

➤ **Introduction** – Pay attention to your mind.

- Our lives are much more than our feelings and actions.
- Love the Lord your God with all our mind (Mark 12:30).
- For as you think within yourself, so you are (Pro 23:7).

➤ **Believers can have perplexed, confusing, & tortured thoughts.**

- Who among you fears the LORD, listening to the voice of Messiah? Who among you walks in darkness, and has no light? (Isa 50:10)
- People with mental illness are often considered “out of their minds” just like Jesus was and Paul was (Acts 26:24-25).
- Peter was “greatly perplexed in mind” (Acts 10:17) and we can also be perplexed (2 Cor. 4:8).
- The weak & the needy...have neither knowledge nor understanding; they walk about in darkness (Psalm 82:3-5).

Q1. Do you struggle with or have negative thoughts about yourself or others?

Q2. Do you ever fear having another deep depression that will lead to hospitalization (again)?

Q3. How do you deal with your negative thoughts and fears?

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➤ **God wants to help you renew your mind.**

- God has a **sound mind** for you with your mood disorder. “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).”
- **Trust God** when you are confused or in darkness. “Who among you fears the LORD, listening to the voice of His Servant? Who among you walks in darkness, and has no light? Let him **trust in the name of Yahweh**; let him **lean on his God** (Isa 50:10).”
“**When I am afraid, I will put my trust in You** (Psalm 56:3).”
- **God knows more than we do!** “For My thoughts are not your thoughts...For as heaven is higher than earth, so are My thoughts than your thoughts (Isa 55:8-9).”
- Work on **renewing your mind**. “Be transformed by the **renewing of your mind** (Romans 12:2).” “Let the Spirit **renew your thoughts and attitudes** (Ephesians 4:23).” “Therefore we do not give up. Even though our outer person is being

destroyed, **our inner person is being renewed day by day**...So we do not focus on what is seen, but on what is unseen (2 Corinthians 4:16, 18).”

- Discipline your mind. “**Think about the things of heaven**, not the things of earth (Colossians 3:2).” “The weapons of our warfare are not of the flesh, but divinely powerful for...destroying speculations and every lofty thing raised up against the knowledge of God, and **we are taking every thought captive to the obedience of Christ**, (2 Corinthians 10:4-5).”
- Stop destructive thinking and nurture **positive mental hygiene**. “You must have the same attitude that Christ Jesus had (Phil. 2:5).” “Let the word of Christ dwell in you richly (Col 3:16).” “Since you laid aside the old self with its *evil* practices, and have put on the new self who is being renewed to a true knowledge (Col. 3:9-10).” “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. **Keep putting into practice** all you learned and received from me-- everything you heard from me and **saw me doing**. Then the God of peace will be with you (Phil. 4:8-9).”

Q4. What have you been doing to develop new ways of thinking?

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➤ **Develop an action plan to renew your mind, transforming life.**

- Memorize and meditate on some of the verses in this study.
- Purchase “Thrive” (A One-on-One Mental Health Coaching Curriculum) from the Mental Health Grace Alliance (www.mentalhealthgracealliance.org) and work through the mental needs section (pp. 31-51) with your care giver or with a care giver in the mood disorder support group.
- Purchase *The Depression Workbook 2nd Edition* by Mary Ellen Copeland and work through pages 213-246 (New Ways of Thinking) with your care giver or with a care giver in the mood disorder support group.

Prayer Requests

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- 3.
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- 10.

“For this reason also...we haven't stopped **praying for you**. We are asking that you may be **filled with the knowledge of His will in all wisdom and spiritual understanding**,¹⁰ so that you may walk worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and **growing in the knowledge of God**.¹¹ May you be strengthened with all power, according to His glorious might, for all endurance and patience, with joy (Colossians 1:9-11).”

“**I pray** that the God of our Lord Jesus Christ, the glorious Father, would give you a **spirit of wisdom** and revelation in the **knowledge** of Him. I pray that the **perception of your mind may be enlightened so you may know** what is the hope of His calling, what are the glorious riches of His inheritance among the saints (Ephesians 1:17-18).”

Mood Disorder Share & Prayer Support Group

What are you THINKING?

Our Mission – Glorify God by serving those who suffer from a mood disorder and those who care for them

Pillar #6

We believe that God can transform us by **renewing our minds** to learn healthy responses to what we suffer from mood disorders or from caring for someone struggling with a disorder. “Be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect will of God (Romans 12:2 NKJ).”

A ministry of Grace Baptist Church, Bowie MD
Childcare available at no cost from 7:00-8:30 Tuesdays

www.gbcbowie.org