

TRANSFORMED

Change Your Mind - Romans 12:2

I want to talk about **Mental Health** this morning. The Bible tells us that "*God gave us a spirit of love, power and a **sound mind***" (2 Tim 1:7).

Let's start with our verse of the week - Romans 12:2 *[read out loud together]*



Romans 12:2 NLT

Memory Verse of the Week

"Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think."

1 2 3 4 5 6 7 8 9

"Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think."

No change will take place in your actions, until you decide to change your mind.

3 Choices we can make on a daily basis to keep a healthy mind.

1. **Feed my mind with truth.** Psalm 119:97 Oh, how I love your instructions! I think about them all day long. / Psalm 119:147 - "*I rise early, before the sun is up; I cry out for help and put my hope in your words.*" Start your day with hope.

Psalm 119:95 - "*Though the wicked hide along the way to kill me, I will quietly keep my mind on your laws.*"

2. **Free my mind from destructive thoughts.**

Ephesians 4:22-24 "throw off your former way of life... instead, let the Spirit renew your thoughts and attitudes."

Our mind needs to be liberated from 3 enemies that keep us from changing for the good!

3 Enemies that keep us from good changes:

- 1) **My Old Sin Nature.** Ephesians 4:22-24
- 2) **Satan.** The Bible calls Satan "the Father of lies".
- 3) **Mainstream Pop Culture**

1 John 2:16 - "For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world."

James 1:14-15 - "But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death."

Temptation is a Process: James tells us - there are 4 phases:

- 1) **Desire** - without desire there is no temptation.
- 2) **Doubt.**
- 3) **Deception.** He replaces God's truth with his lie.
- 4) **Disobedience & Defeat.** My attention becomes an attitude and my attitude becomes an action. James says, "it brings forth death". What you sow you will reap, and if you choose the behaviour you will win the consequence.

***And the last choice we can make on a daily basis to keep a
healthy mind is -***

3. **Focus my mind on the right things.** *Whatever gets your attention, gets you. 2 Timothy 2:8 - Keep your mind on Jesus Christ!*

3 Right Things to Think About Daily

You become whatever you think about most.

- 1) **Think about Jesus.** Hebrews 12:3 - Think about Jesus' example. He held on while wicked people were doing evil things to him. So do not get tired and stop trying.
- 2) **Think about others.** Phil 2:4 - Don't just think about your own affairs, but be interested in others, too, and in what they are doing".
- 3) **Think about eternity.** Colossians 3:2 - "Think about the things of heaven, not the things of earth. There's more to life than here and now.

MAKE THESE A DAILY HABIT FOR A HEALTHY MIND

1. If you will **Feed your Mind** with truth.
2. If you **Free your Mind** from destructive thoughts.
3. If you will **Focus your Mind** on the right things.

