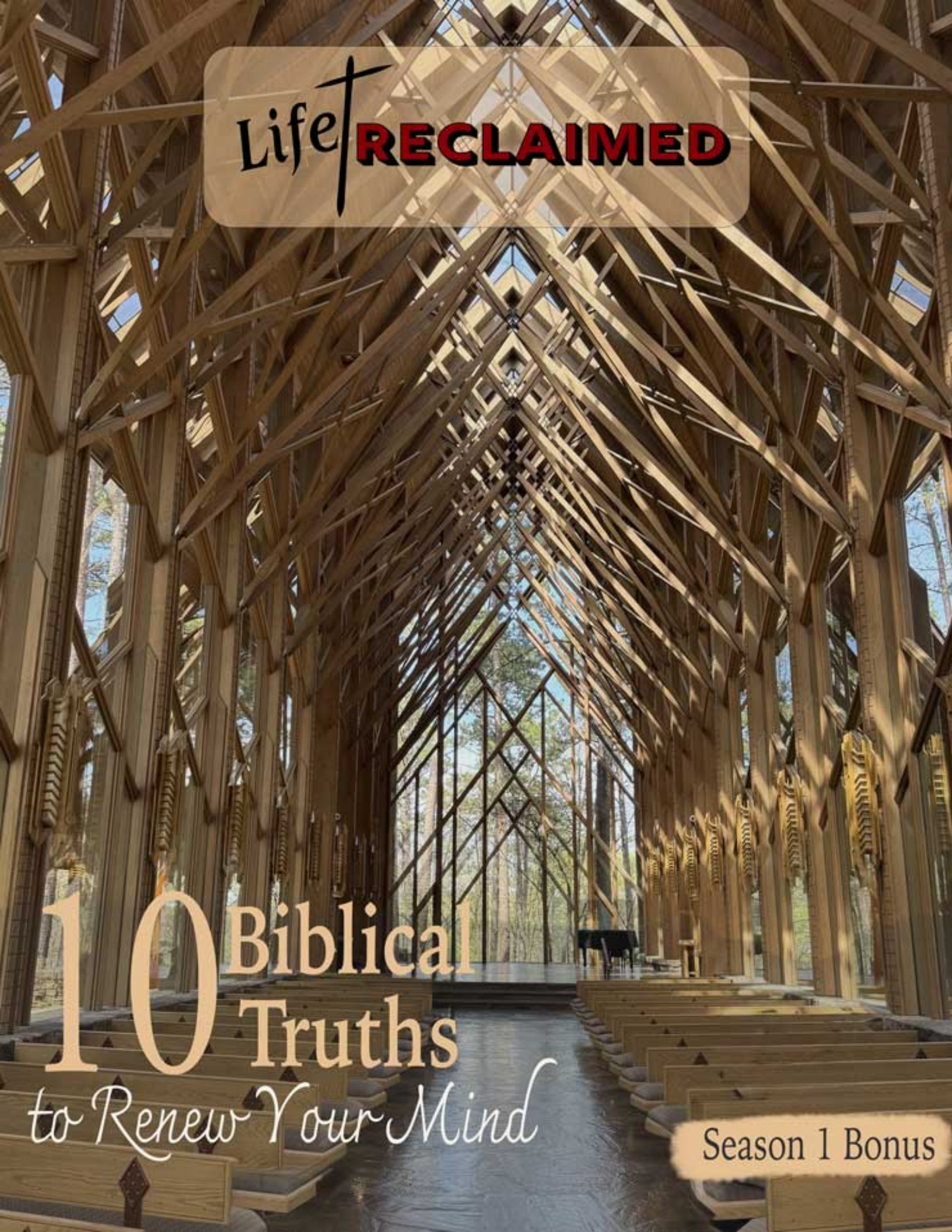




Life **RECLAIMED**

10 Biblical Truths to Renew Your Mind

Season 1 Bonus

Life Reclaimed Podcast

Season 1: Bonus Episode Companion Guide

Why this Companion Guide?

Kim, Brenda, and Cindy would love to give you something practical that you can hold in your hands, or have on your screen. Listening to the podcast is helpful, but we know that to defeat these long-term beliefs, it will take more time and meditation. Thus, the Companion Guide was born.

How to Use this Companion Guide

1. Pray - Pray that the Lord will reveal the lies you have believed and how He wants to restore the years that the locust has stolen
2. Either print out and write on this Companion Guide, or have it up on a screen and write in a journal... either way is perfectly fine! Don't let printing be a stumbling block.
3. Start with the one lie that most resonated with you when you listened to the podcast (or skim each lie real quick to see which one stands out)
4. Read, pray, reflect, write, pray again - and let the Lord unravel that lie, and replace it with His truth.
5. Then, when you're ready, move to the next lie that God puts on your heart.

Our Prayer for You Today

Holy Father, Abba, Daddy,

Thank you for your unfailing mercy, your unconditional love, and your ability to hold and heal each one of us. Would you use this moment to break any stronghold that might be keeping us from seeing ourselves the way you see us? Could you transform our minds as we meditate on your word? Please forgive us for our sins, and cleanse us from all unrighteousness. Would you heal us in miraculous ways that it is only by your grace and mercy that we are healed? We give you the honor, praise, and the glory for what you are about to do in each one of us! And now, would you be so kind as to grant us what we stand in need of today? Thank you for your goodness and grace.

In Jesus' holy name, Amen!

Truth #1: God Isn't Finished With Me Yet

The Lie We Sometimes Believe:

I'll never change.

Scripture

Philippians 1:6 - being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Renew Your Mind

God is still working in me, even when growth feels slow.



Work Through This Truth



1. Read God's Word.

Read today's passage slowly, more than once.



2. Think About It.

What does this passage reveal about God's character?

How does this truth challenge the lie, "I'll never change"?



3. Talk With God.

What do you need to confess, surrender, thank Him for, or ask Him today?

Invite God to renew your mind with His truth.



4. Live It Out.

What's one small step of obedience you can take because this is true?

Your Turn...

Where have you believed this lie?

How has it shaped the way you see yourself, God, or others?

What truth from today's Scripture do you most need to remember?

What is one step you sense God inviting you to take?

Reflect on His Word. What is your prayer about this lie?

A Hope to Hold Onto...

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

2 Corinthians 3:18

Keep praying about this... God Isn't Finished With You Yet!

Truth #2: I Am Not Walking Alone

The Lie We Sometimes Believe:

I'm alone in this.

Scripture

Hebrews 13:5 - Keep your lives free from the love of money and be content with what you have, because God has said,
"Never will I leave you; never will I forsake you."

Renew Your Mind

God is with me in every season. I am never alone.



Work Through This Truth



1. Read God's Word.

Read today's passage slowly, more than once.



2. Think About It.

What does this passage reveal about God's faithfulness?

How does this promise challenge the lie that you are alone?



3. Talk With God.

Where have you felt alone recently?

Invite God to remind you of His presence today.



4. Live It Out.

What's one way you can intentionally remember that God is with you today?

Your Turn...

When do you most often feel alone?

How has believing this lie affected the way you relate to God or to other people?

What truth from today's Scripture do you most need to remember today?

If you truly believed God would never leave or forsake you, what might change in your life this week?

Reflect on His Word. What is your prayer about this truth?

A Hope to Hold Onto...

So do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10

Keep praying about this... I am not walking alone!

Truth #3: I Can Trust God With What I Cannot Control

The Lie We Sometimes Believe:

Everything depends on me.

Scripture

Proverbs 3:5-6 - Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Renew Your Mind

I can release what I cannot control and trust God with the outcome.

Work Through This Truth



1. Read God's Word.

Read today's passage slowly, more than once.



2. Think About It.

What does this passage reveal about why God is worthy of our trust?

How does this truth challenge the lie that everything depends on you?



3. Talk With God.

What have you been holding onto trying to control the situation or outcome?

Invite God to remind you that He is in control today and every day.



4. Live It Out.

What is one way you can practice trusting God with something you've been trying to control?

Your Turn...

Where do you find yourself trying to control things the most?

How has control shaped the way you see yourself, God, or others?

What truth from today's Scripture do you most need to remember?

What might change this week if you loosened your grip and trusted God with the outcome?

Reflect on His Word. What is your prayer about this lie?

A Hope to Hold Onto...

You will keep in perfect peace those whose minds are steadfast,
because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is
the Rock eternal.

Isaiah 26:3-4

Keep praying about this... You don't have to carry every burden or control every outcome.
As you learn to trust God more each day, He faithfully replaces anxiety with His peace.

Truth #4: Christ Is Enough For Me

The Lie We Sometimes Believe:

I'm not enough.

Scripture

2 Corinthians 12:9 - But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

Renew Your Mind

My worth is not based on my performance.

Work Through This Truth



1. Read God's Word.

Read today's passage slowly, more than once.



2. Think About It.

What does this passage reveal about God's grace?

How does this truth challenge the lie that you have to be enough?



3. Talk With God.

Where have you been trying to prove that you're enough?

Invite God to remind you that His grace is sufficient and His strength is made perfect in your weakness.



4. Live It Out.

What is one way you can live from God's grace instead of striving to prove yourself?

Your Turn...

Where do you most often struggle with feeling "not enough"?

When feeling not enough, how does it shape the way you see yourself, God, or others?

What truth from today's Scripture do you most need to remember?

What might change this week if you stopped trying to be enough, and let God's grace and power perfect your weakness?

Reflect on His Word. What is your prayer about this lie?

A Hope to Hold Onto...

For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority.

Colossians 2:9-10

Keep praying about this... Your worth has never depended on your strength, your performance, or your ability to measure up. Christ is enough, and because you belong to Him, you can rest in His grace.

Truth #5: Peace Is Available To Me Today

The Lie We Sometimes Believe:

I'll have peace when everything is fixed.

Scripture

Philippians 4:6-7 - Do not be anxious about anything, but in everything by prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Renew Your Mind

I can experience God's peace even before my circumstances change.

Work Through This Truth



1. Read God's Word.

Read today's passage slowly, more than once.



2. Think About It.

What does this passage reveal about God's peace?

How does this truth challenge the lie that peace comes only after your circumstances change?



3. Talk With God.

What worries, fears, or burdens do you need to bring to God today?

Invite God to renew your mind with His peace, even in the messy middle.



4. Live It Out.

What is one worry you can intentionally place into God's hands today?

Your Turn...

What circumstances most often steal your peace?

How did that stress shape the way you see yourself, God, or others?

What truth from today's Scripture do you most need to remember?

What burden do you need to entrust to God so you can receive His peace today?

Reflect on His Word. What is your prayer about this lie?

A Hope to Hold Onto...

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

Keep praying about this... The peace God offers isn't dependent on perfect circumstances. It is found in the presence of Christ, who meets you in the middle of your worries and gives you a peace the world can never provide.

Truth #6: Rest Is Holy

The Lie We Sometimes Believe:

Rest is lazy.

Scripture

Matthew 11:28-30 - Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.
For my yoke is easy and my burden is light.

Renew Your Mind

God created me to live from rest, not exhaustion.

Work Through This Truth



1. Read God's Word.

Read today's passage slowly, more than once.



2. Think About It.

What does this passage reveal about God's gift of rest?

How does Jesus' invitation to rest challenge the lie that rest is lazy?



3. Talk With God.

Is there a burden or hardship that you would like to lay at God's feet?

Ask Jesus to help you trust Him with your burdens and receive the rest He freely offers.



4. Live It Out.

How will you intentionally come to Jesus this week and receive the rest He offers?

Your Turn...

When have you felt guilty for slowing down or resting?

How has your view of rest shaped the way you see yourself, God, or others?

What truth from today's Scripture do you most need to remember?

What burden or area of your life most needs the rest that Jesus offers?

Reflect on His Word. What is your prayer about this lie?

A Hope to Hold Onto...

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake.

Psalm 23:1-3

Keep praying about this... Rest is not something you have to earn. It is a gift Jesus lovingly offers. As you learn to come to Him, He faithfully refreshes your soul and reminds you that your value is never measured by your productivity.

Truth #7: I Was Created For Community

The Lie We Sometimes Believe:

I should be able to handle this on my own.

Scripture

Ecclesiastes 4:9-10 - Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

Renew Your Mind

Healing grows in connection.

Work Through This Truth



1. Read God's Word.

Read today's passage slowly, more than once.



2. Think About It.

What does this passage reveal about God's design for community?
How does God's design for community challenge the lie that you should handle everything on your own?



3. Talk With God.

Is there a community that God has been nudging you towards?
Ask God to show you where independence has kept you from the community He designed for you.



4. Live It Out.

What is one step you can take this week toward the community God is inviting you into?

Your Turn...

Where do you find it hardest to ask for help?

How has this lie affected your relationship with God and with other people?

What truth from today's Scripture do you most need to remember?

How would your life change if you believed you were created for community and not for isolation?

Reflect on His Word. What is your prayer about this lie?

A Hope to Hold Onto...

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Hebrews 10:24-25

Keep praying about this... God created you to walk with others, not alone. He often brings strength, encouragement, and healing through biblical community.

Truth #8: My Feelings Are Real, But God's Truth Is Greater

The Lie We Sometimes Believe:

My feelings tell me the whole story.

Scripture

1 John 3:19-20 - This is how we know that we belong to the truth and how we set our hearts at rest in his presence: If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

Renew Your Mind

I can acknowledge my feelings without letting them define me.

Work Through This Truth



1. Read God's Word.

Read today's passage slowly, more than once.



2. Think About It.

What does this verse reveal about God's heart toward you?

How does this truth challenge the idea that your feelings tell the whole story?



3. Talk With God.

What feelings have been the loudest in your heart lately? Bring them honestly to God.

Invite Him to help you trust His truth even when your emotions tell a different story.



4. Live It Out.

The next time a difficult emotion rises, pause and ask, "What does God say about this?" before you let your feelings lead you.

Your Turn...

When have your feelings made it difficult to believe what God says is true?

How might God's truth change the way you respond to those feelings?

Is there something your heart keeps telling you that God's truth says is not true?

How does it change your perspective to remember that God sees the whole picture, not just what you're feeling today?

Reflect on His Word. What is your prayer about this lie?

A Hope to Hold Onto...

Jesus answered, "I am the way and the truth and the life.
No one comes to the Father except through me.

John 14:6

Keep praying about this... Your feelings are real, but they don't have the final word. When your heart feels uncertain, you can trust Jesus, who is Truth itself. He knows you completely and lovingly leads you in what is true.

Truth #9: Comparison Is Not My Calling

The Lie We Sometimes Believe:

Everyone else is doing better than I am.

Scripture

Galatians 6:4-5 - Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.

Renew Your Mind

God has given me my own journey to walk.

Work Through This Truth



1. Read God's Word.

Read today's passage slowly, more than once.



2. Think About It.

What does this passage reveal about God's unique calling for your life?
How does God's view of your life challenge the urge to compare yourself to others?



3. Talk With God.

Ask God to expose where comparison is stealing your joy.
Ask God to help you see yourself through His eyes instead of through comparison.



4. Live It Out.

This week, when you're tempted to compare yourself to someone else, pause and thank God for the unique life and calling He has given you.

Your Turn...

When are you most tempted to compare your circumstances to someone else's?

How has comparison affected the way you see yourself, God, or others?

What truth from today's Scripture do you most need to remember?

What is one way you can fix your eyes on God's calling for your life instead of someone else's?

Reflect on His Word. What is your prayer about this lie?

A Hope to Hold Onto...

For we are God's handiwork, created in Christ Jesus to do good works,
which God prepared in advance for us to do.

Ephesians 2:10

Keep praying about this... God isn't asking you to live someone else's story. He created you with a unique purpose and has prepared good works for you to walk in. As you keep your eyes on Him, you can live with confidence in the life He has given you.

Truth #10: God's Mercy Is New Today

The Lie We Sometimes Believe:

I've failed again.

Scripture

Lamentations 3:22-23 - Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

Renew Your Mind

A setback is not the end of my story.



Work Through This Truth



1. Read God's Word.

Read today's passage slowly, more than once.



2. Think About It.

What does this passage reveal about God's love and mercy for us?

How does God's mercy challenge the lie that your failures define you?



3. Talk With God.

Thank God for His faithful love, compassion, and mercy toward you.

Ask Him to help you receive His new mercies each day instead of carrying yesterday's failures.



4. Live It Out.

The next time you fail, pause before condemning yourself. Thank God for His new mercy, and take your next step with Him.

Your Turn...

When are you most tempted to believe your failures define you?

How has God's love, compassion, and mercy shaped the way you see yourself, God, or others?

What truth from today's Scripture do you most need to remember?

What would it look like to receive God's mercy instead of carrying yesterday's failures?

Reflect on His Word. What is your prayer about this lie?

A Hope to Hold Onto...

Therefore, there is now no condemnation for those who are in Christ Jesus,

Romans 8:1

Keep praying about this... Yesterday's failures don't define today's relationship with God. His mercy is new every morning, and through Christ there is no condemnation for those who belong to Him. Every new day is another invitation to receive His grace and keep walking with Him.



My Renewed Mind

What is God teaching you today?

Keep Growing

These ten truths aren't the finish line. They're an invitation to continue meeting with God through His Word. As you continue reading Scripture, praying honestly, and walking with other believers, trust that God will continue renewing your mind and transforming your heart.

We'd Love to Hear From You

What has God been teaching you? We'd love to hear how He's been using these truths in your life. Your story may encourage someone else and help shape future Life Reclaimed conversations as we continue pointing people to Jesus.



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Final Blessing

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.

Numbers 6:24-26

Thank you for spending this time with us. We are so grateful you've explored these 10 truths alongside us. Our prayer is that the Lord would continue to meet you at the table, draw you closer to Himself, and fill you with what you stand in need of today.

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