

NEW SERIES - HEALTH KICK

# MENTAL HEALTH

## RENEWING YOUR MIND

February 22, 2026

Pastor Juan Vasquez

### Philippians 4:4-5 (NIV)

Rejoice in the Lord always. I will say it again: Rejoice!  
Let your gentleness be evident to all. The Lord is near.

### PATHWAY FOR RENEWING OUR MIND:

We release, replace, repeat & God renews.

### RELEASE your thoughts to God.

### Philippians 4:6-7 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

*Just because a thought enters your mind,  
doesn't mean it deserves to stay there.*

### REPLACE your focus with truth.

### Philippians 4:8 (NIV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.

*The loudest voice you hear every day isn't social media, culture or even your pastor - It's YOU.*

UNLEASHED  
CHRISTIAN CHURCH  
TEACHING NOTES

*You can train your thoughts  
even when circumstances don't change!*

### REPEAT new patterns daily.

### Philippians 4:9 (NIV)

Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.

### Progression

Prayer->Peace->Perspective->Practice

### RENEW as God transforms you.

### Romans 12:1-2 (NASB)

Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

*We release our thoughts to God. We retrain our thoughts with truth. And God renews our thoughts from within.*

*Renewing your mind means inviting God into your thoughts,  
not denying your reality.*

**NEXT WEEK:** New Series: Following Jesus Together

*We're so glad you joined us. If you would like more information about God, Jesus and the Bible, please talk with any of our church leaders.  
Thank you for joining us!*