

TAKING DOMINION OVER YOUR THOUGHTS

Part 1

Mental sickness is a major challenge in the world today.

An estimated 26% of Americans ages 18 and older -- about 1 in 4 adults -- suffers from a diagnosable mental disorder in a given year. - Johns Hopkins Medicine

Everyone is directly or indirectly affected by this crisis.

A few common causes of mental health problems?

- childhood abuse, trauma, or neglect.
- social isolation or loneliness.
- experiencing discrimination and stigma, including racism.
- social disadvantage, poverty, or debt.
- bereavement (losing someone close to you)
- severe or long-term stress.
- having a long-term physical health condition.

Symptoms

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances, and other factors. Mental illness symptoms can affect emotions, thoughts, and behaviors.

Examples of signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate.
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping.
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress.
- Trouble understanding and relating to situations and to people.
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

When to see a doctor

- If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems.
- If you have suicidal thoughts

Suicidal thoughts and behavior are common with some mental illnesses. If you think you may hurt yourself or attempt suicide, get help right away:

- Call 911 or your local emergency number immediately.

- Call your mental health specialist.
- Contact a suicide hotline. In the U.S., call, or text 988 to reach the 988 Suicide & Crisis Lifeline, available 24 hours a day, seven days a week. Or use the Lifeline Chat. Services are free and confidential.
- Seek help from your primary care provider.
- Reach out to a close friend or loved one.
- Contact a minister, spiritual leader, or someone else in your faith community.

Suicidal thinking doesn't get better on its own — so get help.

Mental illness is a sickness. We believe Jesus paid the price for mental illness to be healed as he did with all other diseases.

Matthew 8:17 GNT

“He himself took our sickness and carried away our diseases.”

Most mental illness unless there is so kind of brain trauma or drug addiction begins with a negative thought the person believes

We will look at healing mental health through the word & power of Holy Spirit.

I am not a licensed doctor but I teach what I believe is the truth in the bible. It is a person's personal decision to believe and follow the instructions I give from the word of God

We must understand the impact our thoughts have on us.

POWER POINT: Our thoughts meditated & acted on determines our lifestyle

Proverbs 23:7 KJVS

For as he thinketh in his heart,

Our thinking (mindset) determines our lifestyle. Therefore, we must major on the thinking thoughts that will produce the abundant victorious lifestyle Jesus purchased for us.

QUESTION 1: What kind of thoughts have really occupied your mind today? (your problems, what you don't have, your health, your finances, the negative news, the goodness & greatness of god, expecting great things)

QUESTION 2: What kind of mindset should believers have?

A winning, success, & victorious mindset is formed from the word of God.

Jesus Christ is the example of the winning mindset.

Philippians 2:5 KJVS

Let this mind be in you, which was also in Christ Jesus:

Philippians 2:5 NCV

In your lives you must think and act like Christ Jesus.

God has great thoughts about you.

Psalms 115:12 ERV

The LORD remembers us. He will bless us.

Psalm 40:17 TLB

...the Lord is thinking about me right now!

FIRST THINGS FIRST: WE CHANGE HOW WE ACT BY CHANGING HOW WE THINK

Romans 12:2 NLT

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

POWER POINT: We want God to change our circumstances but god wants to change how we think.

Deuteronomy 5:29 ERV

I ONLY WANTED TO CHANGE THEIR WAY OF THINKING. I wanted them to respect me and obey all my commands from the heart. Then everything would be fine with them and with their descendants forever.

When you change your thinking your circumstances will change.

Psalm 119:6 CEV

Thinking about your commands will keep me from doing some foolish thing.

We are responsible for managing our minds or taking dominion over our thinking.