

## DAY 12 | Awaken My Heart & Mind Towards God

Friday, January 17<sup>th</sup>

Our heart and mind are central to our connection with God. The heart, as the seat of our will and understanding, determines our treasures, while the mind enables us to think, feel, and experience life. When we turn back to God, He promises to restore both our hearts and minds. Today, we reflect on God as our first love, allowing Him to renew us and redirect our focus toward Him. Let this be a day of surrender, restoration, and realignment with His will.

**Heart-** Biblically the heart is the center of one's thoughts, memories and reflections. It is the seat of will and understanding. It is the mind

**Mind-** the element of a person that enables them to be aware of the world and their experiences, to think, and to feel; the faculty of consciousness and thought.

As we turn back to our first love, GOD is faithful and just to restore our hearts and mind. Throughout this year, we will have our hearts and mind open towards God. No longer will we give our hearts to people, riches or idols in Jesus name. Lord, RESTORE us back to You, our first love.

**Confession:** Father above all else I guard my heart for it is the origin of life. I seek you first and I know everything else will be added. Forgive me for giving my heart and mind to other people and things, I put you first. I decree my heart and mind are at peace and it gives life to my body and health to my bones.

### 1. What does it mean to guard your heart?

Guarding your heart means being intentional about what you allow to influence your thoughts, emotions, and decisions. Proverbs 4:23 says, "Keep your heart with all diligence, for out of it spring the issues of life."

### 2. Why does God promise to give us a new heart and spirit?

God desires to cleanse us from sin and transform us to walk in His ways. Ezekiel 36:26-27 says, "I will give you a new heart and put a new

spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh.”

### **3. How can we experience peace in our hearts and minds?**

By rejoicing in the Lord, praying with thanksgiving, and meditating on His Word, we can experience peace that surpasses understanding. Philippians 4:6-7 assures us, “Be anxious for nothing... and the peace of God... will guard your hearts and minds through Christ Jesus.”

### **4. What happens when we treasure God above all else?**

When we treasure God, our hearts align with Him, and our focus shifts from earthly distractions to eternal rewards. Matthew 6:21 says, “For where your treasure is, there your heart will be also.”

### **Points of Reflection**

1. What am I treasuring in my heart, and does it align with God’s desires for me?
2. Are there areas in my life where I need to surrender control and allow God to renew my heart and mind?
3. How can I practically guard my heart and mind in daily life?

**Key Scriptures:** *Matthew 6:16-21, Psalm 147:3, Ezekiel 36: 26-27, Philippians 4: 4-9*

**Matthew 6:19-21** “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

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

**Ezekiel 36: 26-27** I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do *them*.

**Philippians 4: 4-9** Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord *is* at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to GOD; and the peace of GOD, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the GOD of peace will be with you.

**Suggested Scriptures:** [Matthew 12:35](#), [Psalm 4:23](#), [Psalm 20:4](#), [Psalm 51:10-11](#), [Psalm 30:2](#), [Ezekiel 36: 24-28](#), [Isaiah 26:3](#)

**Matthew 12:35** A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.

**Psalm 4:23** Keep your heart with all diligence, For out of it *spring* the issues of life

**Psalm 20:4** May He grant you according to your heart's *desire*, and fulfill all your purpose.

**Psalm 51:10-11** Create in me a clean heart, O GOD, And renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me

**Psalm 30:2** O Lord my God, I cried out to You, and You healed me.

**Ezekiel 36: 24-28** For I will take you from among the nations, gather you out of all countries, and bring you into your own land. <sup>25</sup> Then I will sprinkle clean water on you, and you shall be clean; I will cleanse you from all your filthiness and from all your idols. <sup>26</sup> I will give you a new heart and put a new spirit

within you; I will take the heart of stone out of your flesh and give you a heart of flesh. <sup>27</sup> I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do *them*. <sup>28</sup> Then you shall dwell in the land that I gave to your fathers; you shall be My people, and I will be your GOD.

### **Why do we fast?**

Fasting is a spiritual discipline that helps us focus on God, break spiritual strongholds, and receive clarity, strength, and renewal.

**Isaiah 58:6** “Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?

### **The power of prayer**

Prayer connects us with God to bring about transformation and align our will with His.

**James 5:16** The effective, fervent prayer of a righteous man avails much.