



Mental Health Goals

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3 Ways to Pre-frame your Future

Hebrews 11:1-3 and Acts 2:17

1. **Prophecy** your story.

1 SAMUEL 17:34-37 But David said to Saul, "Your servant used to keep his father's sheep, and when a lion or a bear came and took a lamb out of the flock, ³⁵ I went out after it and struck it, and delivered the lamb from its mouth; and when it arose against me, I caught it by its beard, and struck and killed it. ³⁶ Your servant has killed both lion and bear; and this uncircumcised Philistine will be like one of them, seeing he has defied the armies of the living God." ³⁷ Moreover David said, "The LORD, who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine.

1 SAMUEL 17:45-57 Then David said to the Philistine, "You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied. ⁴⁶ This day the LORD will deliver you into my hand, and I will strike you and take your head from you. And this day I will give the carcasses of the camp of the Philistines to the birds of the air and the wild beasts of the earth, that all the earth may know that there is a God in Israel. ⁴⁷ Then all this assembly shall know that the LORD does not save with sword and spear; for the battle is the LORD's, and He will give you into our hands.

2. **PRE-DECIDE** your choices.

GENESIS 39:6-12 Joseph was a very handsome and well-built young man, ⁷ and Potiphar's wife soon began to look at him lustfully. "Come and sleep with me," she demanded. But Joseph refused. "Look," he told her, "my master trusts me with everything in his entire household. ⁹ No one here has more authority than I do. He has held back nothing from me except you, because you are his wife. How could I do such a wicked thing? It would be a great sin against God." She kept putting pressure on Joseph day after day, but he refused to sleep with her, and he kept out of her way as much as possible.

3. **PLANT** your seed.

ECCLESIATES 11:1 NKJV *Cast your bread upon the waters, for you will find it after many days.*

PSALM 90:17 NIV *May the favor of the Lord our God rest on us; establish the work of our hands for us* - *yes, establish the work of our hands.*

LUKE 6:38 NKJV Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.

EPHESIANS 6:8 NKJV *Knowing that whatever good anyone does, he will receive the same from the Lord.*