

Mind Made New

Trading the Lies You Carry for the Truth You Were Given

Week 2 · September 28, 2026

Create Your Now · Kristianne Wargo

Running on Noise

*“Above all else, guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 (NIV)

The noise of the world doesn't just pass through you — it moves in. What you let into your mind doesn't just visit. It takes up space, rearranges the furniture, and starts shaping the woman you're becoming.

K.I.S.S. — Guard the Gate

Keep It Simple Strategy

1

Before you pick up your phone tomorrow morning, spend five minutes in silence with God first.

Let His voice be the first one you hear.

2

Identify one source of noise this week that consistently leaves you feeling less peace.

Set a boundary around it, even temporarily.

3

Replace that noise with one intentional input: a worship playlist, a scripture audio plan, or quiet prayer.

Fill the space with something that feeds your soul.

What would change in your thinking if the first thing you gave your attention to every morning wasn't the noise — but the truth?

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Your Work This Week

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

Step 1

Morning Silence Tracker

Each morning this week, before you pick up your phone, spend five minutes in silence with God. Note what He brought to mind.

Day	✓	What came to mind in the silence	✓
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

The Noise Audit

Step 2

Identify the sources of noise in your life. Be specific. Then mark the one you're setting a boundary around this week.

The sources of noise I notice:

How do they leave me feeling?

The one I'm setting a boundary around this week:

What boundary am I setting? (time limit, removing the app, turning off notifications, etc.)

The Intentional Replacement

Step 3

Don't just remove the noise — replace it. What intentional input are you choosing this week?

My intentional input this week:

Day 1 — What I noticed when I chose differently:

Day 2 — What I noticed when I chose differently:

Day 3 — What I noticed when I chose differently:

Day 4 — What I noticed when I chose differently:

The Intentional Replacement

Step 3 (continued)

Day 5 — What I noticed when I chose differently:

Day 6 — What I noticed when I chose differently:

Day 7 — What I noticed when I chose differently:

End-of-Week Reflection

Before you move to Week 3, sit with these questions.

What source of noise had more power over my thinking than I realized?

What changed when I let God's voice be the first one I heard in the morning?

What is one boundary I want to keep beyond this week?

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

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