

Mental Health Goals

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Tools to Use to Look Through It, Not at It

2 Kings 6:8-16

- 1. WE get to choose and dare I say change the lens through which we look. 2 KINGS 6:17 NKJV "Lord, I pray, open his eyes that he may see.' Then the LORD opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha."
- 2. <u>THE LENS</u> through which we look determines the reaction we have to the circumstances we encounter.

PHILIPPIANS 1:12-14 NLT "And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. For everyone here, including the whole palace guard, knows that I am in chains because of Christ. And because of my imprisonment, most of the believers here have gained confidence and boldy speak God's message without fear."

3. THE BEST lens through which to look is the lens of Faith in God.

2 CORINTHIANS 5:7 NKJV "For we walk by faith, not by sight."

HEBREWS 11:1 NKJV "Now faith is the substance of things hoped for, the evidence of things not seen."

- **2 KINGS 6:17** "And Elisha prayed, and said, 'LORD, I pray, open his eyes that he may see.' Then the LORD opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha."
- **2 KINGS 6:16** "Do not fear, for those who are with us are than those who are with them."

ROMANS 8:31 NKJV "What then shall we say to these things? If God is for us, who can be against us?"

Isaiah 40:31 NKJV "But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

PSALM 23:6 NKJV "Surely goodness and mercy shall follow me all the days of my life."

ROMANS 8:28 KJV "And we know that all things work together for good to those who love God, to those who are called according to His purpose."

PSALM 27:13 NIV "I remain confident of this: I will see the goodness of the LORD in the land of the living."