

Introduction:

1. Selective thinking aphorisms
2. A wholesome New Year's resolution
3. A Biblical Psychology condensed course on mental health

Texts: Romans 12:2; Philippians 4:7-9

A. The Brain and the Mind are related but are not the same

1. Rom. 12:2 refers to the mind, not to the brain.
2. The mind is **not** the brain.
3. The mind will **outlive** the brain. Example: Lazarus and the rich man (Luke 16:19-31).

B. Selective Thinking is a Free Choice with corresponding consequence

1. Example: Adam and Eve in the Garden of Eden.
2. Satan's **agent** of deadly communications today.
3. How to protect our mind for our mental health.

C. Basic Transactional Questions

1. WIIIFM? = What Is In It For Me?
2. WIIIFY? = What Is In It For You?
3. WIIIFU? = What Is In It For Us?
4. WIIIFG? = What Is In It For God?
 - a. God is the Foundational **Rock** at the bottom of our transactional thinking.
 - b. To answer the questions WIIIFM, WIIIFY, WIIIFU, the bilateral benefits of our transaction with others must be **clarified**.
 - c. To answer the question WIIIFG, God's **glory** must be first and foremost in our selective thinking (1 Cor. 10:31; Rom. 11:35-36).

D. Transformational Mental Directives

1. Romans 12:2. Two directives:
 - a. Do not be conformed; be **transformed**.
 - b. Know God's **will** for our life.
2. Philippians 4:7-9
 - a. Transformational questions
 - b. Practical challenges

Concluding Practical Insights:

1. Don't park your mind in the **past**, but press toward the **future** (Phil. 3:13-14).
2. Discipline your mind to **dwell** on the positives of selective thinking (Phil. 4:8).
3. Be more Christ-conscious and less **self**-conscious (John 3:30).
4. **Nourish** your mind daily through Bible Reading and meditation (Psalm 1:1-2).
5. Exercise your mind by increasing the **weight** of your obedience to God's Word (James 1:22).

TABLETALK

(For family devotions and Life Group discussions)

Read: Romans 12:2

1. What are you commanded to do for your mental health?
2. How does mental health enable you to know God's will for your life?

Read: Philippians 4:7-9

3. Diagnose your mental health by the eight virtues you are exhorted to think about.
4. For your mental health, discover and discuss the five steps to boost your mental health under the sermon's concluding practical insights.