

30-Day NLT Scripture Writing List

Read and write the verse each day, taking a quiet moment to reflect.
Let God's Word renew your mind and quiet the noise within.

Week 1

Foundations of Renewal

1. Romans 12:2 – "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think."
2. Ephesians 4:23 – "Instead, let the Spirit renew your thoughts and attitudes."
3. 2 Corinthians 10:5 – "We capture their rebellious thoughts and teach them to obey Christ."
4. Colossians 3:2 – "Think about the things of heaven, not the things of earth."
5. 1 Peter 1:13 – "So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world."
6. Psalm 51:10 – "Create in me a clean heart, O God. Renew a loyal spirit within me."
7. Isaiah 55:9 – "For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts."

Week 2

Filtering Your Thoughts

8. Philippians 4:8 – "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."
9. Psalm 119:11 – "I have hidden your word in my heart, that I might not sin against you."
10. Proverbs 4:23 – "Guard your heart above all else, for it determines the course of your life."
11. Psalm 1:2 – "But they delight in the law of the Lord, meditating on it day and night."
12. Joshua 1:8 – "Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it."
13. Colossians 3:10 – "Put on your new nature, and be renewed as you learn to know your Creator and become like him."
14. Psalm 19:14 – "May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer."

30-Day NLT Scripture Writing List

Week 3

Power Through the Spirit

15. Romans 8:6 – "So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace."
16. 2 Timothy 1:7 – "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."
17. 1 Corinthians 2:16 – "For who can know the Lord's thoughts? Who knows enough to teach him? But we understand these things, for we have the mind of Christ."
18. Isaiah 26:3 – "You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"
19. John 14:26 – "But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you."
20. Ephesians 1:18 – "I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called."
21. Titus 3:5 – "He saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit."

Week 4

Living the Transformation

22. Philippians 4:6-7 – "Don't worry about anything; instead, pray about everything... Then you will experience God's peace, which exceeds anything we can understand."
23. Hebrews 4:12 – "For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword... It exposes our innermost thoughts and desires."
24. Matthew 22:37 – "Jesus replied, 'You must love the Lord your God with all your heart, all your soul, and all your mind.'"
25. Psalm 139:23 – "Search me, O God, and know my heart; test me and know my anxious thoughts."
26. James 4:8 – "Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world."
27. 2 Corinthians 4:16 – "That is why we never give up. Though our bodies are dying, our spirits are being renewed every day."
28. Galatians 5:16 – "So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves."
29. Psalm 119:105 – "Your word is a lamp to guide my feet and a light for my path."
30. Philippians 2:5 – "You must have the same attitude that Christ Jesus had."