



A Transformed  
Mind

The section header features three large, detailed blue and yellow butterflies in flight, positioned above the text. The word "A" is in a large, elegant cursive font, while "Transformed" and "Mind" are in a blue, serif font.

April 2026



**Love UnVeiled**  
Transforming Women into God's Image of Beauty

## WHAT DO I BELIEVE? WHO DO I BELIEVE?

### As a man thinks so he is Proverbs 23:7 NKJV

“Millions of my daughters are living like caterpillars;  
I came to set them free to fly.”

You are loved – do you believe it?

You are valued – do you believe it?

You have a divine purpose – do you believe it?

You can be free in your mind – do you believe it?

### Transformation – Metamorphosis – Complete change

Jesus answered, “Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit.

**John 3:5**

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world through Him. **John 16-17**

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

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. **Ephesians 2:8-10**

If you abide in My word, you will be my disciples, and you will know the truth and the truth will set you free. **John 8:31-32**

Who the Son sets free is free indeed. **John 8:36**

❖ **What you believe determines how high you will fly.**

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – His good, pleasing and perfect will. **Romans 12:2**

*“Your thoughts are a seed that you plant, and you will eat the fruit of that seed.”*

*“You don’t have to nurture weeds for them to grow. All it takes is for you to ignore them and they take over and choke out the life you’re trying to cultivate.”*

Anxious mind, negative thinking, wrong thinking, overthinking are not a life sentence. It does not have to be your destiny. God has given us powerful tools to overcome the battle of our minds and maintain healthy minds.

A mind transformed by God’s word, changes our perspective and how we live.

**What do you believe? What or who feeds your mind?**

**Is what you are feeding on producing lies and fear, or truth and peace?**

*“If you believe what you like in the gospels and reject what you don’t like, it is not the gospel you believe but yourself.”*

Saint Augustine

**Bad reports are not the truth we should believe. Numbers 13**

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## WHO ARE YOU LOOKING AT? WHO ARE YOU LISTENING TO?

**Eyes - Discernment**

**Ears - Perception**

*“Anxiety is often imagining into the future something that has not and will not happen – projected powerlessness.”*

Women often battle between our thoughts and emotions. Our emotional thoughts can be a trap. We look for answers in the wrong places...we get caught by people who don't know the truth, who are often more miserable, lost and deceived than we are. What we believe and who we believe depends on what we watch and who we listen to.

***Gods' way of removing fear and anxiety is to reveal more of Himself.** When you look at Him, realize what He is, who He is, and what He has done you realize what you're worrying about is small in comparison to Him and His power and His purposes.*

But whenever anyone turns to the Lord, the veil is taken away. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 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 3:16-18**

I will lift my eyes up to the hills - where does my help come from? My help comes from the Lord who made heaven and earth. **Psalm 121: 1-2**

**Who are you outsourcing your thoughts to?**

- Which algorithm is feeding you?
- Whose voice is loudest in your life?
- Who is forming your identity and purpose?

Apply your heart to instruction and your ears to knowledge. **Proverbs 23:12**

## HEAR HIM

- ❖ Transformation does not come by what you hear, it comes from how deeply the truth you hear enters your heart and changes you.

### The Shema - Hebrew for “hear”

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates. **Deuteronomy 6:4-9**

Jesus answered him “the first of all the Commandments is “Hear O Israel, the Lord, our God, the Lord is one. And you shall love the Lord, your God, with all your heart, with all your soul, with all your mind, and with all your strength. This is the first commandment and the second like it, is this: you shall love your neighbor as yourself.” There is no other commandment greater than these. **Mark 12:29-31.**

Women tend to talk more about our emotions towards God, expressing our feelings more than our thoughts.

### How can we love God with all our minds?

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Martha was worried and troubled by many things, Mary sat at Jesus’ feet to listen, to hear His words.

## HEAR HIM – HOW DO YOU HEAR?

He who has My commandments and keeps them it is he who loves Me. And he who loves Me will be loved by My Father and I will love him and manifest Myself to him. **John 14:21**

“He who “hears” My sayings and does them is like a wise man who builds on the rock. A foolish man who does not hear builds on sand and great is his fall when the storms come. **Luke 6:46-49**

### **Parable of the Sower and the seed - Luke 8:4-15**

How deep does the seed fall?

- Seed on the sidewalk – the birds ate it.
- Seed on the rock - grew to plants but withered because it had no moisture.
- Seed among thorns – thorns choked the plants.
- Seed on good soil – yielded a crop 100x more than was sown.

When He has said these things, He cried/called out - “*He who has ears to hear, let him hear...*” **Luke 8:8**

- Seed is the word of God
- Seed on the path – hear the word, but the devil comes and steals the word from their hearts so they cannot believe and be saved.
- Seed on the rock – receive the word with joy but have no root. Believe it for a time, but when difficult times come, they fall away. (not watered daily with the word)
- Seed among thorns – hear but carry on with life choked with worries, riches, pleasures and do not mature.
- Seed on good ground – those with a good, noble heart who hear the word, retain it and through persevere produce a crop. (Fruitful - growing in faith, hope, love, peace, joy, gentleness, kindness, goodness, self-control, patience).



## GOD'S THOUGHTS ARE HIGHER THAN OUR THOUGHTS.

God invites us to come to Him, to leave the caterpillar food that keeps us crawling and anxious and does not fill our deep longings. He invites us to come up higher, to know His thoughts in His word which bring freedom, healing, transformation, joy, peace, new beginnings and purpose.

### Isaiah 55

Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? **1**

**Listen, listen to me**, and eat what is good, and you will delight in the richest of fare. **Give ear and come to Me; listen, that you may live.** I will make an everlasting covenant with you; My faithful love promised to David. **2**

Seek the Lord while He may be found; call on Him while He is near. Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the Lord, and He will have mercy on them, and to our God, for He will freely pardon. **6-7**

“For My thoughts are not your thoughts, neither are your ways My ways,” declares the LORD. “As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.” **8-9**

As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is My word that goes out from My mouth: It will not return to Me empty, but will accomplish what I desire and achieve the purpose for which I sent it. **10-11**

You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands. Instead of the thorn bush the pine tree will grow, and instead of briars the myrtle will grow. **12-13**



## THE WAR IN OUR MINDS IS A DAILY SPIRITUAL BATTLE

Satan's greatest target is to control our mind. It is the most effective way to keep us living like caterpillars.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. **Ephesians 6:12**

Be alert and of sober mind. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. **1 Peter 5:8-9**

“God opposes the proud and shows favor to the humble.” Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double minded. **James 4:6-10**

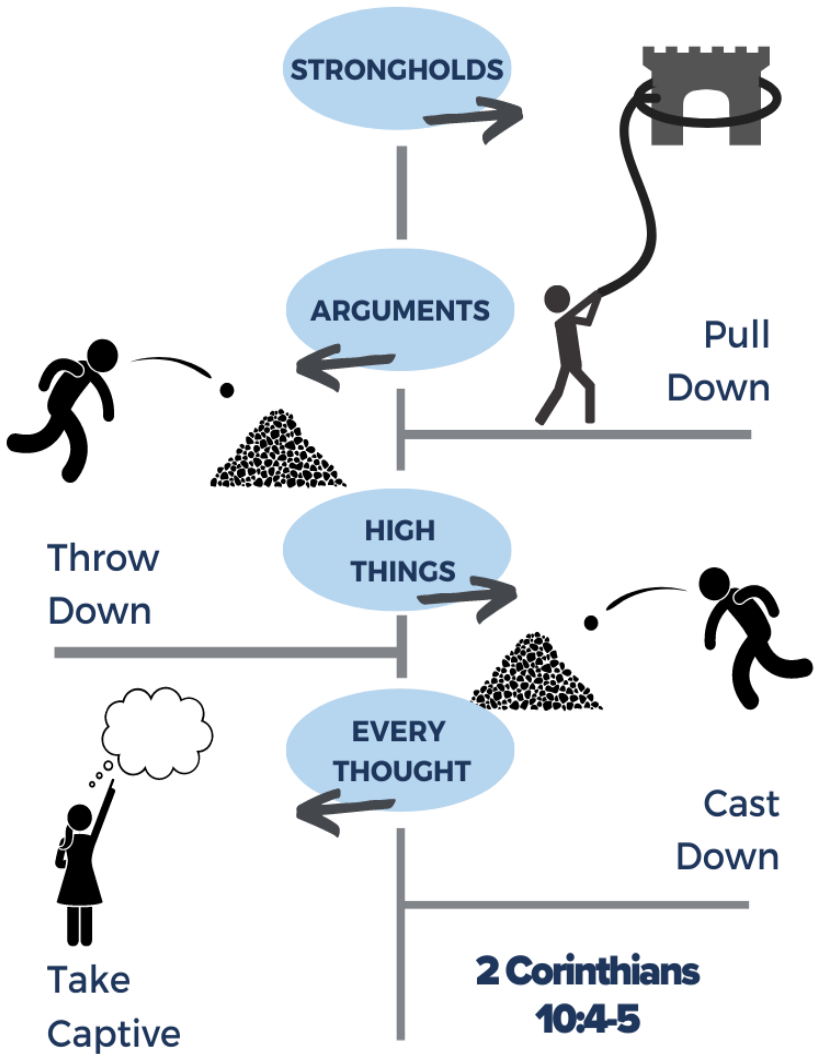
For God has not given us a spirit of fear, but of power and of love and of a sound mind (self-control). **2 Timothy 1:7**

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. **2 Corinthians 10:4-5**

### **Roots/thoughts in the spiritual battle of the mind:**

- Pride
- Self-reliance
- Lies
- Doubt / Unbelief
- Fear/anxiety

# God's Mighty Weapons Are Dynamite For



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## GUARDING OUR MINDS

*When a train is going through a tunnel is not the time to get off the train. Corey Ten boon's father.*

*Don't run away from what you believe because it got dark. Hold on and it will get light again.*

Recognize that the source of the battle is our thoughts.

- **Know Whose side you are on and know His strategies!**
- **Know your enemy and his strategies!**

### ❖ **A Demonic Mind v A Heavenly Mind**

But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice. **James 3:14-16**

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. **James 3:17-18**

### **Which mind are you?**

- Put on the whole armor of God. **Ephesians 6:6-18**
- Take the helmet of salvation and the sword of the Spirit. **v17**

The helmet is a powerful protection and deterrent to guard your mind against sin, temptation, condemnation, negative thoughts.

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus, the law of the Spirit who gives life has set you free from the law of sin and death. **Romans 8:1-2**

- **We are saved from the penalty of sin through Jesus' blood**
- **We are free from the power of sin by His Spirit in us**

❖ **You can't fight spiritual warfare with worldly thoughts.**

for those who live according to the flesh, set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. **Romans 8:5-6**

for as many as our led by the spirit of God, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the spirit of adoption by whom we cry out ABBA father. The spirit himself bears witness with our spirit that we are children if children then heirs, heirs of God and joint heirs with Christ even if we suffer with Him, that we may be glorified together. **Romans 8:14-15**

Oh foolish thoughtless Galatians, who has bewitched you that you should not obey the truth - (who has influenced you, taken you captive?) ... are you so foolish having begun in the spirit, are you now being made perfect in the flesh? **Galatians 3:1-3**

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. **Proverbs 3:5-6**

*“Science shows your life is controlled not by what you hear once, but **what you hear repeatedly.**”*

*“You can't change your thought with a thought. Spiritual warfare comes through our thoughts. We need the Word, to speak it out loud, to declare it, to confess with our mouth what we believe and repeat it, will change our response to negative thoughts and replace the lies with truth.”*

Jesus tested by the devil in the wilderness responded with Scripture - “It is written...” **Matthew 4:1-11**

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## HOW DO WE DEVELOP A TRANSFORMED MIND?

She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. **Proverbs 31:25-26**

If anyone among you seems to be wise in this age, let him become a fool so that he may become wise. For the wisdom of this world is foolishness with God. **1 Corinthians 3:18 - 19**

**Stop scrolling! Open the word of God - that's where we find peace, joy - and freedom to laugh!**

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **Joshua 1:8**

- ❖ Meditate on the word, mutter, repeat, dwell on, chew, get goodness from it.

**There is hope! The Holy Spirit is the one who transforms minds that are willing to be healed and set free.**

- ❖ **Let God's word examine Your thoughts.**

The word of God comes into our daily ordinary everyday lives and helps us to discern and perceive truth from lies, brings order from chaos and shines light into the darkness.

God's words bring conviction, reveal lies, and show us truth.

**For the word of God is alive and active.** Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of Him to whom we must give account. **Hebrews 4:12-13**

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## ❖ Take off the old thinking – Replace with God’s Thoughts

throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. **Put on your new nature, created to be like God—truly righteous and holy. Ephesians 4: 22-24**

## ❖ Develop a Humble Mind

We have pride and carnal ambition. But Jesus shows humility, mercy and grace.

The least is greatest in Gods kingdom - he who is least among you will be great. **Luke 9:48**

Let this mind be in you that was in Christ Jesus...who humbled himself, of no reputation, even going to death. (**Philippians 2:5-12**)

All of you, clothe yourselves with humility toward one another, because “God opposes the proud but shows favor to the humble.” Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. **1 Peter 5:6-7**

## ❖ Develop a Peaceful Mind

The bible mentions peace 614 times! Are you living in peace? Having peace is not the absence of conflict and trouble. It is God’s will for every Christian to walk in His peace.

You will keep in perfect peace, whose mind is stayed on You, because he trusts in You. **Isaiah 26:3**

Peace, I leave with you, My peace I give to you, not as the world gives do I give to you. Let not your heart be troubled. Neither let it be afraid. **John 14:27**

These things I have spoken to you that in Me, you may have peace. In the world, you will have tribulation, but be of good cheer, I have overcome the world. **John 16:33**

## ❖ Develop a Thankful Mind

Gratitude and anxiety cannot stay in the same place in your brain. Gratitude brings peace to anxious minds.

**Be anxious for nothing**, but in everything by prayer and supplication (petition), with thanksgiving let your requests be known to God, and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. **Philippians 4:6-7**

## ❖ Develop a Mind that Abides in, Rests in, Trusts in Him

A mind that abides, rests and trusts in God, comes to Him daily, lives in Him and trusts Him even when things don't make sense.

For we live by faith, not by sight. **2 Corinthians 5:7**

Trust in the Lord with all your heart and lean not on your own understanding. Acknowledge Him in all your ways and He will direct your paths. **Proverbs 3:5-6**

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light" **Matthew 11:28-30**

## ❖ Develop an Unwavering Mind

Daniel did not give up his identity or his faith in God, in a culture intent on changing his identity and his faith. In his faithfulness, God stood by him, delivered him, raised him up and used him for good and God's glory. **(Daniel 1 – 6)**

Jesus steadfastly set his face to go to Jerusalem **Luke 9:51**

My Grace is sufficient for you. **2 Corinthians 12:9**

## FREEDOM AND HEALING FOR THE MIND

### Be still and KNOW that I AM GOD

I am the way the truth and the life **John 14:6**

If you abide in My word, you will be My disciples and you will know the truth and the truth will set you free **John 8:31-32**

Where the Spirit of the Lord is, there is freedom **2 Corinthians 3:17**

#### ❖ Believe God can heal your mind

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. **1 Thessalonians 5:23**

His divine power has given us everything we need for life and godliness, through the knowledge of Him...**2 Peter 1:3-4**

#### ❖ Confess your weakness and need

God can work when we admit our need, and confess the problem is too big for us to fix. He is attracted to our weakness.

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. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. **2 Corinthians 12:9-10**

#### ❖ Submit to God, Humble yourself, Resist the Devil, Draw Near to God

All of us struggle with sin and brokenness on some level.

Bring all your burdens to the Lord, for He cares for you!

Allow the Holy Spirit to search your mind and heart and show you the root of your disturbance. (**Hebrews 4:12-13**)

For I acknowledge my transgressions, my sin is always before me. Against You, You only have I sinned and done this evil in Your sight. **Psalm 51:3-4**

“Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom...The sacrifices of God are a broken spirit, A broken and a contrite heart— These, O God, You will not despise.” **Psalms 51:6, 17**

Do I have sinful thoughts - pride, envy, anxiety, anger, dislike, hatred, comparison to others? Do my thoughts condemn me?

- Don't stuff it down, minimize it, downplay it, hide it or ignore it.
- Don't shame yourself, point the finger at yourself or criticize yourself for failing.

**Confess** those thoughts, **repent** – even with tears. If we don't confess and repent, we will remain in bondage. If we confess them, and **replace** them with God's truth, we will receive His forgiveness and live in peace and the light of His word.

**REFLECTION:** Take a moment to examine your thoughts. What is the root of your anxiety, depression, heaviness, despair, discouragement, disappointment, doubt, confusion?

**STOP** – identify:

**S** - Sin, Self-talk, Stress

**T** - Trauma - physical, emotional, spiritual, mental, sexual, financial

**O** - Origins - family, nurture/not, social environment, culture

**P** - Products – alcohol, drugs, food, caffeine, medicine, social media, pornography.

Recognize: \_\_\_\_\_  
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Renounce: \_\_\_\_\_  
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Replace: \_\_\_\_\_  
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**Strategies to help improve Mental Health and Transform your Mind every day:**

- **Surrender – Yield – Abide - Speak - Wait - Listen – Come**
- **Worship & Praise** – a spiritual strategy to defeat the enemy, and put God back on the throne of your mind
- **Scripture** – place it where you can see it & listen to it daily
- **Meditate** on one verse for one month
- **Practice an attitude of gratitude** – be thankful in everything.
- **Take every thought captive.** Test it against God’s Word.
- **THINK!** Is it True – Helpful – Inspiring – Needed – Kind?
- **Choose God’s thoughts** - Finally, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **Philippians 4:8**
- **Join** a LUV group, or another person to grow in God’s word

## Choose a Scripture to Meditate On for 30 Days

Cast all your anxiety on him because he cares for you. **1 Peter 5:7**

Who have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. **Psalm 73:25-26**

Yes, my soul, find rest in God; my hope comes from Him. Truly He is my rock and my salvation; He is my fortress; I will not be shaken. My salvation and my honor depend on God; He is my mighty rock, my refuge. **Psalm 62:5-8**

Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge. **Psalm 62:9**

I will not die but live and will proclaim what the Lord has done. **Psalm 118:17**

I will bless the Lord at all times; His praise will continually be on my lips. **Psalm 34:1**

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### Author Liz Dickson

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