

Mind Made New

Trading the Lies You Carry for the Truth You Were Given

Week 1 · September 21, 2026

Create Your Now · Kristianne Wargo

The Thoughts You Don't Question

You woke up this morning and before your feet touched the floor, your mind was already running. Maybe it started with the to-do list — the one that never quite finishes. Maybe it started with a replay of something you said yesterday that you wish you hadn't. Maybe it was that low hum of not-enough that meets you before the coffee does. And you didn't stop to question any of it. You just let it play. We all do. But here's where it gets tricky — and where this series, *Mind Made New*, begins — because the thoughts you don't question are the ones running your life.

Think about that for a moment. Not the loud, dramatic fears — those get your attention. It's the quiet ones. The familiar ones. The thoughts so constant and so close that they don't even register as thoughts anymore. They just feel like *you*. "I should be further along by now." "Everyone else seems to have it together." "I'll never be the woman I want to be." These aren't things you'd say out loud to your best friend, but you've said them to yourself so many times they've moved in, rearranged the furniture, and started paying rent.

And that's exactly the problem. The most dangerous thoughts in your head aren't the ones you argue with — they're the ones you never challenge at all.

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Psalm 139:23–24 (NIV)

David understood this. In Psalm 139, he prayed one of the bravest prayers in all of Scripture. He didn't ask God to fix his behavior first. He didn't start with his actions or his habits. He went straight to the root — his *thoughts*. His anxious thoughts. David was essentially saying, "God, I need You to go where I can't go on my own. I need You to see what I've stopped seeing."

That takes courage. Because asking God to search your thought life means you're admitting you don't have it all sorted out. It means acknowledging that somewhere in the constant hum of your inner dialogue, there might be things that aren't true — things that feel true, things that have been there for years, things you inherited from your childhood or absorbed from the world — but they aren't from Him. And if they aren't from Him, they don't belong.

Here's what I want you to understand today: your thoughts are not neutral. They are not harmless background noise. Every thought you entertain is shaping the woman you are becoming. Proverbs 23:7 says it plainly — *"For as he thinks in his heart, so is he."* What you think about yourself, what you think about God, what you think about your future — those thoughts are building something. The question is whether they're building the life God designed you for, or a cage you were never meant to live in.

Most of us have never been taught to audit our own minds. We diet. We exercise. We organize our closets and set goals for the new year. But very few women sit down and ask, "What have I been thinking — really thinking — and is it true?" We treat our thought life like the weather: something that just happens to us. But Scripture tells us a different story. Scripture tells us our thought life is a *garden* — and we get to choose what grows.

"You may not be able to control every thought that comes into your mind, but you can refuse to let it stay."

Joyce Meyer, *Battlefield of the Mind*

That's the distinction. You can't stop a thought from arriving — a worry, a comparison, a whisper of doubt — but you absolutely get to decide whether it gets a seat at the table. And the first step in that decision is noticing it's there in the first place.

That's what this week is about. Not fixing your thought life yet. Not replacing every negative pattern overnight. Just *seeing*. Becoming aware. Because you can't hand something to God that you haven't first been honest about carrying.

So let me ask you this: if someone could read the transcript of your mind for the last seven days — unedited, unfiltered — what would they find on repeat?

K.I.S.S. — The Thoughts You Don't Question

1. Pause and notice — three times a day, write what you're thinking.

Set a reminder on your phone for three points in your day — morning, midday, and evening. When it goes off, stop what you're doing and write down the thought that was just playing in your head. Don't edit it. Don't clean it up. If it was "I'll never get ahead," write that. If it was "Nobody notices what I do," write that. This isn't journaling for beauty. This is an honest inventory. By the end of the week, you'll have roughly twenty-one raw snapshots of your unfiltered thought life. That's powerful information. That's the starting line.

2. At the end of the week, circle the repeats and ask: "Is this mine, or did I pick it up somewhere?"

When Friday or Saturday comes, sit down with your notes and look for the patterns. Some thoughts will appear once — just passing clouds. But others will show up again and again. Those are the ones to circle. Next to each repeated thought, ask yourself: *Where did this come from?* Did it come from something

someone said to you as a child? From the world's definition of success, beauty, or worth? From the endless scroll of someone else's highlight reel? Not every thought in your head started with you. Some were handed to you — by culture, by hurt, by comparison, by fear — and you simply never handed them back. Identifying the source is about reclaiming authority over what gets to stay.

3. Pray Psalm 139:23–24 every single day this week — out loud.

This is the bravest step, and it's the most important one. Every morning this week, pray David's words out loud: "Search me, God, and know my heart. Test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." When you pray this out loud, you're giving God permission to show you what you haven't been willing to look at on your own. You're telling Him, "I trust You more than I trust my own narrative." A mind made new doesn't start with a strategy. It starts with a surrender.

This is Week 1, and all I'm asking you to do is pay attention. Don't fix it yet. Just notice. Become the woman who is aware of what she's been thinking — not the woman who lets her thoughts think for her.

Because the moment you start questioning the thoughts you've never questioned, you create space for God to speak something new. And He will. He always does. He's been waiting for you to make room.

A mind made new doesn't happen in a single moment. It happens in a single decision — the decision to stop letting your thoughts run unchecked and start holding them up to the truth of who God says you are. And that decision? You just made it.

"One step at a time leads to miles of greatness."

— **Kristianne Wargo**

Your Work This Week

Print these pages and use them alongside the article. This is where the real work happens.

Step 1: Thought Capture

Three times a day — morning, midday, and evening — write the thought that was playing when your reminder went off. Don’t edit. Just capture.

	Morning	Midday	Evening
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Step 2: The Pattern Review

At the end of the week, look back at your thought capture grid. Which thoughts showed up more than once? Write the repeats below — then ask where each one came from.

The thoughts that kept repeating:

Where did they come from? (A person, a failure, a message from culture, a fear?)

Which ones feel like truth — and which ones just feel familiar?

Step 3: Prayer Journal

Each day this week, after you pray Psalm 139:23–24 out loud, write what came to mind. What did God show you? What felt uncomfortable? What surprised you?

Day 1 — What came to mind after I prayed:

Day 2 — What came to mind after I prayed:

Day 3 — What came to mind after I prayed:

Day 4 — What came to mind after I prayed:

Day 5 — What came to mind after I prayed:

Day 6 — What came to mind after I prayed:

Day 7 — What came to mind after I prayed:

End-of-Week Reflection

Before you move to Week 2, sit with these questions.

What is one thought I discovered this week that I've never questioned before?

How did it feel to invite God into my thought life through Psalm 139?

What is one thing I want to carry into next week from this exercise?

What is one thing I'm ready to let go of?

“Search me, God, and know my heart; test me and know my anxious thoughts.”

Psalm 139:23 (NIV)

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