

When we struggle with loving God with all of our mind there are a couple of practical steps we can take to help:

MEDITATE ON THE WORD OF GOD AND RECALL HOW HE HAS REVEALED HIMSELF TO YOU IN THE PAST.

"Establish my footsteps in Your word, And do not let any iniquity have dominion over me." (Psalm 199:133)

IDENTIFYING PITFALLS LEADING TO DESTRUCTIVE THINKING HELPS YOU TO AVOID THEM NEXT TIME.

"You scrutinize my path and my lying down, And are intimately acquainted with all my ways. Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way." (Psalm 139:3, 23-24)

NAVIGATE A NEW PATTERN OF THINKING.

"...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)

DECLARE TO GOD A COMMITMENT TO LOVE HIM WITH ALL YOUR MIND.

"Commit your way to the Lord...Love the Lord your God...with all your mind."

(Psalm 37:5,Matthew 22:37)