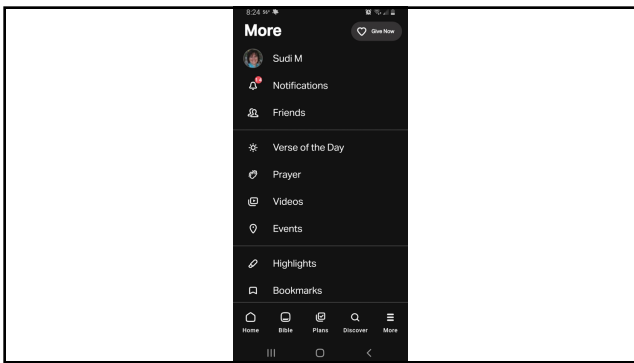
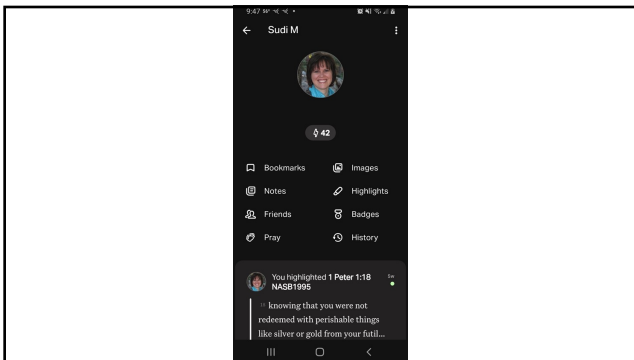




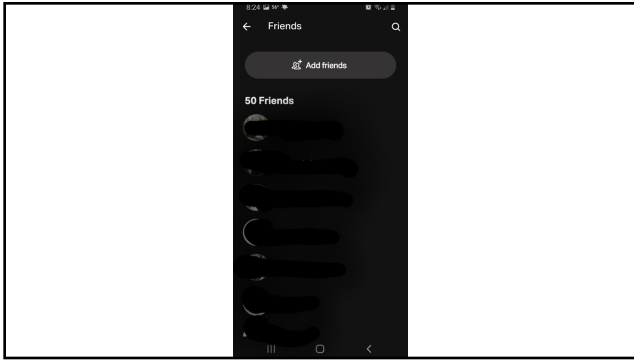
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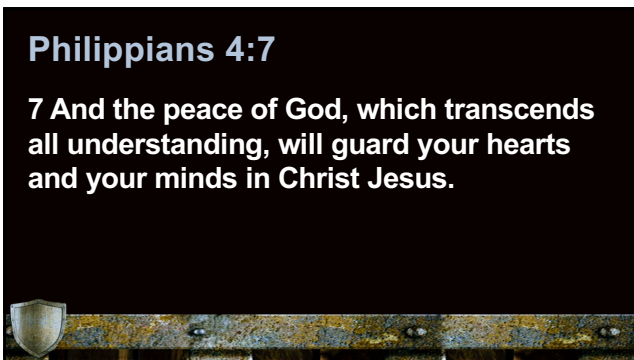
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5



6



7

Peace in Our Mind is Developed

Peace in our minds is developed when a spiritually disciplined mind meets a painful trial and responds to the challenge with the word of God and the power of God.



8

Mental Toughness

“Mental toughness is like your fitness level, the more you train, the more fit you become. When you stop training your fitness level slips back. If you don’t consistently attend to your mental fitness, your mental toughness level begins to atrophy.” -Patrick Cohn



9

Winning The Small Battles

“Mental toughness comes down to your habits and your habits are up to you. Remember that mental toughness is about winning the small battles each day.

- Patrick Cohn
Peak Performance Sports



10

Tom Brady - Mental Toughness

Tom Brady 199 pick number 199 in Round 6 of the 2000 NFL Draft. The Patriots picked Tom Brady as a fourth-string reserve quarterback for Drew Bledsoe, who was the starting quarterback for the Patriots in 2000.



11

Tom Brady - Accomplishments

7 Super Bowl victories (2002, 2004, 2005, 2015, 2017, 2019, and 2021) in 10 Superbowl visits
5 NFL MVP (2002, 2004, 2015, 2017, and 2021)
89,214 career passing yards – Record
7,753 pass completions – Record
649 career touchdown passes - Record



12

Tom Brady – Not the Most Athletic

While not the strongest or quickest quarterback in the NFL, Brady established himself among the game’s greats for his tenacity, his intelligent playmaking abilities, and the remarkable leadership he provided under pressure.



13

Tom Brady - Mental Toughness

“During the football season, one of my biggest priorities was making sure I had the right mental toughness and attitude”
-Tom Brady



14

Tom Brady - Mental Toughness

“I’m not a robot,” Tom says. “I’m a very emotional person. But I’ve learned to use losses as ways to be better the next time. Usually, what I learn afterward, through review and self-reflection, is a greater positive than whatever benefits might have come from winning.”



15

Stockdale’s Paradox

“You must retain faith that you will prevail in the end regardless of difficulties and at the same time you must confront the most brutal facts of your current reality, whatever they might be. “



16

1 Peter 4:1-2

Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin, 2 so as to live for the rest of the time in the flesh no longer for human passions but for the will of God.



17

Peace in Your Mind 2

1. Daily checkup from the neck up
2. Infuse fresh fuel to renew our strength
3. Practice peace by resting in God



18

God has been waiting for you

In coming to God we should place ourselves in His presence with the confidence that He is the aggressor, not we. He has been waiting to manifest Himself to us till such time as our noise and activity have subsided enough for Him to make Himself heard and felt by us.

- A.W. Tozer



19

Psalm 139:23-24 NIV

23 Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.



20

Face Facts in a Disciplined Way

1. Consume facts in right amounts
2. What did I learn that surprised me?
3. What implications did I discover?
4. What emotions did it elicit? Why?
5. What decisions must be made?
6. Where is faith? Fear? Avoidance?



21

Daily Review and Reflect

1. What facts resulted in a poor outcome?
2. Did I fear loss? Pain? Failure? Why?
3. Rate my response?
4. Where do I need to toughen up mentally?



22

The Lie I'm Believing Is

The lie I'm believing is that this person, problem, circumstance, limitation, past mistake is going to prevent me from reaching God's will for my life.

A lie begins to wither in the light



23

Peace in Your Mind 2

1. Daily checkup from the neck up
2. Infuse fresh fuel to renew our strength
3. Practice peace by resting in God



24

Philippians 4:4-7

4 Rejoice in the Lord always; again I will say, rejoice.

5 Let your reasonableness be known to everyone. The Lord is at hand;



25

Philippians 4:4-7

6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



26

Philippians 4:8-9

8 “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.



27

Philippians 4:8-9

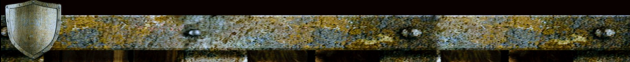
9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”



28

Practice Peace

1. Praise God for His deliverance
2. Pray to God for strength
3. Pause your mind on God's Word





29

Bible Verses by Category

<https://www.biblestudytools.com/topical-verses/>



30

<p>Healing Bible Verses</p> <p>Bible Verses About Healing - The Bible speaks often of miraculous healing through the work of Jesus Christ and through faith in God. Find Scripture that will encourage you and help you focus on finding comfort through the healing of Christ both spiri...</p>	<p>Worry and Anxiety Bible Verses</p> <p>Bible Verses About Worry and Anxiety - Find comfort and peace in the Word of God that promises you hope and a future. Fear, worry, and anxiety are all weapons of Satan to keep us from trusting in God and walking by faith in Him. These emotions can ov...</p>
	
<p>Bible Verses About Grief</p> <p>Best Bible Verses to Overcome Grief and Find Comfort The Bible addresses grief and mourning with deep compassion and offers comfort and hope to those who are suffering. Here are several key themes and scriptures that illustrate the biblical perse...</p>	<p>Comforting Bible Verses</p> <p>Comforting Bible Verses for Times of Pain, Grief, and Worry The Bible can comfort us in many ways: Remind us of God's love and faithfulness. The Bible includes stories of God's love and faithfulness toward His people. These stories can remind u...</p>

31

Help in Trouble

Nahum 1:7 The Lord is good, a stronghold in the day of trouble; he knows those who take refuge in him.

Psalms 18:2 The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

32

Peace

Romans 8:6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Isaiah 26:3 You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Colossians 3:15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

33

Peace is maintained by practice

Peace is maintained by a set of mental practices to overcome the inevitable anxious thoughts when facing the facts during trials.



34

Philippians 4:7

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



35



36
