

Lesson 3

Transformed in my Mental Health

Romans 12:2—"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.

1. Our Battles

Many battles take place _____ in our minds.

They process whatever is _____ into them; good or bad.

Given enough time and input, the _____ and begins to create new and expanded scenarios.

Voice of God—_____

Remember, there is _____ or _____ !

2. Changing our Thinking

It's _____ to give him an _____ to change our thinking.

Open _____ and immerse yourself in it.

God's word is our _____ .

Taking our thoughts _____.

Monitor what we _____ our minds with.

3. What are you Planting?

Inputting _____ must be a regular occurrence.

4. Mental Health and Emotions.

Do your emotions _____ your beliefs?

Do your beliefs _____ your emotions to get in line?

Emotions _____ .

5. The Transformation

As a man thinks, _____.

As he continues to think, _____.

Whether you think you can or you think you can't _____ !