



...Be transformed by the renewing of your mind...

10 Ways To Renew Your Mind This Week

1. Look at your schedule for the week. Consider how you feel about each commitment. What motivated you to add those things to your calendar?
2. Have a conversation using only questions. Be curious.
3. Do something that makes you uncomfortable. A creative class? Inviting someone to lunch? Sitting still?
4. Watch a documentary on something you know nothing about.
5. Study the differences between your denomination or religion and another. Better yet, invite someone from a different denomination or religion to coffee and ask them what they believe.
6. Ask a local politician or activist what they believe the biggest challenges are for you community. What do they think the solutions are? Do you agree?
7. Pray daily for renewal and transformation.
8. Make a focused effort to learn something new every day.
9. Read the biography of someone you wouldn't normally want to learn about.
10. Ask someone from another generation to describe their core values. What does their response tell you about them? About yourself?