

Heal Your Hurting Mind— Staying Mentally Strong

So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law. Galatians 5:1 NLT

For freedom Christ has set us free ... Galatians 5:1 ESV

- **Salvation is instant, but healing takes time.**
- **A hurting mind isn't a broken mind; it's healing in progress.**
- **Jesus asks you to meet His grace with your faith.**

The enemy often attacks hardest after progress.

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹Resist him, standing firm in the faith ... 1 Peter 5:8-9 NIV

1. Be careful.

If you think you are standing strong, be careful not to fall.

1 Corinthians 10:12 NLT

Be Careful About ...

- **Your inputs.**
- **Your habits.**
- **Your relationships.**

Be careful about your inputs.

Guard your heart above all else, for it determines the course of your life. Proverbs 4:23 NLT

Be careful about your habits.

... A man reaps what he sows. Galatians 6:7 NIV

Be careful about your relationships.

Walk with the wise and become wise, for a companion of fools suffers harm. Proverbs 13:20 NIV

*Do not be misled: “Bad company corrupts good character.”
1 Corinthians 15:33 NIV*

The righteous choose their friends carefully, but the way of the wicked leads them astray. Proverbs 12:26 NIV

2. Be prayerful.

Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:10-18 NIV

TALK IT OVER

Read **Proverbs 12:26**. Practically, what does it look like to “choose friends carefully”? What has helped you in the past?

Which do you need to be the most careful about right now: your inputs, habits, or relationships?