BUILDING A STRONGER MINDSET

Part 2 - Building Materials

BUILDING A STRONGER MINDSET

- Why?
    1. Helps us push past negative emotions
    2. Enables us to stay steadier in the face of changing environments
    3. Enhances our ability to bounce back after a setback
    4. Increases our capacity to stop the ruminating loop
- Who?
    1. Anyone, at any age, from any background
    2. Regardless of past experiences and past failures
- How? ***(Acts 20:32 NLT)***
    1. A commitment to God
    2. A commitment to His word, the message of His grace

BUILDING MATERIALS FOR A STRONGER MINDSET: THE PROVERBS PATH

(Proverbs 4:20-23 NIV)

- Our attitude toward God's Word
    1. Give attention to God's Word - shutting out noise and distractions
    2. Turn our ear (attitude of humility)
    3. Not letting God's Word out of our sight
    4. Keep truth in our hearts ***(Luke 6:45 NIV)***
- The Joshua Practice ***(Joshua 1:8 NIV)***
    1. Speak a scripture out loud
    2. Meditate on a scripture ***(Hebrews 13:6 NIV)***
    3. Practice acting on the scripture - giving thanks is always a good place to start
- Guarding our hearts ***(Proverbs 4:24-27 NIV)***
    1. Words are where we start (tongue) ***(Ephesians 4:29 NLT)***
    2. Guard our heart with our focus (eyes) ***(2 Peter 2:8 NLT)***
    3. Guard our heart with our ways (feet) ***(1 John 3:21 NIV)***