



MY MENTAL HEALTH

“Change Your Life by
Changing Your Mind”

Romans 12:1-2

February 4, 2024

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 (TEV)

Because the mind is the battleground for sin.

“I love to do God’s will so far as my new nature is concerned; but there’s 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 (LB)

Because it’s the key to peace and happiness.

“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)

3 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 (NLT)

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 (NLT)

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

2. I must free my mind from destructive thoughts

“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)

“Though we live in the world, we do not wage war as the world does.
The weapons we fight with are not the weapons of the world. [Our
weapons] have divine power to demolish strongholds. We demolish
any argument 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

HOW TEMPTATION WORKS

“Temptation comes from the lure of OUR OWN evil desires. These
evil desires lead to evil actions, and then the evil actions lead to
death.” James 1:14-15 (NLT)

Step 1: Desire

Step 2: Doubt – “Did God really say...?”

Step 3: Deception – Believing a lie of Satan

Step 4: Disobedience & Defeat

“I have made up my mind to obey your laws forever, no matter
what.” Psalm 119:112 (CEV)

3. I must focus my mind on the right things.

✓ Think about Jesus

“Keep your mind on Jesus Christ...” 2 Timothy 2:8 (CEV)

“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.” Phil. 2:4 (LB)

“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 (NLT)

“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” 1 Corinthians 2:9 (NLT)

RESPONSE QUESTIONS:

1. Why is the truth of God’s Word so important for transformation?
2. How are the things you are filling your mind with hurting or helping you achieve better mental health?
3. How and in what ways do you personally need to change the way you think? What are some specific ways the Bible can help?
4. As you seek to free your mind from destructive thoughts, you must wage war against the enemies that do battle in your mind, and keep you from thinking about the things that please the Spirit. What are some weapons you can use this week against each of these enemies as you face them?

5. So how do you need to make your mind, mind? What are some “strongholds” you need to give over to the Lord and also get rid of in your life?
6. Under what circumstances are you most tempted? What kind of bait does Satan use on you? What can you do in advance to ensure your victory over this type of temptation the next time it occurs?