

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



**Mental and Emotional Health 101:**

1. \_\_\_\_\_ your expectations.

*It's best to stay in touch with both sides of an issue. A person who fears God deals responsibly with all of reality, not just a piece of it. Ecclesiastes 7:18 MSG*

2. \_\_\_\_\_ your mindset.

*Set your mind on things above, not on things on the earth. Colossians 3:2 NKJV*

3. \_\_\_\_\_ a routine.

*Carefully consider how you live. Live wisely, not foolishly. Make the most of your time because these are difficult, evil days. Ephesians 5:15-16*

4. \_\_\_\_\_ information intake.

*Keep me from paying attention to what is worthless. Psalm 119:37 TEV*

5. \_\_\_\_\_ with godly people daily.

*Let us be concerned for one another, to help one another to show love and to do good. Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another... Hebrews 10:24-25 GNB*

6. \_\_\_\_\_ your feelings.

*Share each other's troubles and problems, and in this way obey the law of Christ. Galatians 6:2 NLT*

7. \_\_\_\_\_ wise counsel.

*Our plans often fail because we don't seek advice, but listening to good counsel will bring success. Proverbs 15:22*

*There is safety in seeking much counsel. Proverbs 11:14*

8. \_\_\_\_\_ solitude daily.

*Be still, and know that I am God. Psalm 46:10 NIV*

9. \_\_\_\_\_ to others.

*The generous will prosper; those who refresh others will themselves be refreshed. Proverbs 11:25 NLT*

10. \_\_\_\_\_ on God and what you control.

*You will keep him in perfect peace, whose mind is stayed on you, because he trusts in you. Isaiah 26:3 MEV*

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