

ISSUES

WE ALL NEED BETTER MENTAL HEALTH 10.6/7

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Clinical Psychologist

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. **ROMANS 12:2** (NLT)

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 4:8B** (NLT)

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many. **HEBREWS 12:15** (NLT)

How to take issue with your issue:

1. _____ and take a deep breath.
2. _____ your thoughts.
3. _____ your beliefs.
4. _____ with truth.

ACTIVATING EVENT	BELIEF	CONSEQUENCE
"Something happens" A	"I tell myself something" B	"I feel something" C

Notes:

LIVING IT OUT

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Upcoming weeks:

with heart

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