

Evening Lesson

Mental Renewal

Romans 12:2

Did you know May is mental health awareness month? Nationwide campaigns encourage us to “Stop the _____.”

We ALL have unique struggles, but do not have to fight alone (1 Peter 5:8-9; 1 Corinthians 10:12-13). _____

We all have both _____ days and _____ days.

Following Jesus requires us to frequently make purposeful choices that shift our thinking and behavior toward salvation (2 Corinthians 7:10).

We can renew our minds and promote healthy thinking by...

Making conscientious decisions (Romans 12:1-2).

- Presentation: _____
- Transformation: _____
- Differentiation: _____

Finding focus through self-_____, a spirit of _____, and participation. (Romans 12:3-8)

Tending/Mending/Renewing Relationships (Romans 12:9-21)

- Positive Reinforcement: _____
- Grounded identity: _____

Have you renewed your mind in Christ?