

# TRANSFORMING MY MENTAL HEALTH

## Series: Metamorphosis 101 (part 4)

August 22, 2021

### Romans 12:2

*"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."* (NLT)

#### WHY I MUST MANAGE MY MIND

1. Because \_\_\_\_\_.

*"Be careful how you think; your life is shaped by your thoughts."* Pr 4:23 (TEV)

2. Because \_\_\_\_\_.

*"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 (TLB)

3. Because \_\_\_\_\_.

*"If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace."* Rom 8:6 (NLT)

#### THREE DAILY CHOICES FOR A HEALTHY MIND

1. I must \_\_\_\_\_.

*"People need more than bread for their life; they must feed on every Word of God."* Matthew 4:4 (NLT)

2. I must \_\_\_\_\_.

*"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. On the contrary, they have divine power to demolish strongholds. We demolish any argument and every pretention 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)

3. I must \_\_\_\_\_.

Think about \_\_\_\_\_.

Think about \_\_\_\_\_.

Think about \_\_\_\_\_.