



Focus: Renewing Your Mind (Mental) Develop Healthy Thinking and Habits

Daniel 10:12; Philippians 4:4-9; Ephesians 4:17-24; Romans 12:2
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Daniel was built different than others around him.

Daniel 10:12 ... “you set your mind to gain understanding and to humble yourself before your God...” (NIV)

Focus is the key to growth and health.

Our thoughts direct our lives.

Proverbs 4:23 Be careful how you think; your life is shaped by your thoughts. (GNV)

Whatever I think about is what I am becoming.

Proverbs 23:7 For as he thinks within himself, so he is... (NAS)

1 Thessalonians 5:23 May God himself, the God of peace, sanctify you through and through. May your whole spirit (*pneuma*), soul (*psuche*), and body (*soma*) be kept blameless at the coming of our LORD Jesus Christ. (NIV)

We need:

- Christian Support for the Spiritual Dimension (*pneuma*)
- Counseling Support for the Psychological Dimension (*psuche*)
- Clinical Support for the Physical Dimension (*soma*)

Philippians 4:4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (NIV)

The root of the biblical word for “anxious” means “to divide the mind.”

Healthy Habits That Bring Focus & Wholeness (“peace”)

- Rejoicing Right (4-5)

We do not deny the pain of reality, but we choose to focus on the bigger picture of providence (what God is allowing and doing in the pain) and praise God for it.

- Praying Right (6-7)

Worry about nothing. Pray about everything.

There is no problem that is too big for God’s power or too small for God’s concern.

The Power of Gratitude

- Thinking Right (8)

2 Corinthians 10:5 ...we take captive every thought to make it obedient to Christ. (NIV)

Ephesians 4:17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.... 20 That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness. (NIV)

To change my life, I must change my thoughts.

Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will. (NIV)

- Living Right (9)

1 Thessalonians 4:3 It is God’s will that you should be sanctified...4 that each of you should learn to control your own body in a way that is holy and honorable. (NIV)

Whatever gets my attention gets me. Where will I focus?

Based on the book, *The Daniel Plan: 40 Days to a Healthier Life.*

[Built Different Journal](#)