

This Week's Devotional (Mon–Fri)

Reston Bible Church | May 17, 2026

Sermon Title	Rescued , Part 17: The Battle for the Mind
Speaker	Pastor Jim Supp
Primary Passage	Romans 12

DAY

1

Renewed Mind

Pastor Reminder: Paul begins with mercy, not pressure. Because God has shown us mercy in Christ, we are invited to offer our whole selves to Him with gladness and trust.

Romans 12:1-2, present your whole self to God as an act of worship



What part of my life have I been holding back from the Lord?



Lord, thank You for Your mercy in Christ. Teach me to respond with a willing heart and a surrendered life.



Try this today: Pray before you start your day, offering your body, plans, and words to God.

DAY

2

Not Molded

Pastor Reminder: The world around us is always shaping our thoughts, but it cannot give us life. God calls us not to be pressed into its pattern, but to rest in His better way.

Romans 12:2, do not be conformed to the pattern around you

☁️ Where have I been quietly letting worldly habits shape my thinking?

🙏 Father, protect my mind from what is shallow and false. Help me to love what is true, good, and pleasing to You.

✅ Try this today: Notice one source of worldly input and limit it for the rest of the day.

DAY

3

New Mind

Pastor Reminder: Renewal is not self-improvement; it is God's gracious work in us. As His Word takes root, our minds begin to notice what is true and beautiful in Christ.

2 Corinthians 10:5, take every thought captive to obey Christ

☁️ Which recurring thought do I need to bring under the gentle rule of Christ?

🙏 Lord Jesus, renew my mind by Your truth. Teach me to turn quickly from lies and to dwell on what honors You.

✅ Try this today: Write one troubling thought and replace it with a short Scripture truth you can repeat in prayer.

DAY


4


God's Will

Pastor Reminder: A renewed mind does not only avoid what is wrong; it learns to discern what pleases God. Little by little, the Lord forms in us a steadier desire for His will.

Romans 12:3, think with sober judgment

☁️ Am I asking God to guide me, or only asking Him to bless my own wishes?

 Father, give me humility and clear sight. Shape my desires so I can recognize Your good and loving will.

 Try this today: Before one decision, pause and ask, "Lord, what would honor You here?"


DAY


5


Living All

Pastor Reminder: The life of worship is not a single moment, but a daily offering. When Christ holds our hearts, even ordinary acts become holy and meaningful.

Hebrews 13:15-16, offer praise and do good as worship

 What small act of obedience would help me offer myself more fully to God today?

 Gracious Lord, receive my life afresh. Keep me near to Christ, and make my worship sincere in thought, word, and deed.

 Try this today: Confess one unhelpful pattern to a trusted believer and ask them to pray with you.

May the Lord strengthen you this week as His mercy renews your mind and steadies your heart.