

# Silver Creek Fellowship NOTES

February 21 and 24, 2019

50 Days of Transformation  
Week 3 - Mental Health

## CHANGE YOUR LIFE BY CHANGING YOUR MIND

*“Do not be conformed to the pattern of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2 (NLT)*

*“So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace” Romans 8:6 (NLT)*

*“Be careful how you think; your life is shaped by your thoughts.” Proverbs 4:23 (TEV)*

### 3 DAILY CHOICES FOR A HEALTHY MIND

1. I MUST \_\_\_\_\_

*“People need more than bread for their life; they must feed on every WORD OF GOD.” Matthew 4:4 (NLT)*

WHEN? \_\_\_\_\_

*“I rise early, before the sun is up; to cry out for help and to put my hope in your words.” Psalm 119:147 (NLT)*

*“Lord, how I love your Word. I think about it all day long.” Psalm 119:97*

*“Even in the darkest of night, your teachings fill my mind.” Psalm 16:7 (CEV)*

2. I MUST \_\_\_\_\_

A. The first enemy is \_\_\_\_\_

*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. <sup>24</sup> Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? <sup>25</sup> Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin. Romans 7:23-25 (NLT)*

*“Those who are dominated by their sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit” Romans 8:5 (NLT)*

B. The second enemy is \_\_\_\_\_

### C. The third enemy is \_\_\_\_\_

*“All that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life, is not of the Father, but is of this world.” 1 John 2:16 (KJV)*

*“For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 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)*

### 3. I MUST \_\_\_\_\_

A. \_\_\_\_\_

*“Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest.” Hebrews 3:1(NIV)*

*“He will keep in perfect peace all those who trust in him, whose thoughts turn often to the Lord! 4 Trust in the Lord God always, for in the Lord Jehovah is your everlasting strength.” Isaiah 26:3-4 (LB)*

B. \_\_\_\_\_

*“Don’t just think about your own affairs, but be interested in others, too, and in what they are doing.” Philippians 2:4 (LB)*

*“Let us think about each other and help each other to show love and do good deeds.” Hebrews 10:24 (NCV)*

C. \_\_\_\_\_

*“Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. 2 Think about the things of heaven, not the things of earth. 3 For you died to this life, and your real life is hidden with Christ in God. 4 And when Christ, who is your life, is revealed to the whole world, you will share in all his glory.” Colossians 3:1-4 (NLT)*

*“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” 1 Corinthians 2:9 (NLT)*