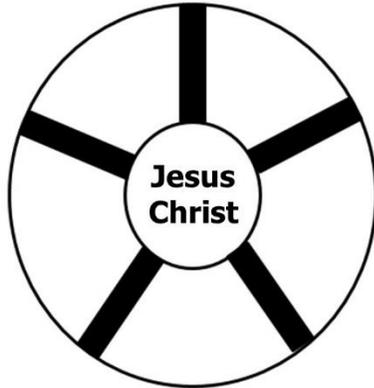


# LIFE IN BALANCE

January 8<sup>th</sup> / 9<sup>th</sup>, 2022

Pastor Steve

## Balancing Your Mental Life



So think clearly and exercise self-control... 1 Peter 1:13a

Brothers, stop thinking like children. In regard to evil be infants, but in your thinking be adults.

1 Corinthians 14:20 (NIV)

### To Balance Myself Mentally, I:

- I) Guard The \_\_\_\_\_ To My Mind.
  - A) For as he thinks in his heart, so is he. Proverbs 23:7a
  - B) 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 (NIV)
  - C) Kinds of material that you can fill your mind with:
    - 1) \_\_\_\_\_.
      - (a) But everyone knows that you are obedient to the Lord. This makes me very happy. I want you to be wise in doing right and to stay innocent of any wrong. Romans 16:19
      - (b) I will refuse to look at anything vile and vulgar. I hate all who deal crookedly; I will have nothing to do with them. Psalm 101:3
    - 2) \_\_\_\_\_.

You say, "I am allowed to do anything"—but not everything is good for you. You say, "I am allowed to do anything"—but not everything is beneficial. 1 Corinthians 10:23
    - 3) \_\_\_\_\_.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which

exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. 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 4:6-8

4) \_\_\_\_\_.

(a) I have hidden your word in my heart, that I might not sin against you. Psalm 119:11

(b) Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper & succeed in all you do.

Joshua 1:8

II) Never Stop \_\_\_\_\_.

A) To acquire wisdom is to love oneself; people who cherish understanding will prosper. Proverbs 19:8

B) How much better to get wisdom than gold, and good judgment than silver! Proverbs 16:16

C) Jesus said, Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. Matthew 11:29

D) You Need the Attitude Of:

1) \_\_\_\_\_.

Intelligent people are always ready to learn. Their ears are open for knowledge.

Proverbs 18:15

2) \_\_\_\_\_.

(a) Pride leads to disgrace, but with humility comes wisdom. Proverbs 11:2

(b) And he said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Matthew 18:3 (NIV)

3) \_\_\_\_\_.

Whatever you do, work at it with all your heart, as working for the Lord, not for men,

Colossians 3:23 (NIV)

### Practical Suggestions To Keep Mentally Balanced:

I) Schedule Some \_\_\_\_\_ Each Week.

Make it your goal to live a quiet life, minding your own business and working with your hands, just as we instructed you before. 1 Thessalonians 4:11

II) Develop A Personal \_\_\_\_\_.

When you come, be sure to bring the coat I left with Carpus at Troas. Also bring my books, and especially my papers. 2 Timothy 4:13

III) Spend Time With \_\_\_\_\_.

A) Walk with the wise and become wise; associate with fools and get in trouble. Proverbs 13:20

B) My child, listen and be wise: Keep your heart on the right course. Proverbs 23:19

IV) Learn To \_\_\_\_\_.

A) The purposes of a man's heart are deep waters, but a man of understanding draws them out.  
Proverbs 20:5

V) \_\_\_\_\_ Ideas Down.

So we must listen very carefully to the truth we have heard, or we may drift away from it.  
Hebrews 2:1

VI) Take Advantage Of \_\_\_\_\_.

A) So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Ephesians 5:15-16

B) Always learning but never able to acknowledge the truth. 2 Timothy 3:7 (NIV)

C) I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so, somehow, to attain to the resurrection from the dead. Philippians 3:10-11 (NIV)

D) 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. Then you will learn to know God's will for you, which is good and pleasing and perfect. Romans 12:2

E) Let this mind be in you which was also in Christ Jesus, Philippians 2:5 (NKJV)

F) For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7 (NKJV)