WATCH THE VIDEO LESSON NOW AND FOLLOW ALONG IN YOUR OUTLINE.

MEMORY VERSE

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will.

CHECKING IN

- Which of the seven physical health verses from your devotional reading this past week was the most meaningful to you?
- What role do you think the mind plays in our growth as followers of Christ?
Change doesn't start in your behavior. It starts in your thoughts.

Renew your mind daily with:

1. Renew your mind according to whether you are in the feelings or the facts. The facts last longer.

2. Renew your mind according to whether you are in the feelings or the facts. The facts last longer.

The heart is deceitful above all things and deceitful in its entirety. Who can understand it?

You and I have an amazing ability to lie to ourselves. We do it all the time.

...to make the most of your mind.

2 Corinthians 10:3-5 (NIV)

To Christ:

God, and we take captive every thought to make it obedient.

...to Christ: God, and we take captive every thought to make it obedient.

Philosophy

Those who get wisdom do treasure it, and those who love knowledge.

Jeremiah 15:17 (NIV)

The heart is deceitful above all things and deceitful in its entirety. Who can understand it?

2 Corinthians 10:3-5 (NIV)

To Christ:

God, and we take captive every thought to make it obedient.

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To Christ:

God, and we take captive every thought to make it obedient.

Philosophy

Those who get wisdom do treasure it, and those who love knowledge.

Jeremiah 15:17 (NIV)

The heart is deceitful above all things and deceitful in its entirety. Who can understand it?
God wants you to dream big dreams, so you can accomplish great things for His glory.

PROVERBS 29:18 (ESV)

"Where there is no vision, the people perish;"

dream. If you cannot exceed your expectations, you don’t have any expectations. You cannot fulfill your dreams if you don’t have any goals. God cannot help you reach your goals if you don’t have any dreams.

EPHESIANS 3:20-21 (NLT)

"...to know the love of Christ that surpasses knowledge."

Now glorify to God, who by His mighty power at work within us is able to do..."

LET GOD STRETCH YOUR...

ISAIAH 64:2 (NLT)

You will keep in perfect peace all who trust in you, all whose thoughts are fixed...

ROMANS 12:2 (NLT)

...do not copy the behavior and customs of this world, but let God transform you

...
PUTTING IT INTO PRACTICE

THEME MONTH MENTAL HEALTH GOAL

Write your mental health goal in the space below:

Other person in your group:
Know these goals that are not expressed are very tricky, so share your goal with
things you will do to achieve your goal.
How do you want to be three months from now with your mental health?
What food do you eat to give your body a healthier diet?

DISCOVERY QUESTIONS

Why is it so easy to lose confidence?
What are three steps you can take to improve your mental health?

PRAYER AND PURPOSE REPORT

In your prayer time this week, focus on the prayer requests from the Small Group.

Prayer Direction

Goals listed on pages 6-8 to fill.
Now transfer your three-month mental health goal to your. My Three-Month Mental Health Goal

Mental Health: How and Why

The theme for this week: We will keep in perfect peace all who trust in you, Whose thoughts are God.
The purpose of the DVD study guide is to help you understand the key issues and learn the biblical principles. Along with the DVD, the study guide provides additional resources for deeper understanding and application.

FOR THE GROUP

Consider for your next group study this angle: fearless, finding your worldview. In this

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in this small group study. Rick Warren and Chuck Colson examine worldviews

video-based small group study. Rick Warren and Chuck Colson examine worldviews

WIDE ANGLE DVD

WIDE ANGLE STUDY GUIDE

WIDE ANGLE DVD

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WANT TO GO DEEPER IN YOUR MENTAL HEALTH?
When you fix your mind on God, God fixes your mind.

What did you think?

What will you do?

Now talk to God...

When you fix your mind on God, you will be able to think clearly and focus. When you do this, you will give your peace of mind to God. When you fix your mind on God, you will be able to think clearly and focus.

The only way to lay hold of your mind on God is to consider your circumstances. Think about God, lean into Him in prayer. When you change the focus of your attention, your thought begins to shift. Think of your worries as thoughts that could be filled with the words of the Bible. The Bible says, "Take captive every thought that aims to steal your peace."

The Bible teaches that we have perfect peace because our minds are not troubled by God. The perfect peace is not perfect peace of God, sound sleep. Perfect peace of God, sound sleep.

Isaiah 26:3 (KJV)

You will keep him in perfect peace, whose mind is stayed on you, because he trusts in you.
peace will guard your heart, your life, and your mind. When you give your anxieties to God, you will experience the spiritual gifts of your faith, the gifts of your past.

The realm of understanding brings your focus to God—without understanding, you are powerless in the world. Understanding brings you focus on understanding the peace of God, which surpasses all understanding and brings forth your gifts, bringing your gifts to light. Philippians 4:6, 7

Christ Jesus.

Do not be anxious about anything.
Now talk to God . . .

What will you do?

What do you think?

What did you hear?
Now talk to God...

What will you do?

What do you think?

What did you hear?

TRANSFORMED IN MY MENTAL HEALTH

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
Now talk to God...

What will you do?

What do you think?

What did you hear?

The mind of Christ is revealed in the word of Christ by the spirit of Christ. The Bible, the standard for righteousness and holiness and purity (Hebrews 13:8, NIV).

Then do, what the Bible says, Jesus says, the Bible teaches, and what the Bible says. If you know what the Bible says, you'll have a pretty good idea of how to think. If you think the Bible teaches, you'll have a pretty good idea of what to think. If you want to think like Christ, then you have to know the word of Christ, already said about other's, someone's, past and present. Why is it so important for us to be people of the word if you want to go to the door and live? Then why is it so important for us to be people of the word? If you want to}

We have the mind of Christ.
Now talk to God...

What will you do?

What do you think?

What did you hear?

You must ask with sincere and genuine faith. And if God does not give what you ask, it is because you do not deserve it. So ask... but be patient. Then it will be given to you. James 1:5-6 (NIV)

If any of you lacks wisdom, he should ask God, who gives

Mental Health
Now talk to God...

What will you do?

What do you think?

What did you hear?

Proverbs 19:8 (NIV)

Know the way of truth, and the end of it will be peace; and the way of wickedness, and it will come to you.

Proverbs 3:5-6 (NIV)

Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge him, and he will make your paths straight.

Proverbs 11:30 (NIV)

Those who get wisdom do themselves a favor, and those who get understanding will be enriched.
MEMORY VERSE

CAME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST.

When you hurt yourself (rub your toe, scratch your thumb with a hammer, etc.), do you think about it a lot, or just push it aside and laugh it off?

Which of the seven mental health verses from your devotional reading this past week was the most meaningful to you?

CHECKING IN

TRANSFORMED IN MY EMOTIONAL HEALTH

SESSION 4
If you want to change the way you feel about your life, you need to change the way you think.

Romans 12:2

Let God's transformation grow into a new person by changing the way you think. 

Paul's words:

Psalm 32:2-3 (NIV)

I will teach you what I have learned. If I kept everything I have learned, I would run away from God. But I know that I still do not know what I have learned.

Five steps toward Emotional Health

Psalm 43:3 (NEV)

He heals the broken-hearted and binds up their wounds.
The Bible says, "The time is near in the ending of time, when things will come to an end." (Revelations 1:10, 11)

Why is it so hard to forgive when we have been wronged? Why do we hold on to the hurt?

Life is not fair. When could happen if we do something.

If you think about your life, what is one thing you need to change about yourself?

The Bible says, "The word of God is not in vain." (Romans 1:27)

Do your best to love your neighbors. God wants to use your experiences to help others.

God wants to redeem your pain. He wants to use your experience to help others.

When someone becomes a Christian, they become a brand new person inside. He even comfort them until they know His peace.

People. That's what makes life all about.

Your past is not your future. The old you is not the new you.

God never wastes a hurt. Your greatest ministry will come from your pain.
SESSION 4

TO PRAY AND PLAY FOR EACH OTHER

MEMBER WOULD FEEL MORE COMFORTABLE SHARING WITH ONE OTHER PERSON, YOU MIGHT WANT

PAY FOR THOSE THINGS DURING YOUR MONTH. IF YOU ARE SHORT ON TIME OR YOUR GROUP

SPEND SOME TIME PRAYING FOR ONE ANOTHER. READ FROM THE SMALL GROUPS PRAYER

DIRECT

PREFACE

PRAYER DIRECTION

Now underline your Three-Month Emotional Health Goal to your Life Three.

MY THREE-MONTH EMOTIONAL HEALTH GOAL

With your emotional health goal in the space below

With whom can you share this week?

WHERE DO YOU WANT TO BE THREE MONTHS FROM NOW WITH YOUR EMOTIONAL HEALTH? WHERE IS
Day 22

TRANSFORMED IN MY EMOTIONAL HEALTH
Now talk to God...

What will you do?

What do you think?

What did you hear?

The absence of peace: focus on the presence of God, and His peace will come to you. The bottom line is that God's promise of forever-peace is fulfilled by His forever...

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not let your hearts be troubled and...
...Now talk to God...

What will you do?

What do you think?

What did you hear?

Lord, I believe that you are always with me. Your rod and your staff they comfort me. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. The Lord is my Shepherd.

Psalm 23:4 (NIV)

Transformed in My Emotional Health

Day 24
Emotional Health

What did you hear?

What do you think?

What will you do?

Now talk to God:

Nothing more than to give you what you need.

What does this mean to you?

God sees your pain. He hears your cry. He stands ever near to comfort you. He stands ever near to comfort you.

God is always there. Impossible, that you might remember to turn to your Heavenly Father. He will be there.

God is always there. Impossible, that you might remember to turn to your Heavenly Father. He will be there.

What did you hear?

What do you think?

What will you do?

Emotional Health

Transformed in my emotional health
If you are in Christ, you are forgiven.

You believe in Jesus Christ, and you are now forgiven of all your sin because Christ paid for it all.

Therefore, there is now no condemnation for those who are in Christ Jesus.
Day 27

The Joy of the Lord is Your Strength.

Transformed in My Emotional Health

Now talk to God...

What will you do?

What do you think?

What did you hear?
Now talk to God. . .

What will you do?

What do you think?

What did you hear?

Daily Devotions

Day 28

Transformed in My Emotional Health

Psalm 61:2 (NIV)

And my fortress, my God, in whom I trust. . .

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge.'