
PRAYER TO CARRY TODAY
THAT'S NOT WHO YOU ARE ANYMORE.
LET IT FALL.
Lord, I'm shrugging off the old.
Renew what You created.
"...Be renewed in the Spirit of your mind..."
EPHESIANS 4:23 (WEB)
prayertocarry.com

PRAYER TO CARRY TODAY

LETTING THE OLD FALL AWAY

Some evenings an old version of you shows up uninvited. An old habit, an old reaction, an old way of seeing yourself that you thought you'd left behind. It can make you wonder whether you've changed at all.

Paul describes the Christian life as a kind of changing of clothes: putting away "the old man," being "renewed in the spirit of your mind," and putting on the new self, created in the likeness of God. The old is no longer your identity. It's something you take off, again and again, as God renews you from the inside.

Tonight, name one old pattern that tried to pull you back today. Picture yourself taking it off like a heavy coat and setting it down. Then ask God to keep renewing your mind while you rest.

PRAYER TO CARRY TODAY

SCRIPTURE

...Be renewed in the Spirit of your mind...

EPHESIANS 4:23 (WEB)

A PRAYER FOR TODAY

Lord, the old me showed up again today. Renew the spirit of my mind tonight, and help me leave that coat where I set it.

PRAYERTOCARRY.COM

