



GOD'S DESIGN FOR A HEALTHY MIND

(TRANSFORMED - MENTAL HEALTH - ROMANS 12:2)

Today, our focus will be on what God has to say about *our minds* and how we can experience *mental health*. Transformation begins in the mind, so we need to be great mental managers. Why? In this world, there are many things competing for your focus. Getting and keeping people's attention is a multibillion-dollar-a-year-industry, and the messages in that industry are very effective. I'm going to share with you God's design for a healthy mind so your peace will increase!

WHY MUST I MANAGE MY MIND?

1. (Proverbs 4:23 GNT) We need to manage our minds ...
2. (Romans 7:8a NASB) We need to manage our minds ...
3. (Romans 8:6 NLT) We need to manage our minds ...

HOW TO BECOME GREAT MENTAL MANAGERS

1. (John 17:17 ESV) To become a better mental manager, we need to ...

2. (Matthew 13:25 NASB) To become a better mental manager, we need to ...

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How Temptation Works (James 1:14-15 NLT)

Temptation begins with ...

Temptation creates ...

Temptation uses ...

Temptation fulfilled causes ...

3. (Philippians 4:8 NLT) To become a better mental manager, we need to ...

- Focus on ...
- Focus on ...
- Focus on ...