



157 1 87 67 3

resilient **MINDS**

pt. 1
july 1st
matt. 3:13-17

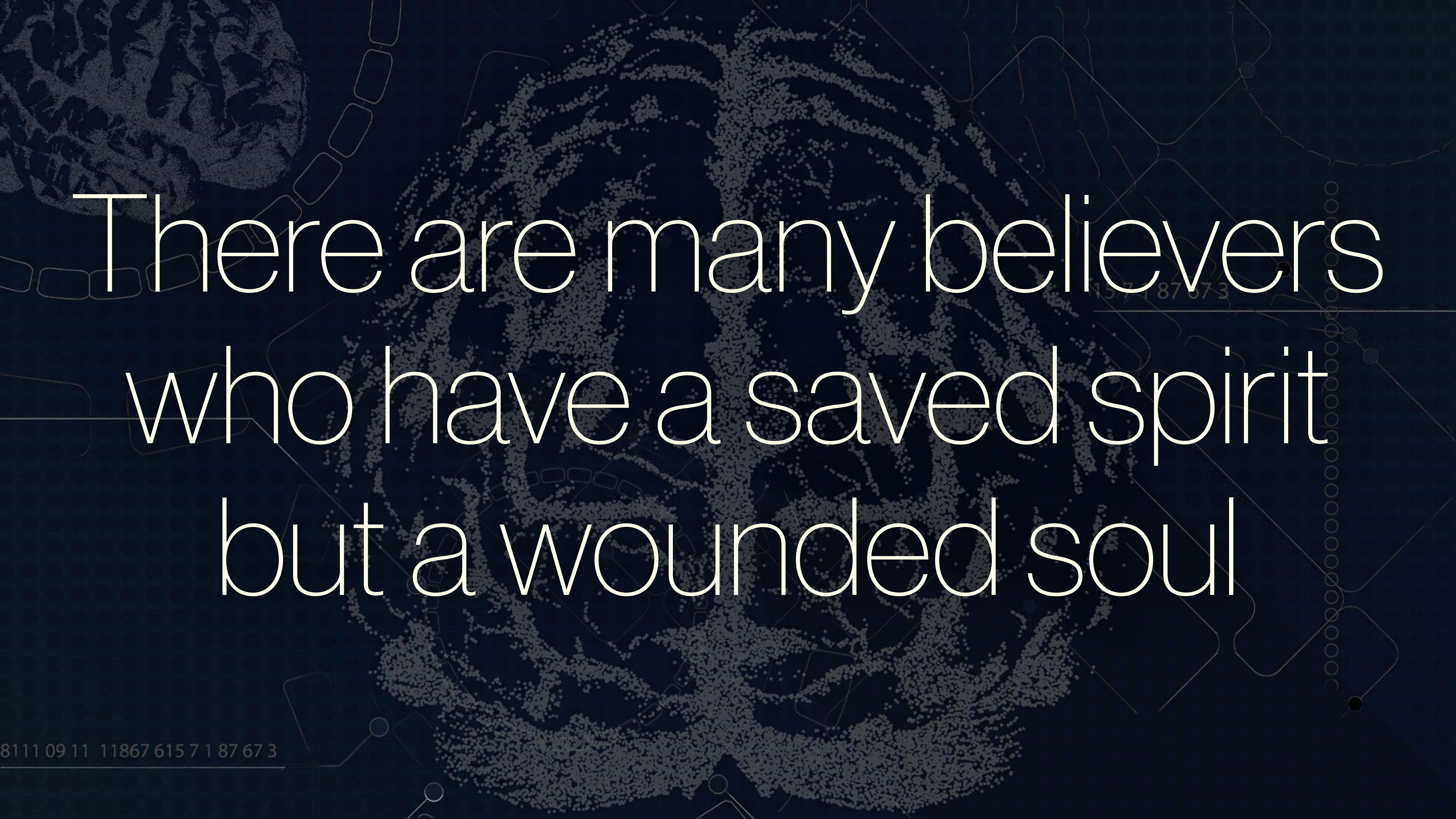
8111 09 11 11867 615 7 1 87 67 3

3 JOHN 1:2

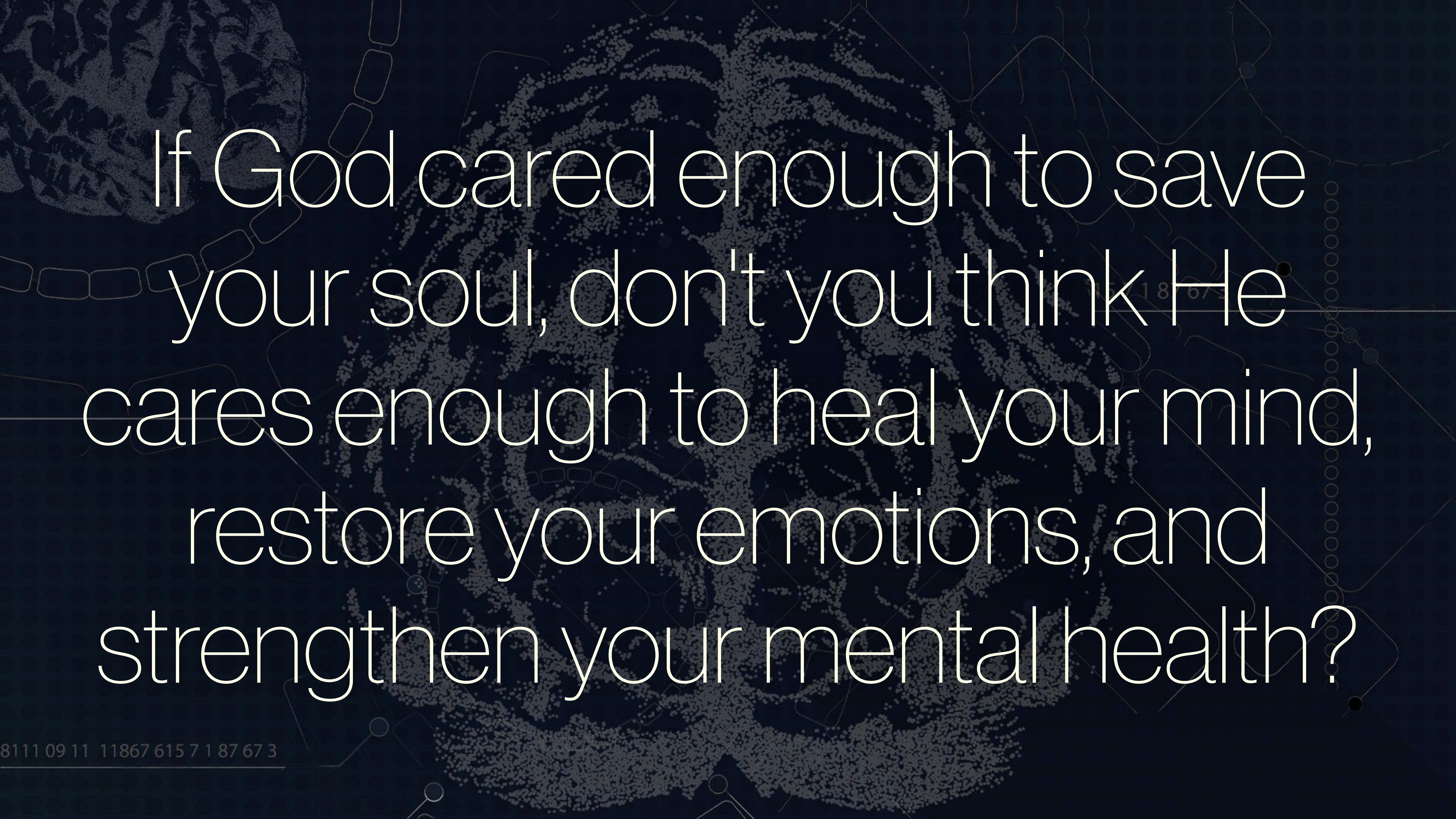
Beloved, I wish above all things
that thou mayest prosper and
be in health, even as thy
soul prospereth

PSALM 23:1-3

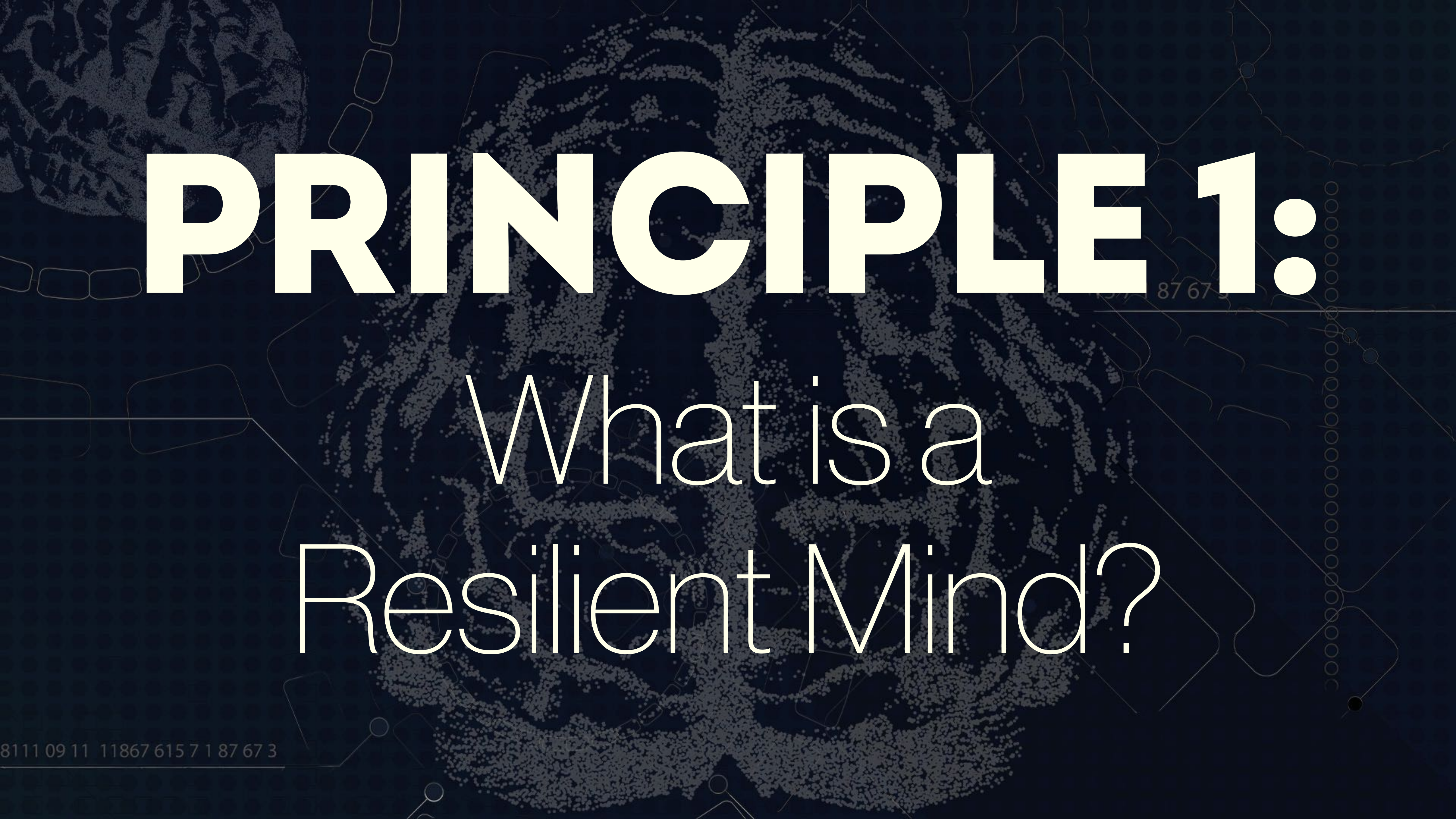
The LORD [is] my shepherd; I shall
not want. 2 He maketh me to lie
down in green pastures: he leadeth
me beside the still waters. 3 He
restoreth my soul



There are many believers
who have a saved spirit
but a wounded soul



If God cared enough to save
your soul, don't you think He
cares enough to heal your mind,
restore your emotions, and
strengthen your mental health?



PRINCIPLE 1:

What is a
Resilient Mind?

ISAIAH 26:3

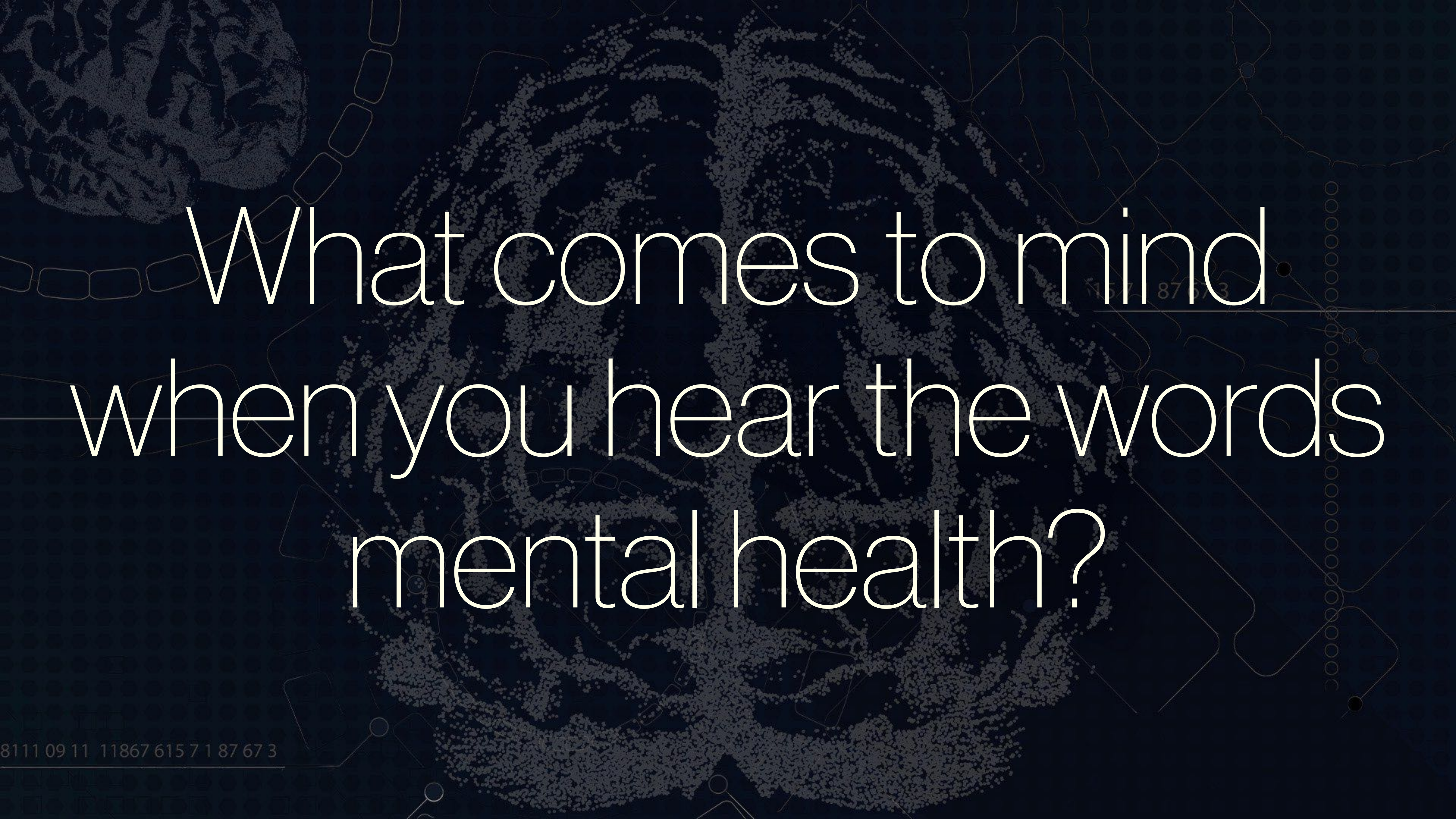
Thou wilt keep [him] in perfect
peace, [whose] mind [is]
stayed [on thee]: because
he trusteth in thee.

PHILIPPIANS 4:7

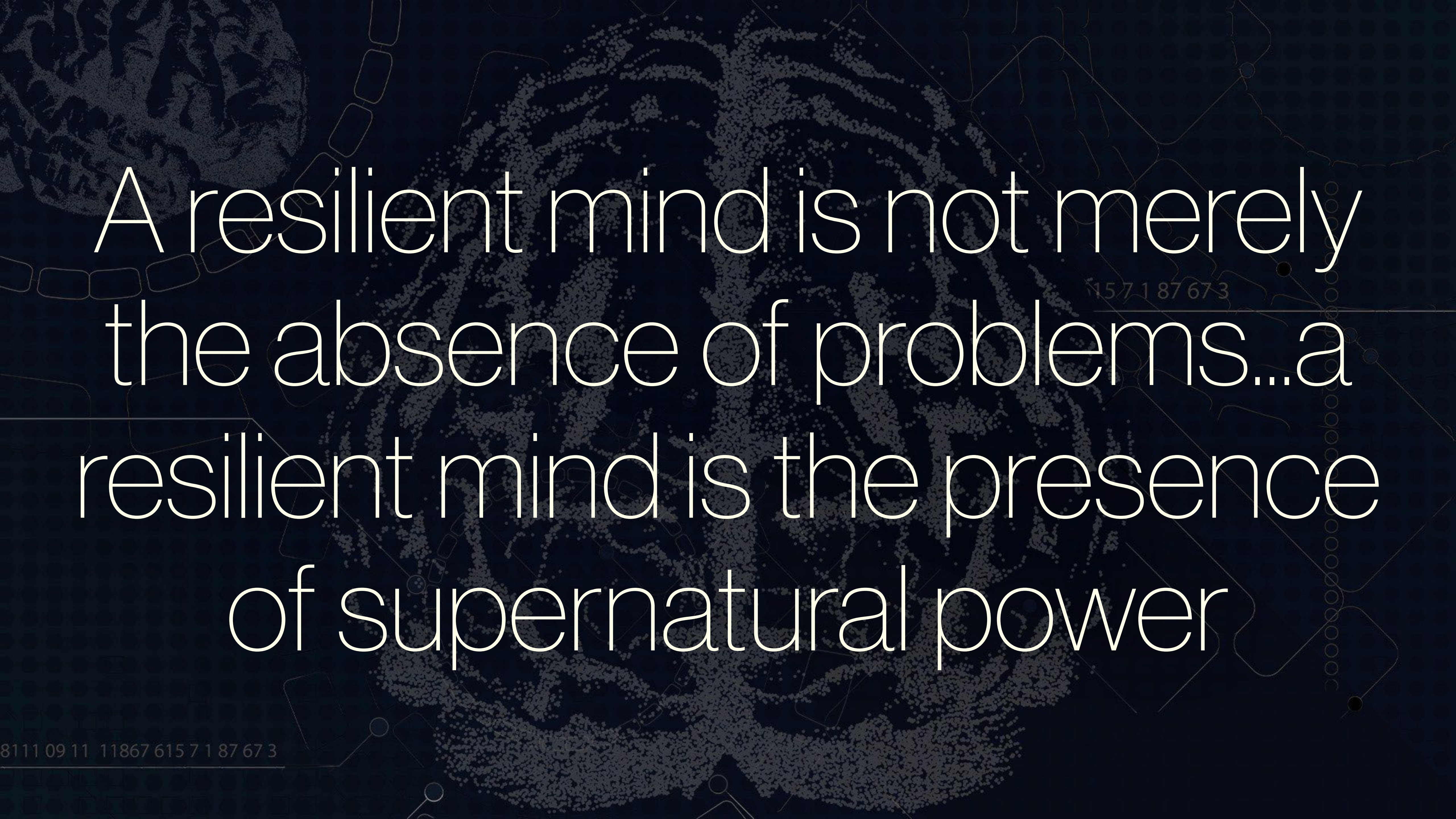
And the peace of God, which
passeth all understanding,
shall keep your hearts and
minds through Christ Jesus

PHILIPPIANS 4:8

Finally, brethren, whatsoever things are true,
whosoever things [are] honest, whatsoever
things [are] just, whatsoever things [are]
pure, whatsoever things [are] lovely,
whosoever things [are] of good report; if
[there be] any virtue, and if [there be] any
praise, think on these things



What comes to mind
when you hear the words
mental health?



A resilient mind is not merely
the absence of problems...a
resilient mind is the presence
of supernatural power

The will of God is for you to do more than merely survive the challenges of life – it is God's will for you to develop the strength you need to thrive through every challenge life throws at you

GENESIS 1:26

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

LUKE 2:52

And Jesus increased in wisdom
and stature, and in favour with
God and man.



AREA

Wisdom
Stature
Favor with God
Favor with Man

GROWTH

Mental
Physical
Spiritual
Relational

A resilient mind is the ability to
remain spiritually grounded –
emotionally healthy – and
mentally strong regardless of
any circumstance you are in
the middle of

PRINCIPLE 2:

A Resilient Mind is
Grounded in Truth

JOHN 8:31-32

Then said Jesus to those Jews which believed on him, If ye continue in my word, [then] are ye my disciples indeed; 32 And ye shall know the truth, and the truth shall make you free.



JOHN 8:31

01 54 28 11 09 11 11 86 7 61 5 7 1 87 67 3

"If you continue in My
Word..."

8111 09 11 11 86 7 61 5 7 1 87 67 3



2 TIMOTHY 3:16

All scripture [is] given by
inspiration of God, and [is]
profitable for doctrine, for
reproof, for correction, for
instruction in righteousness:



HEBREWS 4:12

For the word of God [is] quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discernor of the thoughts and intents of the heart.

JAMES 1:5

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him

PROVERBS 22:6

01 54 28 111 09 11 11 86 7 61 5 7 1 87 67 3

Train up a child in the way
he should go: and when
he is old, he will not
depart from it

8111 09 11 11 86 7 61 5 7 1 87 67 3



1 PETER 2:24

Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

A resilient mind is not
built on positive
thinking – it is built on
Biblical thinking

Truth may not always
change your
circumstances
immediately – but it will
change you immediately.

Feelings are real but
they are not always
reliable. Truth is both
real and reliable.

ROMANS 12:2

And be not conformed to this world:
but be ye transformed by the
renewing of your mind, that ye may
prove what [is] that good, and
acceptable, and perfect, will of God.

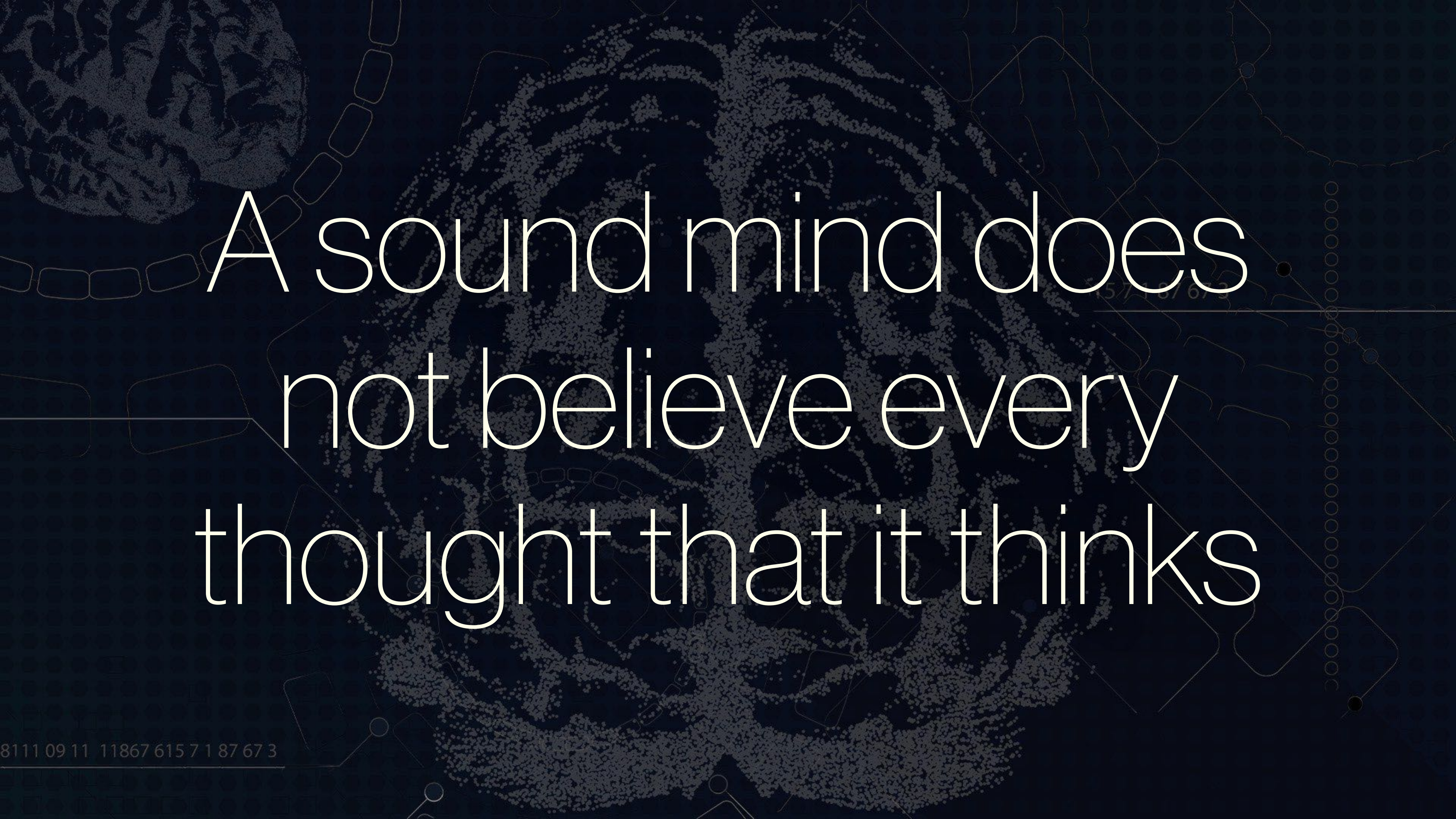
PRINCIPLE 3:

A Resilient Mind is a
Sound Mind

2 TIMOTHY 1:7

For God hath not given us
the spirit of fear; but of
power, and of love, and of
a sound mind.

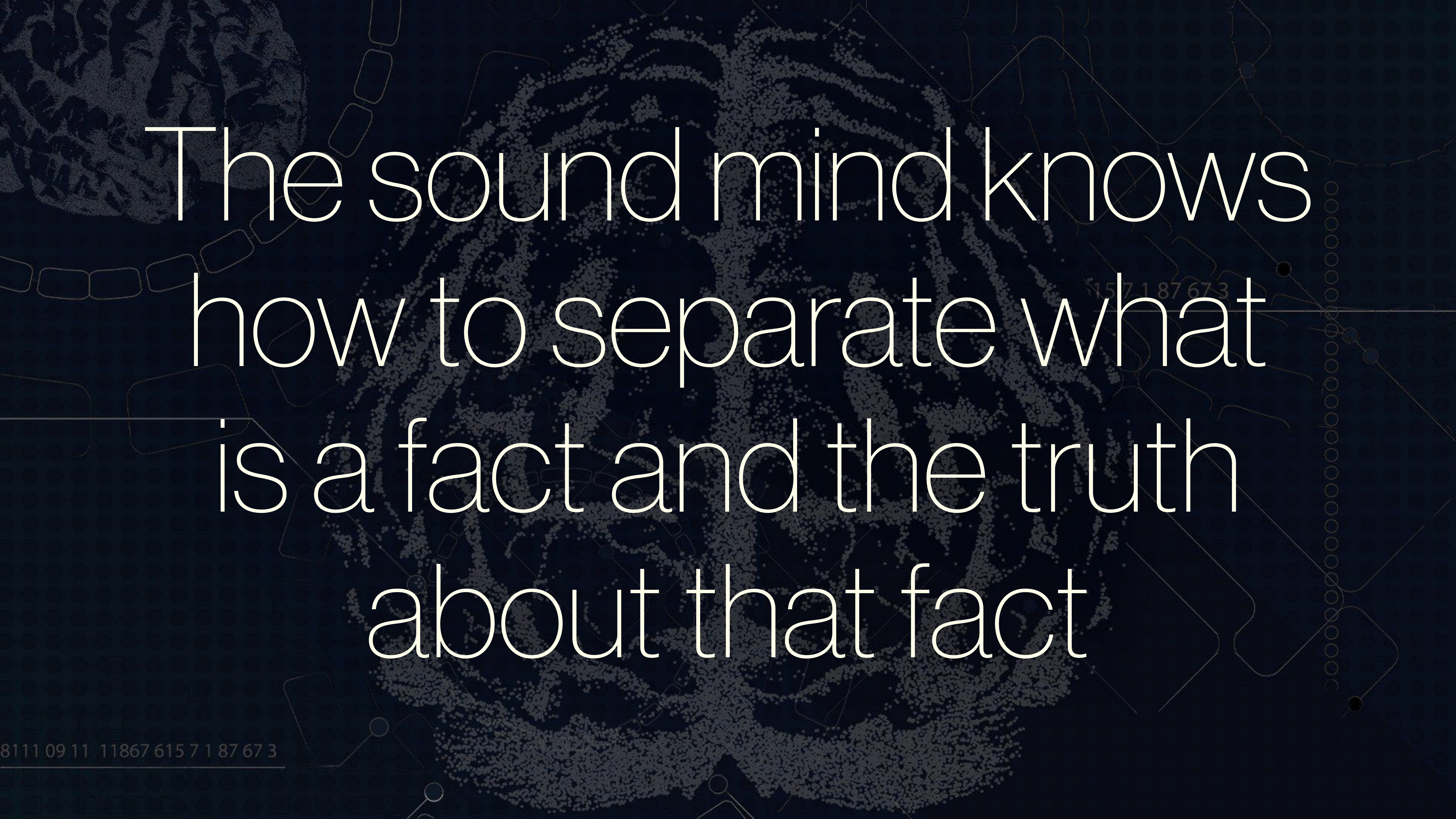




A sound mind does
not believe every
thought that it thinks

2 CORINTHIANS 10:5

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;



The sound mind knows
how to separate what
is a fact and the truth
about that fact

PHILIPPIANS 4:19

But my God shall supply
all your need according
to his riches in glory by
Christ Jesus.

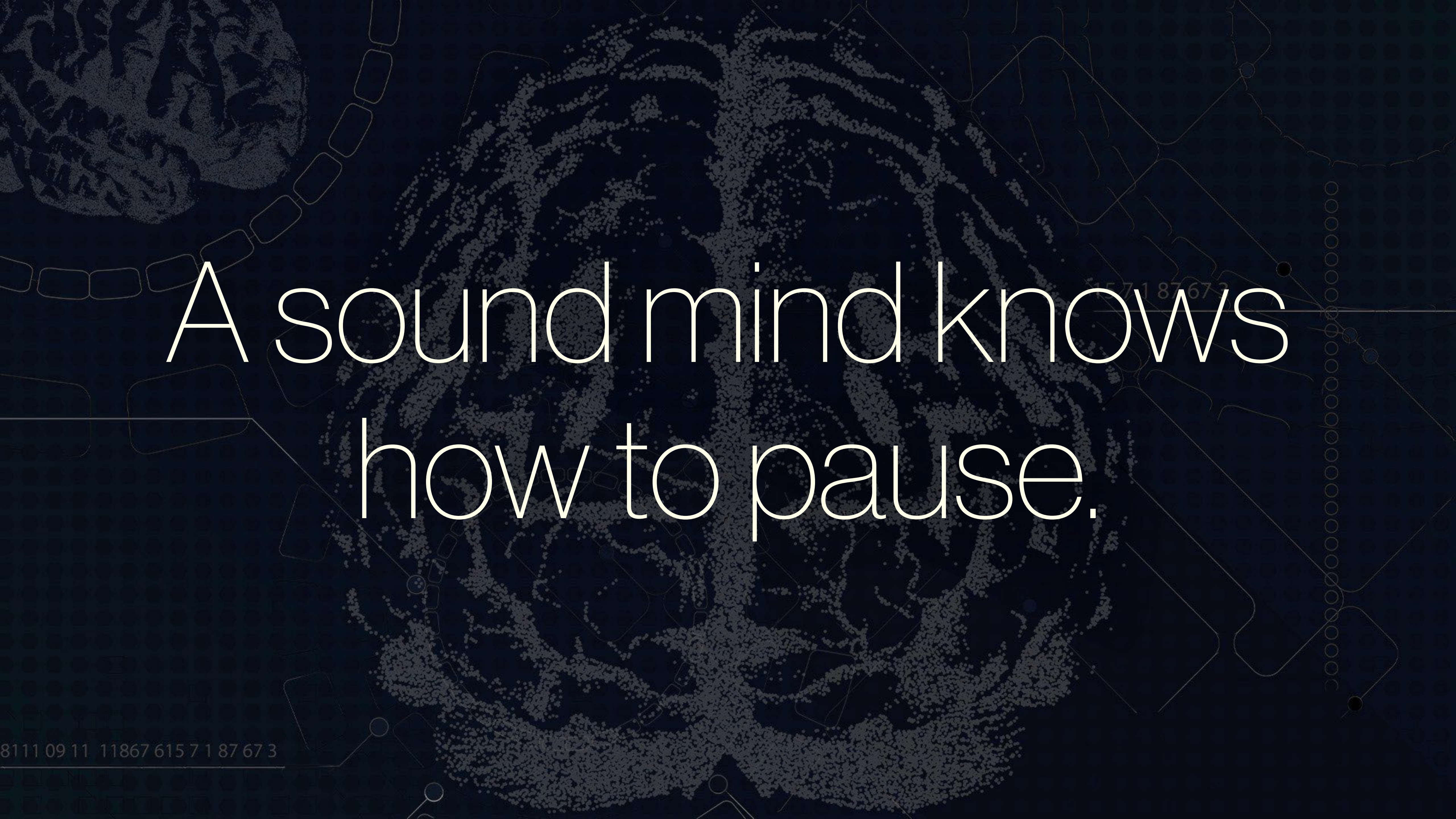


PSALM 34:18

The LORD [is] nigh unto
them that are of a broken
heart; and saveth such as
be of a contrite spirit.



A sound mind recognizes
the destination before it
ever makes a turn in its
thinking.



A sound mind knows
how to pause.

A sound mind is not the
absence of mental battles
— but it is the presence of
Christ in the midst of
those battles



resilient
MINDS

pt. 1
july 1st
matt. 3:13-17

8111 09 11 11867 615 7 1 87 67 3

157 1 87 67 3