe that you are complete in Christ and everything else grows out of that reality
- Extend grace and forgiveness to someone who might have wronged you

Wednesday, 2-9

Read: Philippians 3

Key Verse: Php 3:19 whose end is destruction, whose god is their belly, and whose glory is in their shame--who **set their mind on earthly things.**

Points to Ponder

- How does rejoicing help renew your mind?
- In what ways are you pressing towards your prize?
- What things hinder you from pressing forward?
- What are you doing to change those things?

Action Steps

- Rejoice and thank God for everything you can think of all day long
- Stop at various points throughout the day and recognize God's presence
- Tell at least 3 people today how thankful you are for them

Thursday, 2-10

Read: Colossians 1

Key Verse: Col 1:21 And you, who once were alienated and enemies **in your mind** by wicked works, yet now He has reconciled

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Points to Ponder

- What thoughts in your mind could make you an enemy of God?
- How can you replace these thoughts with Godly thoughts?
- Why did Paul pray for these people to be filled with knowledge, wisdom and understanding (v-9)?
- What are you doing to increase in these three areas?

Action Steps

- Ask God to show you someone today who needs your prayers
- Choose at least 3 books that you can read in the next 6 months that can increase your knowledge
- Ask God to help you mentor the person you are praying for

Friday, 2-11

Read: Romans 15

Key Verse: Ro 15:6 ...that you may with **one mind** and one mouth glorify the God and Father of our Lord Jesus Christ.

Points to Ponder

- What are the differences between a strong Christian and a weak Christian (v-1)?
- What are the scruples of the weak and how are you expected to put up with them?
- What are the strong traits in your life and what are the weak ones?
- List ways in which you can increase the strong traits and ways to delete the weak ones

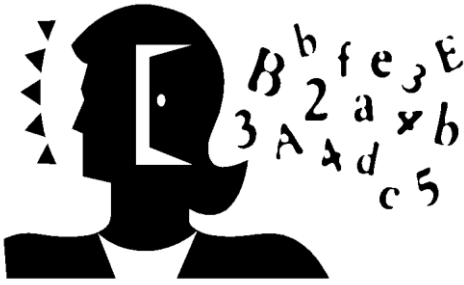
Action Steps

- Be determined to be a strong Christian
- Look for ways today in which you can put up with the scruples of the weak
- Pray for and look for ways to mentor a weak Christian who has affected your life

Next Message in this Series: Overcoming Slave Mentalities

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WEEK #5:

The Need to Discipline Your Mind

Monday, 2-14

Read: II Timothy 1

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

Points to Ponder

- What are the traits of a spirit of fear?
- How do love, power and a sound mind defeat fear?
- In what ways has a spirit of fear affected your life?
- What can you do to replace fear with love, power and a sound mind?

Action Steps

- Identify thoughts of worry, anxiety and fear and trace their origin
- Replace that root thought with this scripture, confessing that God has blessed your life
- Tell at least 5 people today how blessed you are

Tuesday, 2-15

Read: I Peter 4

Key Verse: 1Pe 4:1 Therefore, since Christ suffered for us in the flesh, arm yourselves also with the **same mind**, for he who has suffered in the flesh has ceased from sin,

Points to Ponder

- How is sin produced from our thoughts?
- How are thoughts produced by sin?
- Why is it important for us to work on the inside (thoughts) and on the outside (actions)

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- What can you do to stop the cycle of sin in your life?

Action Steps

- Draw close to the Lord and ask God to give you strength to battle sin
- Use the things that used to make you angry as opportunities to praise the Lord
- Explain to at least one person today why your life is changing

Wednesday, 2-16

Read: 1 Peter 1

Key Verse: 1Pe 1:13 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

Points to Ponder

- Why is it important to guard your mind?
- What evidence is there in your life that tells other people that you are a Christian?
- What things have you done in the past month that tells people otherwise?
- How can you change these actions?

Action Steps

- Remind yourself today that life is short and the only thing that matters is serving God
- Watch for signs around you that testify that Jesus is coming back soon
- Be ready to give an answer to someone today who may come to you and ask about God

Thursday, 2-17

Read: Luke 12

Key Verse: Lu 12:29 "And do not seek what you should eat or what you should drink, nor have an **anxious mind**."

Points to Ponder

- What is the leaven of the Pharisees and how does it affect your mind?
- How does worry ruin your life?
- What did Jesus say we are to do instead of worrying?
- What can you do to make this transition?

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Action Steps

- Write down your 3 biggest worries and the worst thing that can happen in each case
- Compare each one to God and what He has said in His word about it
- Talk to someone about their worries and share with them your conclusions to the previous point

Friday, 2-18

Read: II Thessalonians 2

Key Verse: 2Th 2:2 ...not to be soon **shaken in mind** or troubled, either by spirit or by word or by letter, as if from us, as though the day of Christ had come.

Points to Ponder

- What does it mean to be shaken in mind?
- What about the coming of Christ makes you nervous?
- What does God say about the coming of Christ?
- What can you do to replace false doctrine in your mind with truth?

Action Steps

- Pray and ask God to give you truth and encouragement about the end times
- Find at least one good book to read about the Second Coming of Christ
- Find someone and encourage them concerning the coming of Christ

Next Message in this Series: Destroying Strongholds before they Destroy You

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WEEK #6:

Connecting with the Mind Renewing Community

Monday, 2-21

Read: I Corinthians 1

Key Verse: 1Co 1:10 ¶ Now I plead with you, brethren, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the **same mind** and in the same judgment.

Points to Ponder

- How did Paul's encouragement promote unity in the church?
- What causes disunity?
- How have you participated in both at sometime in your Christian journey?
- What can you do to help heal disunity and promote unity in the church?

Action Steps

- Determine to be an encourager
- Work hard to be a peacemaker
- Don't be surprised if God brings you an offended person today who needs to be reconciled

Tuesday, 2-22

Read: II Corinthians 13

Key Verse: 2Co 13:11 Finally, brethren, farewell. Become complete. Be of good comfort, be of **one mind**, live in peace; and the God of love and peace will be with you.

Points to Ponder

- Why are these final words of Paul important for Christians today?
- How can truth sometimes be painful?
- How have you been hurt or offended by the truth?

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- What are you doing to be healed from this?

Action Steps

- Open your heart for truth today
- Be honest with yourself and others
- Ask God to help you speak the truth in love in order to help people grow

Wednesday, 2-23

Read: Philippians 1

Key Verse: Php 1:27 Only let your conduct be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of your affairs, that you stand fast in one spirit, with **one mind** striving together for the faith of the gospel,

Points to Ponder

- How can you be in greater unity with the church?
- How can you be in greater unity with people who are spiritually immature?
- How have people wronged you and caused you to break fellowship with them?
- What are you doing to be healed from this and restored to fellowship?

Action Steps

- Identify thoughts of anger and hatred you have towards any group of people or individual
- Replace those thoughts with prayers for them and thanksgiving to God for being in control
- Look for someone today who shares your hurt and tell them how you are winning the battle

Thursday, 2-24

Read: Ii Corinthians 5

Key Verses: 2Co 5:13 For if we are beside ourselves, it is for God; or if we are of **sound mind**, it is for you.

Points to Ponder

- How can having a sound mind help others?
- How can having a selfish mind hinder the work of God in the church?
- How does living for yourself hinder the work of God in the world?
- What are you doing to get out of your comfort zone and serve the church?

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Action Steps

- Ask God every morning to give you a passion for souls
- Look for opportunities to share your faith with someone today
- Join a ministry at church in the next 7 days and begin serving people

Friday, 2-25

Read: 1 Peter 3

Key Verse: 1Pe 3:8 Finally, all of you be of **one mind**, having compassion for one another; love as brothers, be tenderhearted, be courteous;

Points to Ponder

- What does it mean to sanctify the Lord in your heart (v-15)?
- How will this help build unity in the church?
- What things must we get rid of and what new things must enter our hearts in order to do this?
- What are you doing to achieve this in your personal life and in the church?

Action Steps

- Worship the Lord before you leave the house today
- Push back all dark thoughts with praise and thanksgiving all day long
- Share your gratitude with 6 people before the day is over

Final Message in this Series: Overcoming the Spirit of Offense

