



YOUR MENTAL CONDITION | WEEK 4

PASTOR DANNY ANDERSON

"After a few days you'll have a chain. Just keep at it and the chain will grow longer every day. You'll like seeing that chain especially when you get a few weeks under your belt. Your only job is to not break the chain."
- Jerry Seinfeld

Your mindset is your _____.

Your _____ state determines your _____ experience.

Every day is a terrible day for a **miserable person**, but a cheerful heart has a **continual feast**. *Proverbs 15:15*

"Most folks are as happy as they make up their minds to be."
- Abraham Lincoln

1. _____ of your thoughts.

"The ultimate freedom we have as human beings is the power to select what we will allow or require our minds to dwell upon." - Dallas Willard

Set your minds on things that are above, not on things that are on earth. *Colossians 3:2*

And now, dear brothers and sisters, one final thing. **Fix your thoughts** on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. *Philippians 4:8*

2. See every _____ as an _____.

"(Perception) is how we see and understand what occurs around us—and what we decide those events will mean." - Ryan Holiday

Dear brothers and sisters, when troubles of any kind come your way, consider it an **opportunity** for great joy. For you know that when your **faith** is tested, your **endurance** has a chance to **grow**. *James 1:2-3*

*"But don't be upset, and don't be angry with yourselves for selling me to this place. It was **God** who sent me here ahead of you to preserve your lives."* *Genesis 45:5*

*"You intended to harm me, but **God** intended it all for **good**. He brought me to this position so I could **save the lives** of many people."*
Genesis 50:20

3. Give your mind a daily _____.

"The things you think about determine the quality of your mind. Your soul takes on the color of your thoughts." - Marcus Aurelius

You will keep in perfect **peace** all who trust in you, all whose **thoughts** are **fixed** on you! *Isaiah 26:3*

Start with _____.

I have **set** the Lord always **before me**; because he is at my right hand, I shall not be **shaken**. Therefore my **heart** is glad, and my **whole being** rejoices; my **flesh** also dwells secure. *Psalms 16:8-9*

Engage with the _____.

Those who love your instructions have **great peace** and do not stumble. *Psalms 119:165*

Read 10 minutes of a great _____.

"Clearly one must read every good book at least once every ten years."
- C.S. Lewis

What small action will you take?



CONNECT WITH US!

mental condition
inner, outer
Take control
difficulty, opportunity
workout
God
Bible
book