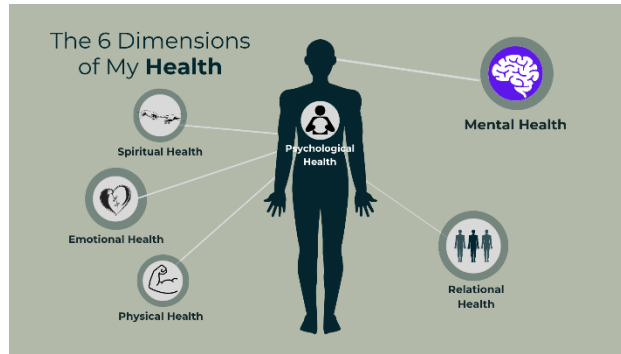


HEALING FOR MY MIND

RESTORE: Part 4

October 26, 2025

Pastor Brian



"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." (Mark 12:30, NIV)

WHY I MUST MANAGE MY MIND

1. BECAUSE MY THOUGHTS CONTROL MY LIFE.

"Be careful how you think; your life is shaped by your thoughts." (Proverbs 4:23, GNB)

2. BECAUSE MY MIND IS A SPIRITUAL BATTLEGROUND.

"We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments." (2 Corinthians 10:3–4, NLT)

3. BECAUSE MY MIND IS THE KEY TO PEACE & HAPPINESS.

"So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace." (Romans 8:6, NLT)

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

3 DAILY CHOICES FOR A HEALTHY MIND

1. I MUST FREE MY MIND.

"But there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me... Who will free me from my slavery to this deadly lower nature? Thank God! It has been done by Jesus Christ our Lord. He has set me free." (Romans 7:24, The Living Bible)

2. I MUST FEED MY MIND.

"But Jesus answered, "The scripture says, 'Human beings cannot live on bread alone, but need every word that God speaks.' "" (Matthew 4:4, GNB)

WHEN SHOULD I FEED MY MIND WITH GOD'S WORD?

DAILY

"I rise early, before the sun is up; I cry out for help and put my hope in your words." (Psalm 119:147, NLT)

"Oh, how I love your instructions! I think about them all day long." (Psalm 119:97, NLT)

"Throughout the night I think of you, dear God; I treasure your every word to me." (Psalm 119:55, TPT)

3. I MUST FOCUS MY MIND.

"...we take captive every thought to make it obedient to Christ." (2 Corinthians 10:5, NIV84)

Three Things I Need to Focus On

1) JESUS

"Keep your mind on Jesus Christ!" (2 Timothy 2:8a, CEV)

2) OTHERS

"Let us think about each other and help each other to show love and do good deeds." (Hebrews 10:24, NCV)

3) ETERNITY

"Let heaven fill your thoughts; don't spend your time worrying about things down here." (Colossians 3:2, The Living Bible)

ACTIONS

Social Media Fast

1st Base Next Sunday

2nd Base 11/09