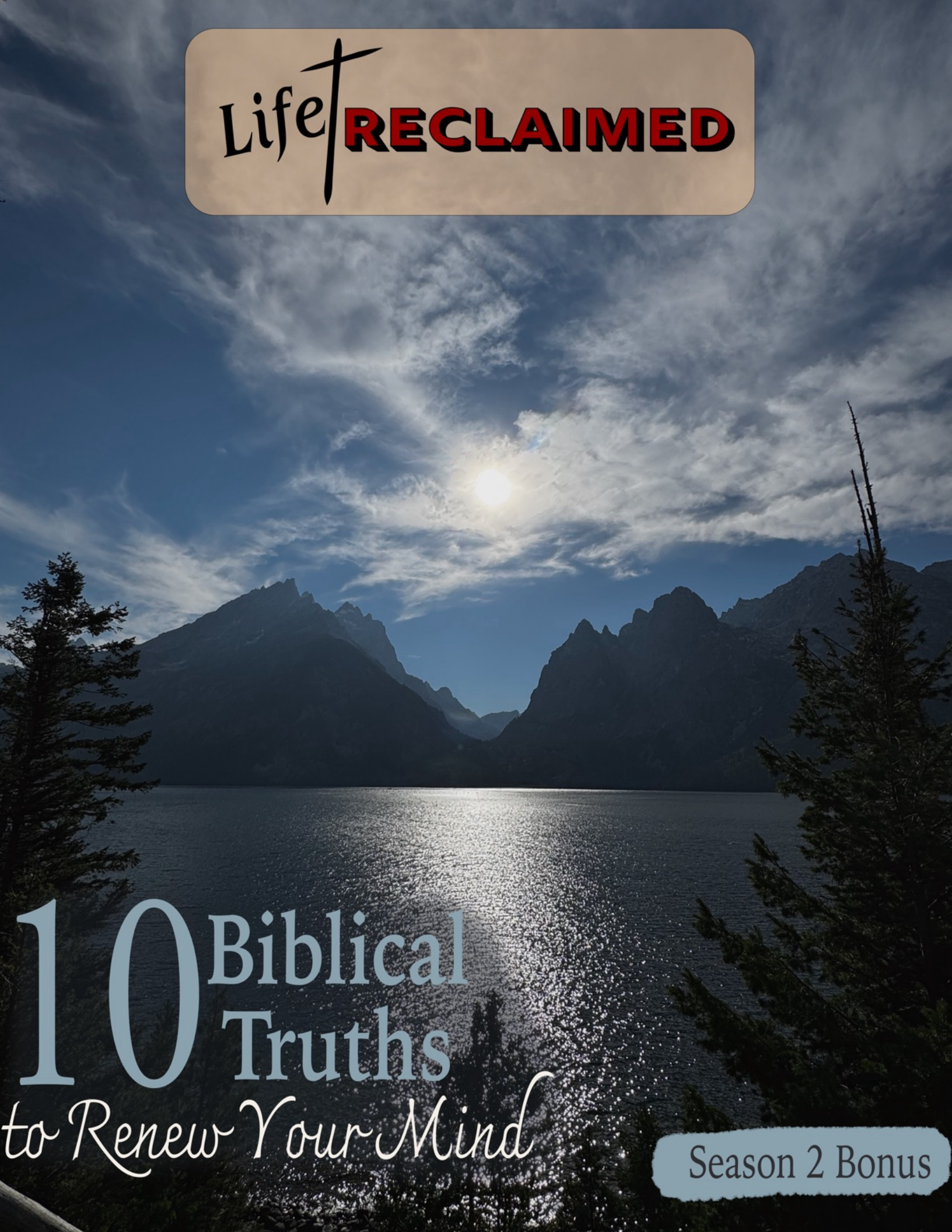




Life **RECLAIMED**

10 Biblical Truths to Renew Your Mind

Season 2 Bonus

Life Reclaimed Podcast

Season 2: Bonus Episode Companion Guide

Why this Companion Guide?

In this season of *Life Reclaimed*, we've been exploring what it means to become whole, not perfect or finished, but increasingly surrendered to the restoring work of Jesus.

These ten truths are an invitation to slow down and spend time with God beyond the podcast conversation. As you read Scripture, reflect, pray, and put these truths into practice, our hope is that God will help you recognize the lies you've believed and renew your mind with what He says is true.

How to Use this Companion Guide

1. **Pray.** Ask God to show you which truths He wants you to spend time with and where you may have been believing something that isn't true.
2. **Start where you are.** You don't have to work through these truths in order. Begin with the one that resonates most with you.
3. **Read, Think, Talk, and Live.** Each truth gives you Scripture to read, questions to consider, space to talk honestly with God, and a simple way to begin living from that truth.
4. **Take your time.** This isn't something you need to finish quickly. Stay with a truth as long as you need to.
5. **Make it your own.** Write, journal, doodle, pray, underline, or simply sit quietly with God. Use the space in whatever way helps you listen to what He may be teaching you.

Our Prayer for You Today

Holy Father,

Thank You that our wholeness does not depend on our ability to fix ourselves. Thank You that You know every part of our stories, every place that still hurts, every longing, every struggle, and every unfinished place, and You meet us there with grace.

As we spend time in Your Word, help us recognize the lies we have believed and replace them with Your truth. Renew our minds, transform our hearts, and teach us to see ourselves through Your eyes. Help us surrender every part of our lives to You and trust that You are still at work, even in the places that remain unfinished.

May these pages draw us closer to You and remind us that our wholeness is found in the finished work of Jesus Christ.

In Jesus' holy name, Amen!

Truth #1: No broken place puts me beyond God's restoring work.

The Lie We Sometimes Believe:

I am too broken to be whole.

Scripture

Psalm 147:3 - He heals the brokenhearted and binds up their wounds.

Renew Your Mind

My brokenness does not define me. God is restoring 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 passage reveal about God's heart toward your broken places?

What is the difference between acknowledging that something in you is broken and allowing that brokenness to become your identity?



3. Talk With God.

What broken place have you allowed to shape the way you see yourself?

Bring it honestly to God and ask Him to help you see yourself through His truth instead.



4. Live It Out.

When the thought "*I am too broken*" surfaces, pause and remind yourself: My brokenness does not define me. God is restoring me.



Your Turn...



Where have you believed the lie, "I am too broken to be whole"?

Has a wound, mistake, failure, or painful experience become part of the way you define yourself?

What does today's Scripture reveal about how God responds to your broken places?

What might change if you saw this broken place as something God is restoring rather than something that defines you?

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

A Hope to Hold Onto...

...He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives...

Isaiah 61:1

Keep praying about this... Brokenness doesn't get the final word. God does.

Truth #2: My Past Is Part of My Story, but It Does Not Determine My Identity

The Lie We Sometimes Believe:

My past defines me.

Scripture

2 Corinthians 5:17 - Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here!

Renew Your Mind

My past is part of my story, but my identity is found in Christ.

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 where your identity is found?
What is the difference between acknowledging how your past has shaped you and allowing it to define you?



3. Talk With God.

Is there something from your past that still influences the way you see yourself?

Ask God to help you separate what happened in your story from who He says you are.



4. Live It Out.

When your past tries to define who you are today, pause and remind yourself: My past is part of my story, but my identity is found in Christ.



Your Turn...



Where have you believed the lie, "My past defines me"?

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

What does today's Scripture tell you about where your identity is found?

What might change if you allowed your past to inform your story without allowing it to define your future?

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

A Hope to Hold Onto...

For you died, and your life is now hidden with Christ in God.

When Christ, who is your life, appears, then you also will appear with him in glory.

Colossians 3:3-4

Keep praying about this... Your past may have shaped your story, but it does not get to name you. Your identity is found in Christ.

Truth #3: My Worth Is Received From God, Not Earned Through Performance

The Lie We Sometimes Believe: **My worth depends on what I do.**

Scripture

Ephesians 2:10 - For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Renew Your Mind

My worth comes from God, not from what I accomplish.

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 who you are before anything you accomplish?

Where are you most tempted to measure your worth by what you accomplish, produce, or do for other people?



3. Talk With God.

Where have you been trying to prove your worth through performance?

Ask God to help you receive your worth from Him instead of trying to earn it.

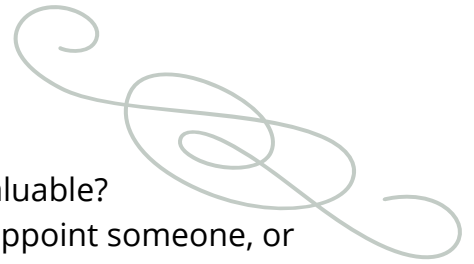


4. Live It Out.

The next time your value feels tied to your success or failure, pause and remind yourself: My worth comes from God, not from what I accomplish.



Your Turn...



Where are you most likely to look for evidence that you are valuable?

What happens to the way you see yourself when you fail, disappoint someone, or cannot accomplish what you expected?

What does today's Scripture reveal about your value and purpose?

What might change if you believed your worth was already secure before you accomplished anything today?

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



But God demonstrates his own love for us in this:

While we were still sinners, Christ died for us.

Romans 5:8

Keep praying about this... You do not have to earn the worth God has already given you.
Your accomplishments may change, but His love for you does not.

Truth #4: I Am Responsible for Loving Others Faithfully, Not Making Them Okay

The Lie We Sometimes Believe:

I am responsible for keeping everyone okay.

Scripture

Romans 12:18 - If it is possible, as far as it depends on you, live at peace with everyone.

Renew Your Mind

I can love others faithfully without carrying what belongs to them or to God.

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 the limits of your responsibility for other people?

How do you know when you're taking healthy responsibility and when you're carrying something that was never yours to carry?



3. Talk With God.

Whose feelings, choices, or outcomes have you been trying to manage?

Ask God to show you what is yours to carry, what belongs to someone else, and what you need to entrust to Him.



4. Live It Out.

When you feel responsible for making someone else okay, pause and ask: Is this mine to carry?



Your Turn...

Where are you most tempted to take responsibility for someone else's feelings, choices, or outcomes?

How has carrying that responsibility affected you or your relationship with that person?

What does today's Scripture tell you about what actually depends on you?

What might loving this person faithfully look like if you stopped trying to make them okay?

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

A Hope to Hold Onto...

Carry each other's burdens, and in this way you will fulfill the law of Christ...
for each one should carry their own load.

Galatians 6:2, 5

Keep praying about this... You can walk beside someone without carrying what belongs to them. Love faithfully, and trust God with what you cannot do for them.

Truth #5: I Am Fully Known and Fully Loved

The Lie We Sometimes Believe:

**If people really knew me,
they wouldn't love me.**

Scripture

Psalm 139:1–4 - You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely.

Renew Your Mind

God knows me completely and loves me fully. I do not have to hide.

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 how completely God knows you?
What parts of yourself are you most tempted to hide because you fear being fully known would make you less lovable?



3. Talk With God.

Is there something you have been afraid to bring honestly before God?
Remember that He already knows you completely. Ask Him to help you receive His love instead of hiding in shame.



4. Live It Out.

When you feel tempted to hide or pretend, remind yourself:
God knows me completely and loves me fully. I do not have to hide.



Your Turn...

Where are you most afraid of being fully known?

How has fear of rejection affected the way you relate to God or to other people?

What does today's Scripture tell you about how completely God knows you?

What might change if you truly believed you could be fully known and still deeply loved?

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

A Hope to Hold Onto...

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39

Keep praying about this... You are already fully known by God, and you are deeply loved. You do not have to hide from the One who knows you completely and still calls you His.

Truth #6: Only God Can Satisfy the Deepest Longings of My Heart

The Lie We Sometimes Believe:

**If I just had _____,
I would finally be whole.**

Scripture

Psalm 107:9 - For he satisfies the thirsty and fills the hungry with good things.

Renew Your Mind

My deepest longings point me toward God. Only He can truly satisfy my heart.

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 ability to satisfy your deepest longings?

What are you really looking for beneath the thing you think you need?



3. Talk With God.

What have you been looking to for the love, peace, purpose, belonging, security, or rest only God can fully provide?

Bring that longing honestly to God and ask Him to meet you there.



4. Live It Out.

When you find yourself thinking, "*If I just had _____...*" pause and ask: What am I really longing for, and where am I looking to satisfy that longing?



Your Turn...

What do you find yourself believing you need in order to finally feel whole?

What deeper longing might be underneath that desire?

Where have you been asking a person, circumstance, achievement, or possession to satisfy something only God can fully provide?

What does today's Scripture invite you to believe about God?

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

A Hope to Hold Onto...

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

John 6:35

Keep praying about this... Your longings are not something to be ashamed of. Let them lead you to the One who knows what your heart truly needs and is able to satisfy it.

Truth #7: Painful Emotions Can Exist Alongside Genuine Faith

The Lie We Sometimes Believe:

If I really trusted God, I wouldn't feel this way.

Scripture

Psalm 42:11 - Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Renew Your Mind

I can feel deeply and still trust God faithfully.

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 the relationship between difficult emotions and faith?

What emotions have you been tempted to judge as evidence that you aren't trusting God enough?



3. Talk With God.

What are you honestly feeling today?

Bring those emotions to God without hiding or judging them. Ask Him to meet you there and help you continue trusting Him.



4. Live It Out.

When a painful emotion surfaces, instead of judging yourself for feeling it, remind yourself: I can feel deeply and still trust God faithfully.



Your Turn...

What emotion has been hardest for you to allow yourself to feel?

Have you ever believed that sadness, grief, fear, anger, or disappointment meant you weren't trusting God enough?

What does today's Scripture show you about bringing difficult emotions to God?

What might change if you saw honest emotion and genuine faith as things that can exist together?

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

A Hope to Hold Onto...

Jesus wept.
John 11:35

Keep praying about this... Your emotions are not evidence that your faith has failed.
Bring what you truly feel to Jesus and trust Him to meet you there.

Truth #8: I Can Live Whole Even When Parts of My Life Remain Unresolved

The Lie We Sometimes Believe:

I can't be whole until everything is fixed.

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

My life does not have to be fully resolved for me to live whole in Christ today.

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 living faithfully in the middle of unresolved circumstances?

What are you waiting to be fixed before you allow yourself to believe you can be whole?



3. Talk With God.

What unfinished or unresolved part of your life feels especially heavy right now?

Ask God to help you trust His presence and His work even before the situation changes.



4. Live It Out.

When you find yourself thinking, "I'll be okay when this is finally fixed," remind yourself: I can live whole in Christ even here.



Your Turn...



What unresolved situation are you most tempted to believe is keeping you from being whole?

How has waiting for that situation to change affected the way you're living today?

What does today's Scripture show you about holding hardship and hope at the same time?

What would it look like to live faithfully and fully in this season, even if the situation doesn't change yet?

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

A Hope to Hold Onto...

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

2 Corinthians 4:8-9

Keep praying about this... Unfinished does not mean abandoned.
God is still at work, and you can live whole in Christ even here.

Truth #9: An Old Struggle Doesn't Erase God's New Work in Me

The Lie We Sometimes Believe:

**If I'm still struggling,
I haven't really changed.**

Scripture

2 Corinthians 3:18 - 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.

Renew Your Mind

An old struggle does not erase the new work God is doing in 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 passage reveal about how transformation happens?
Where can you see evidence that God has already changed you, even if an old struggle still shows up?



3. Talk With God.

What old struggle has made you question whether you are really changing?

Thank God for the growth you can already see, and ask Him to continue transforming the places that are still unfinished.



4. Live It Out.

When an old pattern resurfaces, don't let it erase the evidence of God's work. Remind yourself: An old struggle does not erase God's new work in me.



Your Turn...

What old struggle most often makes you wonder, "Have I really changed?"
How do you respond to yourself when that struggle resurfaces?
Where can you see evidence that God has already been transforming you?
What might your response look like if you viewed a setback as part of an ongoing transformation rather than proof that nothing has changed?
Reflect on His Word. What is your prayer about this lie?

A Hope to Hold Onto...

For though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.

Proverbs 24:16

Keep praying about this... A setback is not the end of your story. Notice the ways God has already changed you, get back up, and keep walking with Him.

Truth #10: Jesus Is the One Who Makes Me Whole

The Lie We Sometimes Believe:

I have to fix myself before I can be whole.

Scripture

Colossians 2:9-10 - 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.

Renew Your Mind

I do not have to make myself whole. My wholeness is found in Christ.

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 where true wholeness comes from?

Where are you still trying to fix yourself instead of trusting Jesus to transform you?



3. Talk With God.

What part of yourself have you been working hardest to fix on your own?

Surrender that place to Jesus. Ask Him to help you trust His work in you instead of relying only on your own effort.



4. Live It Out.

When you feel pressure to fix yourself, pause and remind yourself: I do not have to make myself whole. My wholeness is found in Christ.



Your Turn...

Where have you believed that you need to become better, stronger, or more put together before you can be whole?

How has trying to fix yourself affected the way you see yourself or God?

What does today's Scripture tell you about where your wholeness is found?

What would it look like to surrender your unfinished places to Jesus and trust Him to continue His work in you?

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

A Hope to Hold Onto...

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

Ezekiel 36:26-27

Keep praying about this... You were never meant to make yourself whole. Keep surrendering every part of your life to Jesus and trust the One who began His work in you to continue making you more like 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.



Connect with Life Reclaimed

- Podcast: On your favorite streaming app
- Website: LifeReclaimed.net
 - For Resources or to leave us a voicemail
- Facebook: LifeReclaimedPod
- Email: hello@LifeReclaimed.net



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.

Copyright © Life Reclaimed, 2026

Scripture taken from the Holy Bible, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

NEW INTERNATIONAL VERSION® and NIV® are registered trademarks of Biblica, Inc. Use of either trademark for the offering of goods or services requires the prior written consent of Biblica US, Inc.