



Scripture Writing Plan



Be Transformed By the Renewing of Your Mind. Romans 12:2

LIFTED COUNSELING & WELLNESS, PLLC
RESTORING HEART, MIND, SOUL

Week 1: Identity & Worth in Christ

(Who I am)

- Psalm 139:13–14
- Ephesians 2:10
- 2 Corinthians 5:17
- Romans 8:1
- 1 Peter 2:9
- Colossians 2:10
- Isaiah 43:1



Reflection: *Where have I been believing something different about myself?*

Week 2: Peace, Anxiety & Trust

(Calming the mind)

- Philippians 4:6–7
- Isaiah 26:3
- Matthew 11:28–30
- 1 Peter 5:7
- John 14:27
- Proverbs 3:5–6
- Psalm 56:3–4



Reflection: *What am I carrying that God is inviting me to release?*

Week 3: Surrender & Strength

(Receiving God's strength instead of striving)

- Matthew 11:28–30
- 2 Corinthians 12:9–10
- Isaiah 40:29–31
- Psalm 46:10
- John 15:4–5
- Galatians 2:20
- Hebrews 4:14–16



Reflection: *Where do I need to receive God's strength instead of striving in my own?*

Week 4: Renewing the Mind & Living Whole

(Transformation & daily living)

- Romans 12:2
- 2 Timothy 1:7
- Galatians 5:22–23
- Colossians 3:2
- Joshua 1:9
- Hebrews 12:1–2
- Philippians 4:8



Reflection: *What thoughts need to be replaced with truth?*

Final Days: Anchored in Hope & Purpose

(Living forward)

- Jeremiah 29:11
- Romans 8:38–39

Reflection: *What is God inviting me into next?*

Gentle Closing Encouragement

*Writing Scripture isn't about perfection—
it's about presence.*

*As you slow down and write,
you're not just reading truth...
you're letting it reshape your nervous system,
your thoughts, and your identity.*

*"Be transformed by the renewing
of your mind." — Romans 12:2*

