

4. The Great Benefit Of Mental Hygiene

Romans 12:2 – *“Do not be conformed to this world, but continually be transformed by the renewing of your minds so that you may be able to determine what God’s will is, what is proper, pleasing, and perfect.”*

CHALLENGE

Write out and carry, or memorize Philippians 4:8

Then catch your thoughts and put them to the TEST

Good Mental Hygiene

Kathy Hibbert - October 16, 2005

INTRODUCTION

- a) Dental And Mental Hygiene
- b) How Is Your Mental Hygiene?
- c) How Do We Keep Our Minds Clean?
- d) Take Care What You “Eat”

MESSAGE

1. What’s Going On In Your Mind?

2. We Have Control Over What We Think

2 Corinthians 10:5 – *“... bring into captivity every thought into obedience of Christ.”*

Ephesians 4:3 – *“... be renewed in the spirit of your mind”*

Romans 12:2 – *“... be transformed by the renewing of your minds”*

GOD WILL ENABLE US TO DO WHAT HE HAS ASKED

3. The Guidelines Of Philippians 4:8 (NIV)

*Finally brothers,
whatever is true,
whatever is noble,
whatever is right,
whatever is pure,
whatever is lovely,
whatever is admirable,
if anything is excellent or praiseworthy -
Think about such things.*

... and the God of Peace will be with you.”

a) Whatever is TRUE

- conformable to fact; being in accordance with the actual state of things
- genuine; pure; real; not counterfeit, adulterated or false
- faithful; steady in adhering to friends and to promises
- free from falsehood
- honest

* Does my thinking agree with the unchangeable and eternal Truth?

b) Whatever is NOBLE

- being above everything that can dishonour reputation
- free; generous; liberal
- ingenuous; candid; of an excellent disposition; ready to receive truth
- of the best kind

c) Whatever is RIGHT

- in accord to the standard of truth and justice or the will of God
- correct; not mistaken or wrong

d) Whatever is PURE

- free from defilement; not sullied or tarnished; incorrupt; holy
- not vitiated with improper or corrupt words or phrases
- chaste
- free from vice

e) Whatever is LOVELY

- Qualities which may invite affection, that may excite love
- What is dear to anyone, pleasing

f) Whatever is ADMIRABLE

- having qualities to excite wonder, esteem or reverence

g) Whatever is EXCELLENT

- being of great virtue or worth
- remarkable for good properties

h) Whatever is PRAISEWORTHY

- deserving of praise or applause
- commendable