

Transformed: Mental Health "What In The World Am I Thinking?"

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Romans 12:2

**Why I must manage my thoughts:**

1) My thoughts \_\_\_\_\_ my \_\_\_\_\_. Proverbs 4:23

2) My thoughts are the \_\_\_\_\_ for \_\_\_\_\_.  
Romans 7:22-23

3) My thoughts are the way to \_\_\_\_\_ and \_\_\_\_\_.  
Romans 8:6

**Three daily choices for a healthy mind:**

1) I must choose to \_\_\_\_\_ my mind with \_\_\_\_\_.  
Matthew 4:4

2) I must choose to \_\_\_\_\_ my mind from \_\_\_\_\_  
thoughts. Romans 8:5

♦ What gets my \_\_\_\_\_ gets \_\_\_\_\_.

Enemy one: \_\_\_\_\_

Enemy two: The \_\_\_\_\_  
\_\_\_\_\_ v \_\_\_\_\_

Enemy three: \_\_\_\_\_

“What In The World Am I Thinking?”

Romans 12:2

We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ. 2 Corinthians 10: 3-5

\_\_\_\_\_ is an \_\_\_\_\_ to believe a \_\_\_\_\_.

How temptation works:

Step one: \_\_\_\_\_

Step two: \_\_\_\_\_

Step three: \_\_\_\_\_

Step four: \_\_\_\_\_

3. I must choose to \_\_\_\_\_ on the \_\_\_\_\_

\_\_\_\_\_.

- \_\_\_\_\_ 2 Timothy 2:8
- \_\_\_\_\_ Philippians 2:4
- \_\_\_\_\_ Colossians 3:2