

How to Develop a Sound Mind

A hurried life...

1. _____ me from knowing God.
2. _____ compassion and empathy.
3. _____ anxiety, depression, and addiction.
4. _____ meaningful relationships.
5. _____ to a superficial, meaningless existence.

Jesus: *"What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"* Mark 16:26 NIV

For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7 NKJV

1. _____

2. _____

3. _____

4. _____

The LORD is my shepherd. He gives me everything I need. Psalm 23:1 NIRV

He refreshes and restores my soul (life); He leads me in the paths of righteousness for His name's sake. Psalm 23:3 AMP

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