



# The Mentally Healthy Christian Life

Whatever gets your mind gets you.

**2 Corinthians 10:3-5 (NIV2011)** <sup>3</sup> For though we live in the world, we do not wage war as the world does. <sup>4</sup> The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds <sup>5</sup> We 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.

To make the most of your mind

1. Don't believe everything you \_\_\_\_\_.

You and I have an amazing ability to \_\_\_\_\_ to ourselves. We do it all the time.

The heart is deceitful above all things and beyond cure. Who can understand it?  
*Jeremiah 17:9*

2. Guard your mind against \_\_\_\_\_.

A wise person is hungry for truth, while the fool feeds on trash. *Proverbs 15:14 (NLT)*

There are three types of brain food, toxic food, junk food and healthy food.

I will not set before my eyes anything that is worthless. *Psalms 101:3*

3. Never let up on \_\_\_\_\_

Intelligent people are always ready to learn. Their ears are open for knowledge  
*Proverbs 18:15*

Wise people store up knowledge. *Proverbs 10:14*

There are two primary ways to store up knowledge: \_\_\_\_\_ and  
\_\_\_\_\_. Your life will be largely influenced by the \_\_\_\_\_ you  
\_\_\_\_\_ the \_\_\_\_\_ you \_\_\_\_\_.

Those who get wisdom do themselves a favor, and those who love learning will succeed.  
*Proverbs 19:8 (NCV)*

It is wise to learn from experience. It is wiser to learn from the experiences of others –  
and it's a lot less painful.

4. Renew your mind daily with \_\_\_\_\_.

\_\_\_\_\_ doesn't start in your behavior. It starts in your thoughts.

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. *Romans 12:2 (NLT)*

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you? *Isaiah 26:3 (NLT)*

5. Let God stretch your \_\_\_\_\_.

Now glory be to God, who by his mighty power at work within us is able to do far more than we would ever dare to ask or even dream of – infinitely beyond our highest prayers, desires, thoughts, or hopes. May he be given glory forever *Ephesians 3:20-21 (TLB)*

Nothing happens until somebody starts dreaming. God cannot help you reach your goals if you don't have any goals. He cannot fulfill your dreams if you don't have any dreams. He cannot exceed your expectations if you don't have any expectations.

Where there is no vision, the people perish *Proverbs 29:18*

God wants you to dream big dreams so you can accomplish great things for His glory.

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