
“Change Your Life by Changing Your Mind”

Being Transformed in Your Mental Health

II Corinthians 10:3, John 8:31, Phillipians 4:8

“God is more interested in changing your mind, than changing your circumstances.” – Pastor Billy R. Johnson.

Much can happen to you or around you, but the significance is what happens *in* you. If you are not being transformed in your mind, the same “triggers” that impact you will affect you every time. If we change our minds, we can change our lives. Your thoughts control your life.

“Thoughts are also the key to your peace and happiness.” – Pastor Billy R. Johnson.

The (3) Choices We Must Make Daily for our Mental Health:

Free Your Mind from Destructive Thoughts (II Corinthians 10:3)

The enemy sets up *strongholds*. *Strongholds* are a place of advancement. We may have allowed the enemy to have their way with our thoughts. Satan is the father of lies. A *stronghold* is like a lie we believe. It is critical to free yourself from destructive thoughts. To do so, we must take *captive - conquer and gain complete control* - over the destructive thought. When thoughts say something that is contrary to what God says, push back, challenge the lie, bring it into compliance and make it submit to Christ.

Feed Your Mind with Truth (John 8:31)

Abiding in God’s Word requires a continual listening to. As a disciple, you should be demonstrating the life, nature, and character of Jesus Christ. Our *opinion* and God’s Word are not the same. Listening to the truth will give you discernment. Feeding on the truth moves us toward a sound mind.

Focus Your Mind on the Right Things (Philippians 4:8)

Meditate means to *think, ponder, and reflect*. What we think about matters. Our life will go in the direction of our thoughts. In the scripture, Paul says to think on whatever is *true, honorable, notable, appropriate, just, right, lovely, pleasing, and pure*. Meditate on the *right* things.

In closing, you must intentionally free your mind from destructive thoughts, feed your mind with the truth, and focus your mind on the right thoughts. Then, you will be able to prove what is the acceptable and perfect will of God.