

Victory Over Stress Starts in My Mind
First Wednesday
October 5, 2022

Philippians 4:8 NCV

- Theme: What we fill our minds with determines our stress level. Peace of mind is possible when we CONTROL WHAT WE ALLOW IN.

- The mind as a freeway
 - ✓ Anything can drive THROUGH
 - ✓ Entertainment full of garbage and NONSENSE
 - ✓ POLARIZING social media
 - ✓ Gossip that makes us ENVIOUS

- The Bible's mind list - Philippians 4:8 NCV
 - ✓ Is it GOOD?
 - ✓ Is it worthy of praise?
 - ✓ Is it TRUE?
 - ✓ Is it honorable?
 - ✓ Is it RIGHT?
 - ✓ Is it pure?
 - ✓ Is it BEAUTIFUL?
 - ✓ Is it respected?

Conclusion: All these ATTRIBUTES describe God! - Isaiah 26:3 NLT