



Changing Your Mind

Transformed Week 3 — Mental Health

Romans 12:2 (NLT) *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.*

God is far more interested in changing your mind than in changing your circumstances.

Why is it important that I manage my thought life?

- 1) Because my THOUGHTS control my life.
- 2) Because my mind is a battleground for SIN.
- 3) Because it's the key to PEACE and happiness.

How do I change the way I think to have a healthy mind?

- I must FEED my mind with truth.
- I must FREE my mind from destructive thoughts.

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

How Temptation Works

James 1:14-15 (NLT) ¹⁴*Temptation comes from our own desires, which entice us and drag us away. ¹⁵These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.*

Step 1: DESIRE

Step 2: DOUBT

Step 3: DECEPTION

Step 4: DISOBEDIENCE and DEFEAT

- I must think about ETERNITY.

1 Corinthians 2:9 (NLT) *That is what the Scriptures mean when they say, "No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him."*

Additional Notes:

resources

Pastoral Counseling for Denver: 303-741-5588 or info@pcdcounseling.com

Cornerstone Christian Counseling: 303-902-3068

Mental Health First Aid Training: October 18, 8:00am - 4:00pm, CCON
Mental Health First Aid (MHFA) is a vital health education training designed for the general public that teaches participants how to recognize and respond to mental health and addiction crises. MHFA instructs us how to identify, understand and respond to those who are experiencing a behavioral health crisis - including depression, anxiety disorders, psychosis, suicidal thoughts and substance use disorders. This interactive training will teach you to provide basic, appropriate interventions and learn about useful resources available to you.

scriptures that relate

Monday: Isaiah 26:3

Wednesday: Philippians 4:8-9

Friday: 1 Corinthians 2:16

Tuesday: Philippians 4:6-7

Thursday: Romans 12:2

Saturday: James 1:5

small groups—talk it over

1. Why is it so easy to lie to ourselves?
2. We talked about toxic food, junk food and healthy food for your brain. What could you do to give your brain a healthier diet?
3. What specific topics and habits do you want to learn about through your reading and relationships?
4. The Bible says, *You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!* (Isaiah 26:3) What helps you to fix your thoughts on God?