Keeping Hope in Mind: Battle for Your Mind

Proverbs 23:7a (NKJV) For as he [a person] thinks in his heart, so is he.

Romans 12:2 (NLT) 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.

I cannot have a positive life and a negative mind.

How do I deal with the "mental trash" that makes a mess of my mind?

- **Test my thoughts.** (Psalm 139:23-24 NLT)
- **Hold on to God's truth.** (2 Corinthians 10:4-5 NIV)
- **Imagine God's truth working in my life.** (Psalm 25:4-5 NIV)
- **Nourish a godly mind.** (Philippians 4:8 NIV)
- **Keep growing through all I'm going through.** (Colossians 2:7 NLT)