



# rethink

RENEW YOUR MIND

*Do not conform to the pattern*

## What we think:

- My life is hard

## What Statistics say:

- We work less than most times in history

## What God says:



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## What we think:

- My life is hard

## What Statistics say:

- We work less than most times in history
- We are living longer and have better healthcare than every before
- We have access to more food than we know what to do with.

## What God says:

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## What we think:

- My life is hard
- The world is bad and getting worse

## What Statistics say:

- We work less, are living longer and have more food than ever
- Extreme Poverty has been cut in half in past twenty years.
- Racism is down significantly
- Domestic Violence more than cut in half
- Divorce rate has fallen since 1980

## What God says:

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## What we think:

- My life is hard
- The world is bad and getting worse
- The world is dangerous so I live in fear

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## What Statistics say:

- We work less, are living longer and have more food than ever
- Extreme Poverty, Racism, Violence and Divorce are going down significantly
- Crime is lower than in the past 60 years
- Terrorism is much lower than the 1970s
- Travel is safer than ever

## What God says:

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- We work less, are living longer and have more food than ever
- Extreme Poverty, Racism, Violence and Divorce are going down significantly
- We are living in the safest time in the history of the world.

## What God says:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Romans 12:2

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## What God says:

- If life is hard, God is with you and you are part of God's Kingdom
- If the world is bad, God is still in control.
- If things are dangerous, God can give you peace and joy.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:2

**RENEW YOUR MIND**

# How does God renew our mind? A lifestyle of Healthy Mind Care



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# How does God renew our mind? A lifestyle of Healthy Mind Care

## WORSHIP OFTEN

honoring who God is, what  
God has done and will do.



*“to set the mind on the Spirit is  
life and peace” Romans 8:6*

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# How does God renew our mind? A lifestyle of Healthy Mind Care

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honoring who God is, what God has done and will do.

Ways to worship?

- Attend Church
- Serve others
- Pray
- Exercise
- Appreciate Nature
- Listen to Music

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## FIND HEALTHY COMMUNITY

*encourage one another and build each other up.*  
1 Thessalonians 5:11

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## FEED YOUR MIND TRUTH

*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. Phil 4:8*

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## LIMIT NEGATIVE LIES

*for [Satan] is a liar and the father of lies.*  
John 8:44

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A Dog's Diary:

8am – Dog food! My favorite thing!

9:30am – A car ride! My favorite thing!

10:30am – A walk! My favorite thing!

1pm – Played in the yard! My favorite thing!

3pm – Wagged my tail! My favorite thing!

5pm – Milk bone! My favorite thing!

7pm – Played ball! My favorite thing!

8pm – Watched TV with people! My favorite thing!

11pm – Sleeping on the bed! My favorite thing!



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A Cat's Diary:

Day 983 of my captivity. My captors continue to taunt me with bizarre, little dangling objects. The only thing that keeps me going is my dream of escape.



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