

Change Your Life by Changing Your Mind - Part 2 **Renewing your Mind - Mental Wellness**

DAILY CHOICES FOR A HEALTHY MIND

1. I MUST FEED MY MIND WITH TRUTH

“... People need more than bread for their life; they must feed on every WORD OF GOD.”
Matthew 4:4

“A wise person is hungry for [truth], while the fool feeds on trash.” Proverbs 15:14 (NLT)

WHEN? ALL THE TIME

“Lord, how I love your Word. I think about it all day long.” Psalm 119:97

“... Even in the darkest of night, your teachings fill my mind.”
Psalm 16:7 (CEV)

2. I MUST FREE MY MIND FROM DESTRUCTIVE AND TOXIC THOUGHTS

“But when you follow your own wrong inclinations, your lives will produce these evil results: impure thoughts, eagerness for lustful pleasure, ²⁰ idolatry, spiritism (that is, encouraging the activity of demons), hatred and fighting, jealousy and anger, constant effort to get the best for yourself, complaints and criticisms, the feeling that everyone else is wrong except those in your own little group—and there will be wrong doctrine, ²¹ envy, murder, drunkenness, wild parties, and all that sort of thing. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.” Galatians 5:19-21 (TLB)

“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 10:5 (NIV)

3. I MUST GUARD MY MIND FROM GARBAGE.

“I will not set before my eyes anything that is worthless...” Psalm 101:3 (ESV)

TWO Ways to Guard Your Mind

- Conversational prayer

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6-7 (NLT)

- Concentrated focusing

4. I MUST FOCUS MY MIND ON THE RIGHT THINGS

“... Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about.” Philippians 4:8 (TLB)

“But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control; ...” Galatians 5:22-23 (TLB)

"If we are living now by the Holy Spirit's power, let us follow the Holy Spirit's leading in every part of our lives. Let us not become conceited, or provoke one another, or be jealous of one another."
Galatians 5:25-26 (TLB; NLT)

5. I MUST _____

Jesus: *"... Come to me, all of you who are weary and carry heavy burdens ... Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls..."* Matthew 11:28-29 (NLT)

"Intelligent people are always eager and ready to learn." Proverbs 18:15 (GNT)

"Those who are wise store up knowledge..." Proverbs 10:14 (NET)

"Those who get wisdom do themselves a favor, and those who love learning will succeed."
Proverbs 19:8 (NCV)

6. I MUST _____

"But be doers of the word, and not hearers only, deceiving yourselves."
James 1:22-26 (ESV; NKJV)

7. I MUST FIND COUNSEL AND MEDICAL HELP

"Where there is no counsel, the people fall; But in the multitude of counselors there is safety."
Proverbs 11:14 (NKJV)

I'd love to hear your stories & feedback: phoebegdial@yahoo.com

What are some types of mental disorders?

There are many different types of mental disorders. Some common ones include:

- Anxiety disorders, panic disorder, obsessive-compulsive disorder, and phobias
- Depression, bipolar disorder, and other mood disorders
- Eating disorders
- Personality disorders
- Post-traumatic stress disorder
- Psychotic disorders, including schizophrenia

What causes mental illness?

There is no single cause for mental illness. Several factors can contribute to risk for mental illness, such as:

- Your genes and family history.
- Your life experiences, such as stress or a history of abuse, especially if they happen in childhood.
- Biological factors such as chemical imbalances in the brain.
- A traumatic brain injury.
- A mother's exposure to viruses or toxic chemicals while pregnant.
- Use of alcohol or recreational drugs.
- Having a serious medical condition like cancer.
- Having few friends and feeling lonely or isolated.