



Cast your cares on the
LORD and he will sustain
you; he will never let
the righteous fall

Psalm 55:22

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Cast Your Cares
Upon The Lord
1 PETER 5:7



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"Triumphant In Christ, Victorious In Life!"



WHY WORRY ?
DEALING WITH ANXIETY

Sermon Connection Bulletin

"Manage Your Mind!"

Sunday, July 16th, 2017

~ *Philippians 4:6* ~



MANAGE YOUR MIND NOTES:

- REACH**
Reach the unsaved and un-churched!
- RAISE**
Raise and make disciples, followers of Jesus!
- RELATE**
Connect and care in love with one another!
- REVOLUTIONIZE**
Impact our Community and City for Christ!



"Triumphant In Christ, Victorious In Life!"

Sermon: "Manage Your Mind!" Sunday, July 16th, 2017

Romans 12:2 (NLT) - "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."

Ephesians 4:23 (NLT) - "Instead, let the Spirit **renew your thoughts and attitudes**."

Philippians 2:5 (NKJV) - "**Let this mind be in you** which was also in Christ Jesus..."

Philippians 4:8 (NLT) - "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**."

Colossians 3:2 (Amplified) - "And **set your minds and keep them set** on what is above (the higher things), not on the things that are on the earth."

CHECK YOUR THOUGHTS!

- How can I change my thinking? (**Read 1 Chronicles 4:9,10**)
- To fill your mind and spirit with the things of God you need to _____. (**Read Joshua 1:5 - 9**)
- The more you _____ the less you will _____!

MANAGE YOUR THINKING (Philippians 2:5, 4:8; Colossians 3:2)

- Poet and novelist James Joyce said, "Your mind will give back to you exactly what you put into it."
- The greatest enemy of good thinking is _____.
- How much good "think-time" do you have every day?
- A minute of _____ is often more valuable than an hour of _____ or un-planned _____.

THINK ABOUT WHAT YOU ARE THINKING ABOUT (Proverbs 4:23)

- Our _____ prepare us for action! (**1 Corinthians 2:16**)
- If we have stinking _____, we will have _____ lives.
- Where the _____ goes the man will _____.
- The devil can't _____ us if he can't control our _____.

THE PRAYER OF COMMITMENT (Philippians 4:6; 1 Peter 5:5 - 7)

- The Christian prayer life is composed of three circles: First is the *Worry Circle*, in which the word _____ is written because the Bible says, "Be anxious about nothing." The second is the *Prayer Circle*, with the word _____ written inside because the Bible says, "In everything let your prayers be known to God." The third is the *Thanksgiving Circle*, with the word _____ written inside because the Bible says "In everything give thanks."
- When we live within those three circles, we overcome the stress and burdens and cares that comes into our lives.
- Casting our Cares On the Lord is:** (1) A deliberate _____; (2) A deliberate _____ and (3) A deliberate _____.

Read Psalms 55:22

4 REASONS NOT TO WORRY (Read Matthew 6:19 - 34 (NLT))

- Worry accomplishes absolutely nothing. Worry is not good for you. Worry is the opposite of trusting God. Worry puts your mind and life in the wrong direction.
- Proverbs 12:25 (NLT)** - "Worry weighs a person down; an encouraging word cheers a person up."

NOTES:
