



157 1 87 67 3

resilient
MINDS

pt. 7
august 12th
colossians 2:6-7

8111 09 11 11867 615 7 1 87 67 3

Mental and emotional issues can
take you somewhere you do not
want to go and keep you there
longer than you want to stay



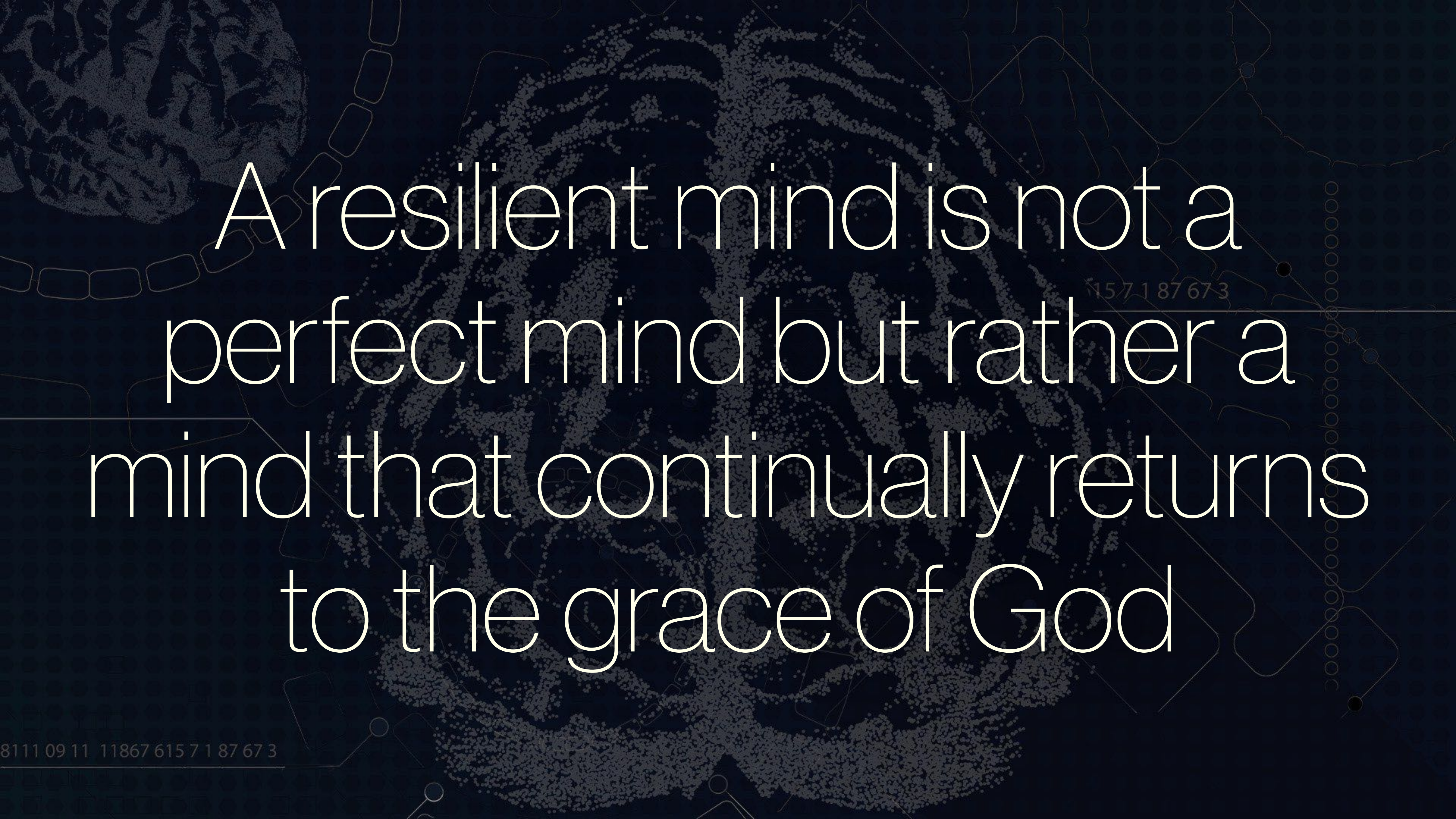
PRINCIPLE 1:

Stay Grounded
in Grace

2 CORINTHIANS 8:9

For ye know the grace of our Lord Jesus Christ, that, though he was rich, yet for your sakes he became poor, that ye through his poverty might be rich.





A resilient mind is not a
perfect mind but rather a
mind that continually returns
to the grace of God

GALATIANS 5:17

For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would



ROMANS 5:8

But God commendeth
his love toward us, in that,
while we were yet sinners,
Christ died for us.

HEBREWS 13:5

Let your conversation [be]
without covetousness; [and be]
content with such things as ye
have: for he hath said, I will never
leave thee, nor forsake thee.



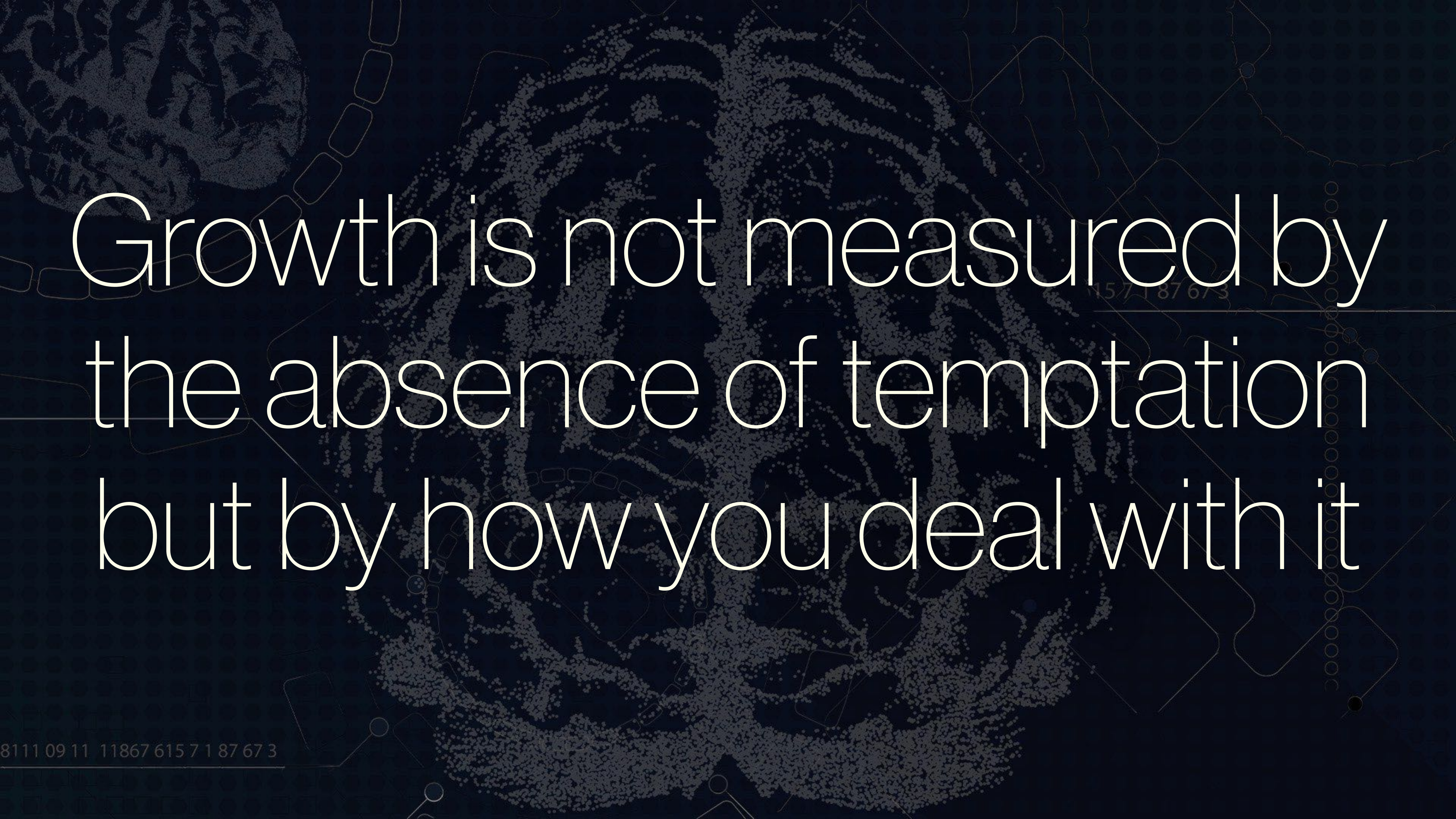
ROMANS 8:31

What shall we then say
to these things? If God
[be] for us, who [can be]
against us?

ROMANS 7:15

For that which I do I allow
not: for what I would, that
do I not; but what I hate,
that do I





Growth is not measured by
the absence of temptation
but by how you deal with it

It is amazing how we
will extend grace to
everyone else – but
never to ourselves

ROMANS 8:1

There is therefore now no
condemnation to them
which are in Christ Jesus,
who walk not after the flesh,
but after the Spirit



Those who live with
religious scrupulosity
live in a constant state
of shame

HEBREWS 4:16

Let us therefore come
boldly unto the throne of
grace, that we may obtain
mercy, and find grace to
help in time of need.



MARK 3:28-29

Verily I say unto you, All sins shall be forgiven unto the sons of men, and blasphemies wherewith soever they shall blaspheme: 29 But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation



MARK 3:30

Because they said, He
hath an unclean spirit



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

PRINCIPLE 2:

Stay Grounded in
the Moment

It is amazing how quickly our
mind can move away from the
current moment of where we
are into a moment of where we
have already been or a moment
of where we are yet to be

MATTHEW 6:34

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day [is] the evil thereof



LAMENTATIONS 3:22-23

It is of the LORD'S mercies that
we are not consumed, because
his compassions fail not. 23
[They are] new every morning:
great [is] thy faithfulness.



PSALM 118:24

This [is] the day [which]
the LORD hath made;
we will rejoice and be
glad in it



HEBREWS 3:13

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

But exhort one
another daily, while it is
called To day



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

PHILIPPIANS 3:13

Brethren, I count not myself to have apprehended: but [this] one thing [I do], forgetting those things which are behind, and reaching forth unto those things which are before



MATTHEW 6:27

Which of you by taking
thought can add one
cubit unto his stature?



Why would you suffer
today for something
that may never
happen tomorrow?

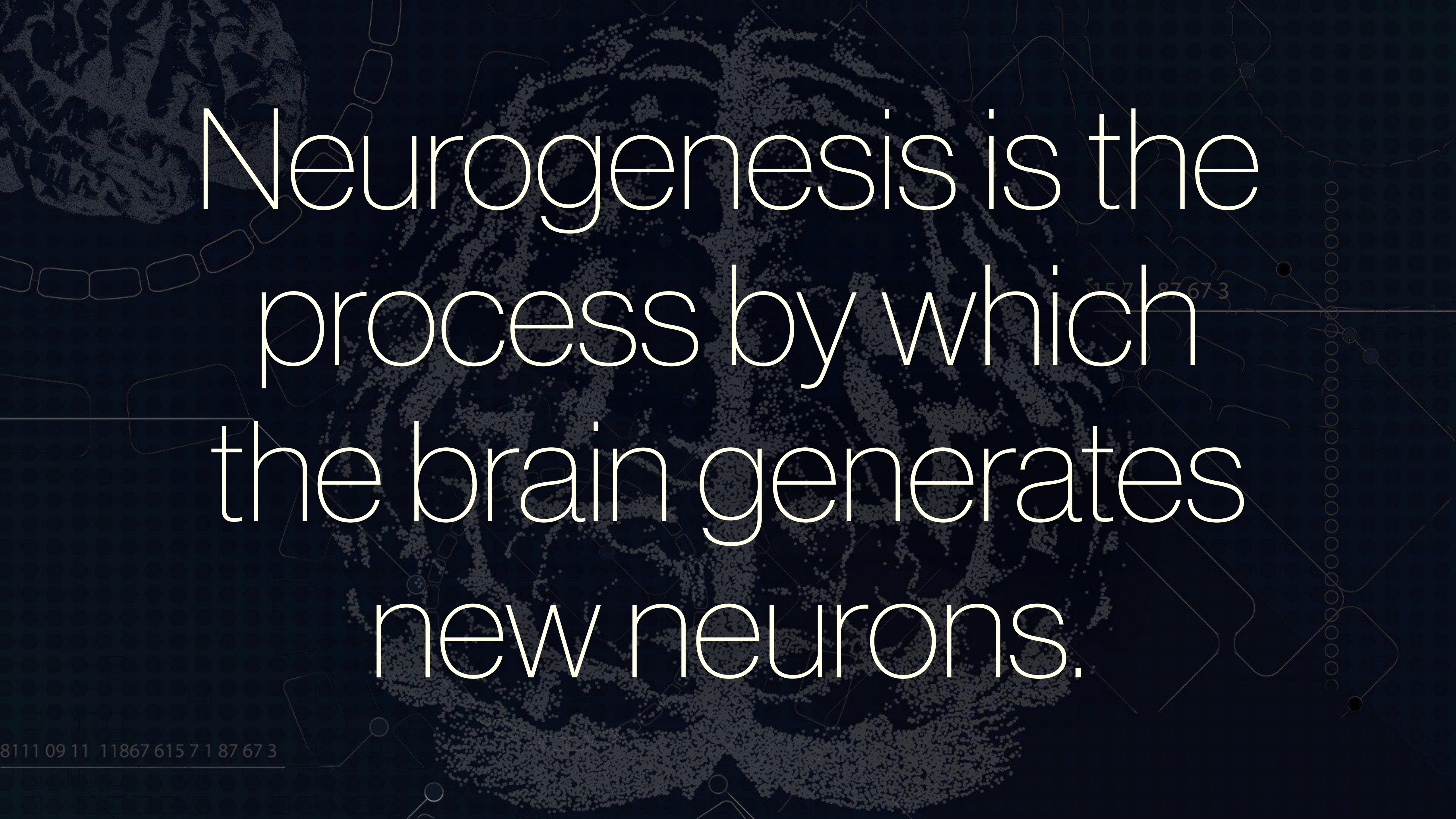
HEBREWS 4:16

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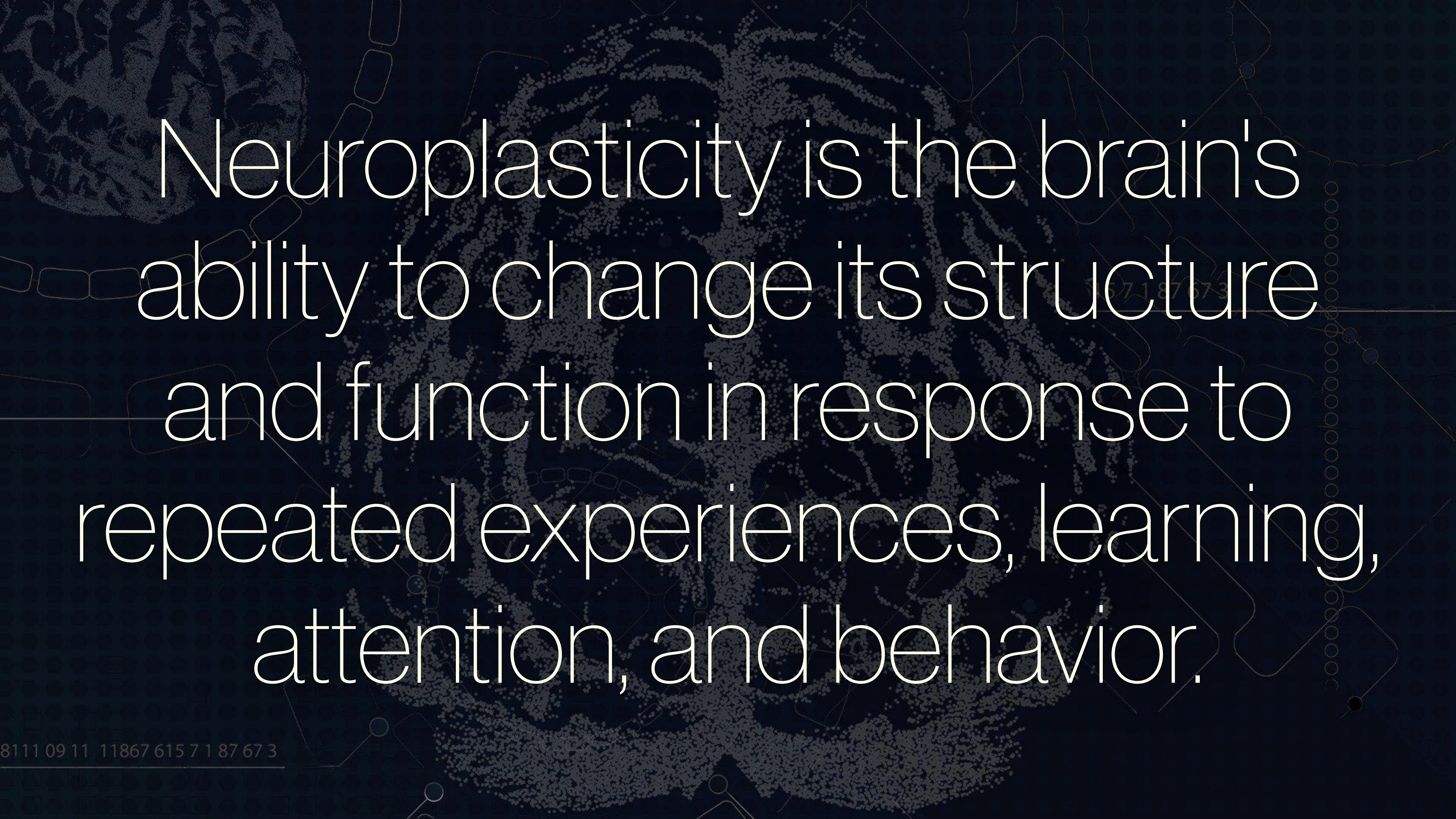


PRINCIPLE 3:

Stay Grounded in
the Truth

A dark, high-contrast microscopic image of a brain section, likely showing the cerebral cortex. Overlaid on this image is a faint, light-colored neural circuit diagram. The diagram consists of various geometric shapes (circles, rectangles, hexagons) connected by lines, representing neurons and their synapses. Some shapes contain small numbers, such as '157' and '87673'. The overall aesthetic is scientific and technical.

Neurogenesis is the
process by which
the brain generates
new neurons.



Neuroplasticity is the brain's ability to change its structure and function in response to repeated experiences, learning, attention, and behavior.

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.



METAMORPHOSIS:

a change of the form or nature
of a thing or person into a
completely different one, by
natural or supernatural means

JOSHUA 1:8

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success



1 TIMOTHY 4:15

Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.



PSALM 1:1-2

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; 2 but his delight is in the law of the LORD, and on his law he meditates day and night.



MEDITATE:

to moan, growl, utter,
muse, mutter, meditate,
devise, plot, speak



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