

Silencing Your Negative Thoughts

Romans 12:2 NLT

WHY YOU MUST MANAGE YOUR MIND

You must manage your mind because...

- ❶ *YOUR LIFE ALWAYS MOVES IN THE DIRECTION OF YOUR STRONGEST THOUGHTS. (Proverbs 4:23)*

- ❷ *MOST OF LIFE'S BATTLES ARE WON OR LOST IN YOUR MIND. (Romans 7:22-25, Luke 6:45)*

- ❸ *YOUR MIND IS THE KEY TO YOUR PEACE OF MIND. (Romans 8:6)*

DAILY CHOICES FOR A HEALTHY MIND

3 Daily choices like...

- ❶ *FEED YOUR MIND WITH TRUTH. (Matthew 4:4, Psalm 119:97, Philippians 4:8-9)*

- ❷ *FREE YOUR MIND FROM DESTRUCTIVE THOUGHTS. (2 Corinthians 10:3-5, Psalm 119:112 CEV)*

- ❸ *FOCUS YOUR MIND ON THE RIGHT THINGS. (Hebrews 12:2, 10:24, Colossians 3:2)*

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