

3. Reform – Mental Health

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**“Change your Life by
Changing your Mind”**

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Introduction:

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Romans 12:2 “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.”

NIV

Romans 12:2 “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 know what God wants you to do, and you will know how good and pleasing and perfect His will really is.” *NLT*

“God is far more interested in changing our minds than in changing our circumstances.”

I. Why we must manage our minds.

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A. Because our thoughts
control our lives .

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

**B. Because the mind is the
battleground for sin .**

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Romans 7:22-23 “I love to do God’s will so far as my new nature is concerned; *LB*

23 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." *LB*

C. Because it's the key to peace and happiness .

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

II. 3 daily choices for a healthy mind.

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A. We must feed our minds
with truth .

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

**Psalm 119:147 “I rise early
. . . to cry out for help and
to put my hope in Your
Words.”**

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

Psalm 16:7 David “Even in the darkest of night your teachings fill my mind.” *CEV*

B. We must free our minds
from destructive thoughts .

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1. The 1st enemy is our
old nature .

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Romans 7:23 “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 8:5 “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.” *NLT*

Romans 6:11-12 “In the same way, count yourselves dead to sin but alive to God in Christ Jesus. *NIV*

12 Therefore do not let sin reign in your mortal body so that you obey its evil desires.” *NIV*

2. The 2nd enemy is Satan .

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3. The 3rd enemy is the world's value system .

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I. John 2:16 “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.”

II. Corinthians 10:3-5 “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.

Our weapons have divine power to demolish strongholds. We demolish any argument and every pretention we take captive every thought to make it obedient to Christ.”

How temptation works:

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James 1:14-15 “Temptation comes from the lure of our own evil desires. These evil desires lead to evil actions. Then the evil actions lead to death.” *NLT*

Step #1 is desire .

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Step #2 is doubt .

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Step #3 is deception .

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Step #4 is
disobedience & defeat .

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

C. We must focus our minds
on the right things .

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1. Think about Jesus .

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II. Timothy 2:8 “Keep you mind on Jesus Christ . . .” *CEV*

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

2. Think about others.

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

LB

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

3. Think about eternity.

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

**“We’re so earthly minded we’re
no heavenly good.”**

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I. Corinthians 2:9 “No eye has seen no ear has heard and no mind has imagined what God has prepared for those who love Him.” *NLT*

So in conclusion:

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