

Change Your Life by Changing Your Mind
Renewing the Mind – Mental Wellness

“[Do not be conformed to the pattern] of this world, but let God transform you into a new person by changing the way you think...”
Romans 12:2 (NLT)

WHY I MUST MANAGE MY MIND

BECAUSE MY THOUGHTS CONTROL MY LIFE

“Be careful how you think; your life is shaped by your thoughts.”
Proverbs 4:23 (GNT; TEV)

BECAUSE THE MIND IS THE BATTLE GROUND FOR SIN

“I love to do God’s will so far as my new nature is concerned; but there is something else deep within me... that is at war with my mind and wins the fight and makes me a slave to the sin... within me. In my mind I want to be God’s servant, but instead I find myself still enslaved to sin.”
Romans 7:22-23 (TLB)

BECAUSE IT IS THE KEY TO PEACE AND JOY

“[If] your sinful nature controls your mind, [there is death]. But if the Holy Spirit controls your mind there is life and peace.” Romans 8:6 (NLT)

ENEMIES OF THE MIND

□ **MY OLD NATURE**

“I see in my body a principle at war with the law of my mind, taking me captive to the law of sin that dwells inside of me.”
Romans 7:23

“Those who are dominated by their sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.” Romans 8:5 (NLT)

□ **SATAN**

“I’ve forgiven that man, so Satan won’t outsmart us...” 2 Corinthians 2:11

□ **THE WORLDS VALUE SYSTEM**

“All that is in the world, the lust of the flesh, the lust of the eyes and the pride of life It’s not of the Father but it’s of this world.” 1 John 2:16

□ **MENTAL ILLNESS**

THREE 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

WHEN? ALL THE TIME

“I rise early... to cry out for help and to put my hope in your words.”
Psalm 119:147 (NLT)

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

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

“When wicked people hide to ambush and kill me, I quietly keep my mind on your decrees.” Psalm 119:95

2. I MUST FREE MY MIND FROM DESTRUCTIVE THOUGHTS

“... 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)

3. I MUST FOCUS MY MIND ON THE RIGHT THINGS

○ **THINK ABOUT JESUS**

“Keep your mind on Jesus Christ...” Hebrews 12:2

“Think about Jesus’ example. He held on while wicked people were doing evil things to him. So do not get tired and stop trying.” Hebrews 12:3 (NCV)

○ **THINK ABOUT OTHERS**

“Don’t just think about your own affairs, but be interested in others, too, and in what they are doing.” Philippians 2:4 (TLB)

“Let us think about each other and help each other to show love and do good deeds.” Hebrews 10:24 (NCV)

○ **THINK ABOUT ETERNITY**

“Let heaven fill your thoughts; Do not think only about things down here on earth.” Colossians 3:2

4. I MUST FIND COUNSEL & MEDICAL HELP

God uses doctors in every field of human needs, and they are instrumental in fixing what is broken in our body and in our minds.

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

