

TRANSFORMING MY MENTAL HEALTH
YOUR MIND IS CONTROLLED BY WHAT IT ACQUIRES



What we think determines how we feel, what we feel determines our actions, our actions determine our habits and our habits determine our character.

... though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 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 10:3-5 NIV

In order to take advantage of your mind to the max:

1. DO NOT BELIEVE EVERYTHING YOU _____.

- Everything that we think is not true: *No one likes me! Everyone offends me!*

The heart is deceitful above all things and beyond cure. Who can understand it?

Jeremiah 17:9 NIV

- Is what I am thinking true?

5 Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you — unless, of course, you fail the test? 2 Corinthians 13:5 (NIV)

2. GUARD YOUR MIND AGAINST _____.

The discerning heart seeks knowledge, but the mouth of a fool feeds on folly.

Proverbs 15:14 NLT

- The cycle begins with thoughts. My thoughts determine how I feel, my feelings determine my actions, habits and character.

- How do we block our eyes from junk?
 - ✓ Conversating in prayer during the day.
 - ✓ Focusing on things that are good.

3. NEVER STOP _____.

- The moment you stop learning, you start dying. A disciple is an apprentice.

Intelligent people are always ready to learn. Their ears are open for knowledge.

Proverbs 18:15 NLT

To acquire wisdom is to love yourself; people who cherish understanding will prosper.

Proverbs 19:8 NLT

4. RENEW YOUR MIND DAILY WITH _____.

- When you change your thoughts, you change the way you feel.

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. Then you will learn to know God's will for you, which is good and pleasing and perfect. Romans 12:2 NLT

5. LET GOD STRETCH YOUR _____.

20 Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. 21 Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen. Ephesians 3:20-21 NLT

Where there is no revelation, people cast off restraint. Proverbs 29:18 NIV

- If you are not dreaming with a vision then you are not living, you are only existing.

Answers: 1. Think. 2. Garbage. 3. Learning. 4. God's Word. 5. Imagination.
