



**Title:** Winning the fight for joy in your mind  
**Series:** Fighting for Joy  
**Speaker:** Kenton Beshore, Pastor Emeritus  
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### Lessons from my mom

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. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. (Philippians 4:8-9)

### Think right: Fix your thoughts

But they delight in the law of the LORD, **meditating** on it day and night. They are like trees planted along the riverbank... (Psalm 1:2-3)

...those who are controlled by the Holy Spirit **think about things** that please the Spirit. (Romans 8:5)

...let God transform you into a new person by **changing the way you think**. (Romans 12:2)

### Eight ingredients for good mental health:

1. True
2. Honorable
3. Right
4. Pure
5. Lovely
6. Admirable
7. Excellent
8. Worthy of praise

### Live right: Make it your lifestyle

Keep putting into practice all you **learned** and **received** from me—everything you **heard** from me and **saw** me doing. (Philippians 4:9)

### Be right: Gift of peace

**Then** the God of peace will be with you. (Philippians 4:9)

### Double-minded...no peace

Their loyalty is divided between God and the world, and they are unstable in everything they do. (James 1:8)

### Right focus...peace

### It's your choice...

### Reflection Question:

Which of the eight ingredients for good mental health do you need to focus on this week?