



Redeeming Notes

Series: **Bringing Life Back Into Balance**

Title: **“Staying Mentally Fit”**

1 Peter 1:13

Pastor Dave Glesne April 6, 2008

How to Stay Mentally Fit

1. Guard the access to your mind.

“Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.” - Philippians 4:8

“...take every thought, to make it obedient to Christ.” - II Corinthians 10:5

2. Never stop learning

“He who loves wisdom loves his own soul.” - Proverbs 19:8

A disciple of Jesus is a learner.

“Take my yoke upon you and learn from me.” - Matthew 11:29

Two Essential Attitudes of Learners

1. Openness

“An intelligent person is always open to new ideas, in fact he looks for them.”

- Proverbs 18:15

2. Humility

“When pride comes, then comes disgrace, but with humility comes wisdom.”

- Proverbs 11:2

Practical Suggestions

1. Schedule some think time each week.

“Make it your ambition to be quiet.” - I Thessalonians 4:11

2. Spend time with wise people.

“He who walks with the wise will be wise.” - Proverbs 13:20

3. Learn to ask questions.

“The purposes of a man’s heart are deep water. But a man of understanding draws them out.” - Proverbs 20:5

4. Write your ideas down.

“We must pay careful attention to what we hear so that we don’t let it slip. So we don’t drift away.” - Hebrews 2:1