

SUNDAY MORNING MESSAGE – 04/17/16
SERIES: TRANSFORMED
WEEK #3 – MENTAL HEALTH

Romans 12:2 (ESV)

*Do not be conformed to this world, but be **transformed by the renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

You must manage your mind well because:

1. Whatever You Set Your Mind on Will Determine Your Life

Romans 8:6 (ESV)

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

2. Your Mind is Under Attack

Romans 7:23 (NLT)

23 But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me.

1. Feed Your Mind with God's Word

Matthew 4:4 (ESV)

4 But he answered, "It is written, " 'Man shall not live by bread alone, but by every word that comes from the mouth of God.' "

2. Focus your mind on the right things

A. Focus On Jesus

2 Timothy 2:8 (ESV)

8 Remember Jesus Christ, risen from the dead, the offspring of David, as preached in my gospel,

B. Focus On Other's needs

Philippians 2:4 (ESV)

4 Let each of you look not only to his own interests, but also to the interests of others.

- 1) **Get Curious**
- 2) **Get Creative**