

HOPE FOR MENTAL HEALTH SERMONS
Change Your Life By Changing Your Mind

“Do not be conformed to the pattern of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2

WHY I MUST MANAGE MY MIND

- **BECAUSE** _____
“Be careful how you think; your life is shaped by your thoughts.” Proverbs 4:23

- **BECAUSE** _____
“I love to do God’s will so far as my new nature is concerned; but there is something else deep within me...that is at war with my mind and wins the fight and makes me a slave to the sin within me. In my mind I want to be God’s servant, but instead I find myself still enslaved to sin.” Romans 7:22-23

- **BECAUSE** _____
“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

3 DAILY CHOICES FOR A HEALTHY MIND

1. **I MUST** _____
“People do not live by bread alone, but by every word that comes from the mouth of God.” Matthew 4:4

WHEN? _____

“I rise early. . . I cry out for help and put my hope in your Words.” Psalm 119:147

“Lord, how I love your Word. I think about it all day long.” Psalm 119:97

“Even in the darkest of night, your teachings fill my mind.” Psalm 16:7

2. **I MUST** _____
“Those who are dominated by their sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.” Romans 8:5
- “For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:3-5*

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HOW TEMPTATION WORKS

“Temptation is the pull of man’s own evil thoughts and wishes. These evil thoughts lead to evil actions and afterwards to the death penalty from God.” James 1:14-15

Step 1: Desire

Step 2: Doubt – “Did God really say...?”

Step 3: Deception – Believing a lie of Satan

Step 4: Disobedience & Defeat

“I have made up my mind to obey your laws forever, no matter what.”
Psalm 119:112

3. I MUST _____

● _____

“Keep your mind on Jesus Christ . . .” 2 Timothy 2:8

“Think about Jesus’ example. He held on while wicked people were doing evil things to him. So do not get tired and stop trying.” Hebrews 12:3

● _____

“Don’t just think about your own affairs, but be interested in others, too, and in what they are doing.” Philippians 2:4

“Let us think about each other and help each other to show love and do good deeds.”
Hebrews 10:24

● _____

“Think about the things of heaven, not the things of earth.” Colossians 3:2

“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” 1 Corinthians 2:9

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