

January 25, 2015

**CHANGE MY LIFE - CHANGING MY MIND: MENTAL HEALTH
ROMANS 12:1-2**

Managing my mind changes my life. Rom. 12:1-2

- My mind **controls** my life. Rom. 12:1-2; Prov. 23:7; 4:23; 27:19; 16:9, 23; Rom. 8:7; 10:10; Matt. 15:18; Luke 6:45
- My mind is the battleground for **sin**. Rom. 12:2; 7:14-20; 8:5-8; 2 Cor. 5:17; 2 Pet. 1:4
- My mind is the **key** to peace and happiness. Rom. 12:2; 8:6; Gal. 5:22; Col. 3:18; Phil. 4:6-9

Managing my choices brings a healthy mind. Rom. 12:1-2

- I will **feed** my mind with the truth. Rom. 12:2; Ps. 119:95, 97, 105, 147; 2 Tim. 2:15; John 8:32-36; Matt. 4:4
- I will **free** my mind from destructive thoughts. 2 Cor. 10:3-5; 1 John 2:15-17; John 8:44; Rom. 8:5; 2 Cor. 2:11; 1 Pet. 5:8
- I will **focus** my mind on the right things. Heb. 12:3; Phil. 2:4-5; Heb. 11:24; 1 Cor. 2:9; Col. 3:12

Learning how temptation works. James 1:14-15; Gen. 3:1-7

- Temptation **starts** with desire. James 1:14
- Temptation **leads** to doubt. Gen. 3:1
- Temptation **moves** to dissatisfaction. Gen. 3:2-3
- Temptation moves to **deception**. James 1:14
- Temptation leads to disobedience and **defeat**. James 1:15; Gen. 3:5-12