

## Day 3

*What's more, don't let yourselves be squeezed into the shape dictated by the present age. Instead, be transformed by the renewing of your minds, so that you can work out what God's will is—what is good, acceptable, and complete.*  
—Romans 12:2

**Brainy Tip:** Where our minds go, our brains follow.

What we have built into our minds through our experiences and choices shapes our unique worldview, which in turn impacts our thoughts, words, and actions. It is our filter, reflecting and refracting what comes in through our senses and shaping our mental architecture. Once we choose to follow the Messiah, however, we have to compare our worldview to God's worldview. We have a beautiful new filter that not only adds to our experiences but paints them in a new light, one that is "good, acceptable, and complete," allowing us to see and respond to the world in a different way—in a truly human way. The more we choose with our minds to think and act like Jesus, the more we become like Jesus. Where our minds go, our brains follow.