

# WELCOME TO HAVEN

October 25, 2020

*Welcome*

*Worship Songs*

*"Holy is the Lord"*

*"I Lift My Hands"*

*Scripture for Today*

*2 Corinthians 10:3-7 (NIV)*

*Prayer*

*Message*

*"The Battle for Your Mind"*

*Jack D. Cohen*

*Worship Song*

*"Once and for All"*

*\*Closing*



# hope

for mental health 

*"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. And we will be ready to punish every act of disobedience, once your obedience is complete."*  
– 2 Corinthians 10:3-7

## SIX PRINCIPLES

### 1. Don't \_\_\_\_\_ everything you \_\_\_\_\_

*"The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?"*  
– Jeremiah 17:9 (NLT)

*"If we say we have no sin, we deceive ourselves, and the truth is not in us."*  
– 1 John 1:8 (ESV)

### 2. \_\_\_\_\_ your mind from \_\_\_\_\_

*"A wise person is hungry for truth while the fool feeds on trash."*  
– Proverbs 15:14 (NLT)

*"I will not set before my eyes anything that is worthless..."*  
– Psalm 101:3 (ESV)

#### 2 Ways to Guard Your Mind

- \_\_\_\_\_ prayer
- \_\_\_\_\_ focusing

*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."*  
– Philippians 4:6-8 (NLT)

### 3. Never let up on \_\_\_\_\_

*"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."*  
– Matthew 11:28-30 (NLT)

*"Counsel in the heart of man is like deep water; but a man of understanding will draw it out."*  
– Proverbs 20:5 (KJV)

### 4. Balance between \_\_\_\_\_ & \_\_\_\_\_

- K \_\_\_\_\_ - P \_\_\_\_\_ - C \_\_\_\_\_

- C \_\_\_\_\_ - S \_\_\_\_\_

### 5. Be \_\_\_\_\_ of the \_\_\_\_\_

### 6. Let God stretch your \_\_\_\_\_

*"Where there is no vision the people perish..."*  
– Proverbs 29:18 (KJV)

*"Now glory be to God who by his mighty power at work within us is able to do far more than we would ever dare to ask, or even dream of - infinitely beyond our highest prayers, desires, thoughts, or hopes."*  
– Ephesians 3:20 (TLB)

- T – \_\_\_\_\_
- H – \_\_\_\_\_
- I – \_\_\_\_\_
- N – \_\_\_\_\_
- K – \_\_\_\_\_