

# MENTAL



## HUMILITY

WHO I AM / WHO GOD IS

- Higher Thoughts And Ways
- Conform Or Transform

## DEPENDENCE

MY LIMITS / GOD'S ABILITIES

- Regeneration And Renewal

## OBEDIENCE

HE IS FOR ME

### COLLABORATE WITH THE HOLY SPIRIT:

- Identify Stressors
  - 1 Peter 5:7
- Slow Down To Listen And Wait
  - Proverbs 19:2; John 10:3
- Rejoice Over the Gospel
  - Romans 12:1; Philippians 4:4
- Worship God Through Theology
  - Romans 12:1, 16:25-27; Colossians 1:9-10
- Prioritize Renewing Mind Time
  - Matthew 22:37; Romans 12:2; 1 Peter 1:23-25
- Pray With Joy and Anticipation
  - Philippians 4:4-7
- Prepare Through Meditation
  - Psalm 1, 77:11-12; John 6:63



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