



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!



VISION CASTING



"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 unplanned _____.

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:
