



OUR MENTAL MESS | WEEK 2  
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**Axe to Grind:** an issue that needs to be eliminated or changed in our lives so we can experience the abundant life God has for us.

Axe to Grind #2: \_\_\_\_\_

\_\_\_\_\_

**Anxiety:** an **emotion** characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.

- Facilitating Anxiety
- Debilitating Anxiety

But the Lord God called to the man, "Where are you?" He answered, "I heard you in the garden, and I was **afraid** because I was **naked**; so I **hid**." *Genesis 3:9-10*

- \_\_\_\_\_ of the future
- Lack of \_\_\_\_\_
- Loss of \_\_\_\_\_

*Philippians 4:6-9*

1. \_\_\_\_\_ the thought

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 10:5*

2. \_\_\_\_\_ the thought

Do not conform to the pattern of this world, but be transformed by the **renewing of your mind**. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will. *Romans 12:2*

Neuroplasticity: the ability of the brain to change in response to your thinking.

...receive with meekness the implanted word, which is able to save your souls. *James 1:21*

Change your \_\_\_\_\_, change your \_\_\_\_\_.

"The hardest part of being a Christian is that it is every day." — Rich Mullins

What thought do you need to remove and replace?

Remove:	Replace:	
I am flawed.	I am made in God's image.	<i>Genesis 1</i>
I am forgotten.	I am chosen.	<i>John 15</i>
I am worthless.	I am valuable.	<i>Matthew 10</i>
I am not wanted.	I am loved.	<i>Psalms 23</i>
I am not enough.	I am the child of the King.	<i>Romans 8</i>

The Spirit you received does not make you slaves, so that you live in **fear** again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "**Abba, Father.**" *Romans 8:15*



CONNECT WITH US!

Our Mental Mess  
Anxiety  
Fear  
control  
identity  
Remove  
Replace  
thinking, life