



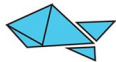
WEEK 3

TRANSFORMED

How God Changes Us

Be transformed by the renewing of your mind . . .

ROMANS 12:2



--- SPIRITUAL HEALTH

--- PHYSICAL HEALTH

--- **MENTAL HEALTH**

--- EMOTIONAL HEALTH

--- RELATIONAL HEALTH

--- FINANCIAL HEALTH

--- VOCATIONAL HEALTH

TRANSFORMED IN MY MENTAL HEALTH

◆ CHECKING IN

- What role do you think the mind plays in our growth as followers of Christ?

◆ MEMORY VERSE

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing, and perfect will.

ROMANS 12:2 (NIV)

◆ WATCH THE VIDEO LESSON NOW AND FOLLOW ALONG IN YOUR OUTLINE.

◆ TRANSFORMED IN MY MENTAL HEALTH

WHATEVER GETS YOUR MIND GETS YOU.

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 (NIV)

TO MAKE THE MOST OF YOUR MIND. . .

- **Don't believe everything you THINK.**

You and I have an amazing ability to lie to ourselves. We do it all the time.

The heart is deceitful above all things and beyond cure. Who can understand it?

JEREMIAH 17:9 (NIV)

Examine yourselves to see whether you are in the faith; test yourselves.

2 CORINTHIANS 13:5 (NIV)

Guard your mind against GARBAGE.

A wise person is hungry for truth, while the fool feed on trash.

PROVERBS 15:14 (NLT)

There are three types of brain food: toxic food, junk food, and healthy food.

I will not set before my eyes anything that is worthless.

PSALM 101:3 (ESV)

Never let up on LEARNING.

TRANSFORMED IN MY MENTAL HEALTH continued

Intelligent people are always ready to learn, their ears are open for knowledge.

PROVERBS 18:15 (NLT)

Wise people store up knowledge.

PROVERBS 10:14 (NKJV)

There are two ways to store up knowledge: reading and relationships. Your life will be largely influenced by the books you read and the people you meet.

Those who get wisdom do themselves a favor, and those who love learning will succeed.

PROVERBS 19:8 (NCV)

It's wise to learn from experience. It's wiser to learn from the experiences of others – and it's a lot less painful.

Renew your mind daily with GOD'S WORD.

Change doesn't start in your behavior. It starts in your thoughts.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

ROMANS 12:2 (NLT)

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

ISAIAH 26:3 (NLT)

Let God Stretch your IMAGINATION.

Now glory be to God, who by his might power at work within us is able to do far more than we ever dare ask or dream of – infinitely beyond our highest prayers, desires, thoughts, or hopes. May he be given glory forever.

EPHESIANS 3:20-21 (TLB)

Nothing happens until somebody starts dreaming. God cannot help you reach your goals if you don't have any goals. He cannot fulfill your dreams if you don't have any dreams. He cannot exceed your expectations if you don't have any expectations.

Where there is no vision, the people perish.

PROVERBS 29:18 (KJV)

God wants you to dream big dreams so you can accomplish great things for his glory.

T - Test every thought.

H - Helmet your head

I - Imagine great thoughts

N - Nourish your Godly Mind

K - Keep On Learning

◆ DISCOVERY QUESTIONS (pick at least 2)

- Why is it so easy to **lie to ourselves**?
- Pastor James talked about **toxic food, junk food, and healthy food** for your brain. What could you do to give your brain a healthier diet?
- What specific **topics** and **habits** do you want to learn about through your reading and relationships?
- The Bible says, “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” (Isaiah 26: 3 NLT). What helps you **fix your thoughts on God**?

◆ PUTTING IT INTO PRACTICE

Where do you want to be three months from now with your mental health? What is one thing you will do to take a step in that direction? No one thing you could do, or might do, but one thing you will do. Review Pastor James' video outline to help you with ideas. We know that goals are not expressed are very rarely met, so share your goal with one other person in your group.

Write your mental health goal in the space below.

MY THREE-MONTH **MENTAL HEALTH GOAL**

◆ PRAYER DIRECTION

In your prayer time his week, focus on the prayer requests from the previous weeks. Also pray for the action steps each person wants to take in the area of Mental Health. You may want to have each person pray for the person on their right going around the circle, or pair up and go in groups of two.