

SERIES – BE TRANSFORMED  
4 TRANSFORMED IN MY MENTAL HEALTH

Today we are going to see God's plan and promises for your mental health. **Our thoughts determine our feelings and our feelings determine our actions.** Therefore, it is extremely important to have a healthy mind.

Every day there is an invisible war around you and within you that is the battle for your mind. That battle is intense because what has victory over your mind will have victory over your life. The Bible talks about this mental battle in 2 Corinthians 10:3-5 **Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God.** Notice that he's talking about a mental battle and he says, **and we take captive every thought to make it obedient to Christ.**

In this message we are going to focus on this last sentence, **and we take captive every thought to make it obedient to Christ.** Take captive means capturing, it means conquering, putting it under control. We must capture every thought to make it obedient Christ.

How can you can control and submit your thoughts to Christ? What can you do to make your mind obey? Today we are going to look at five steps towards mental health.

**1. Don't believe everything you think.** Sounds weird, doesn't it? But this is true; We must not believe everything that comes to our mind because not everything we think is true.

You and I have an amazing ability to lie to ourselves. We do it all the time. For example: We tell ourselves that things are right when they are not and, in this way, we justify our behaviors. *(This will have no consequences, this is something I do not have to obey, is not going to hurt anyone, etc.)*

Jer. 17:9 **The heart is deceitful above all things and beyond cure. Who can understand it?** When the Bible speaks of the heart it is referring to the mind and deceitful means that you cannot trust that you are telling the truth to yourself all the time. We all have blind spots. We don't always see things as they really are. Sometimes we see things the way we want to see them.

Many times, what we have experienced in our past, the wounds, the pains, the fears, are filters by means of which we determine what we are seeing and that is why we draw erroneous conclusions. *(He's looking at me, he's talking about me, he's trying to hurt me, etc.)*

That's why the Bible says in 2 Corinthians 13.5 **Examine yourselves to see whether you are in the faith; test yourselves.** If you want to be healthy in your mind you will have to test and examine your thoughts. You can't move forward thinking like before, believing old lies because if you do, your problems will continue. In the same way we must also not believe in all that we feel. The first step to mental health is " Don't believe everything you think."

The second step to mental health is **guard your mind against garbage.** People say, "garbage in garbage out". If we fill our mind with garbage, that will be reflected in the way we live.

Proverbs 15:14 says **A wise person is hungry for truth, while the fool feed on trash.** "You are what you eat" and any nutritionist will tell you that there are three types of food for your body as there are three kinds of food for your mind: healthy food, junk food, and toxic food.

**a. Healthy food:** things that encourage us, that have nutrients, that build up and make us grow.

**b. Junk food:** Food that is not necessarily poisonous but has no benefits, has no good nutrients. We read in 1 Corinthians 10:23 **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.** But a lot of junk food can infect and get you sick. Overeating this food makes you lose the desire to eat healthy food. You can fill up with so much junk food that there is no room for healthy food. Eating too much Facebook, Internet or television makes you not have time to pray and read the Word of God.

**c. Toxic food:** Which is poisonous. Everything that goes against the word of God is toxic. For example, pornography, certain movies, even novels, or walking with toxic people. What is toxic enters your system and poisons your thoughts and of course your life. What happens with the computers happens with us also. If we allow viruses (garbage) to enter, there will be damage and sometimes is permanent. If you want to have a healthy mind, you must protect her from toxic garbage. Psalm 101.3 **I will not set before my eyes anything that is worthless.**

How can we avoid bad food? You know what bad food is, therefore stay away from it. If you don't know if something is good or not, ask. The way you feel after eating it (acidity, reflux, lack of peace, distancing from God, etc.) can be a good indication that you are eating toxic food).

**It's not about resisting garbage but rather replacing it with something better.** The more you are full of healthy food, there will be less space and desire for the junk food.

The third step to mental health is: **Never stop learning.** We must make learning a lifelong habit. Jesus wants us to be his disciples and the word "disciple" means apprentice, one who learns. You can't be a disciple of Jesus if you don't continue to learn. The moment you stop learning, you start to die.

Prov 18:15 **Intelligent people are always ready to learn, their ears are open for knowledge.** How can you keep learning? Through reading and through relationships. Your life will be largely influenced by the books you read and the people you meet. Even if you don't like reading, you can listen to books, sermons, lectures, etc.

Proverbs 19:8 **Those who get wisdom do themselves a favor, and those who love learning will succeed (prosper).** Do you want to prosper? Never stop learning. It's wise to learn from experience but it's wiser to learn from the experiences of others – and it's a lot less painful. Never stop learning If you want to have mental health.

The fourth step to mental health is: **Renew your mind daily with God's Word.** Change doesn't start in your behavior. It starts in your thoughts. The Word of God has the power to renew our mind, to adjust it, to clean it and to heal your wounds. John 8.31-32 **Then Jesus said to the Jews who had believed in him, "If you continue in my word, you are truly my disciples; 32 and**

**you will know the truth, and the truth will make you free.”** It is the knowledge of the word that set us free and give us healthy minds.

If you want to change anything in your life, it must begin with your mind. Change does not begin in your behavior, but in your mind. By changing our thoughts, we change the way we feel and by changing the way we feel we will change the way we act. The more we focus our lives on God, the more we will be in peace.

Romans 12:2 **Don't copy the behavior and customs of this world, but let God transform you into a new person (how?) by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.** Let God renew your mind through his word. Isaiah 26:3 **You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!** The more you focus on God and His Word, the more you will have peace. How do you do it? Listening or reading the word. Start your day renewing your mind with the word of God.

The fifth step to mental health is: **Allow yourself to dream.** How many have dreamed of winning the lottery? **What would you do with \$200 million? It's an interesting exercise because it will reveal who you are and what are your priorities.** The problem with that dream is that we know it's not going to happen, even if we think otherwise.

But Ephesians 3:20 says **Now glory be to God, who by his might power at work within us is able to do far more than we ever dare ask or dream of – infinitely beyond our highest prayers, desires, thoughts, or hopes. May he be given glory forever.** God can do so much more than anything you can imagine or ask. He can take what you ask for and enlarge it! He can take your dreams and surpass them!

What do you dream about? What are you asking God for in your life? What is your greatest desire? This verse says that God wants you to have great dreams and that he can give you even more than you could dream of. Thus, I want to encourage you to have big dreams because God wants you to have great dreams.

Nothing happens until somebody starts dreaming. God cannot help you reach your goals if you don't have any goals. He cannot fulfill your dreams if you don't have any dreams. He cannot exceed your expectations if you don't have any expectations. The Bible says it this way Proverbs 29:18 **Where there is no vision, the people perish.**

God wants you to dream big dreams so you can accomplish great things for his glory. Allowing yourself to dream does wonders to your mental health because those dreams are possible to happen. Remember these five habits for a healthy mental life.

- Test every thought.
- Guard your mind against garbage
- Renew your mind daily with God's word.
- Never stop learning.
- Dream big for God's glory

If you apply these 5 things you will have mental health and you will live for the glory of God. How are you going to respond?