

Becoming Mentally Strong



2 Peter 1:1 “To those who have *received a faith of the same kind as ours*, by the righteousness of our God and Savior, Jesus Christ...”

v 2 “*Grace and peace* be multiplied to you in the knowledge of God and of Jesus our Lord; 3 *seeing that His divine power has granted to us everything pertaining to life and godliness...*”

So Where Do We Go From Here?



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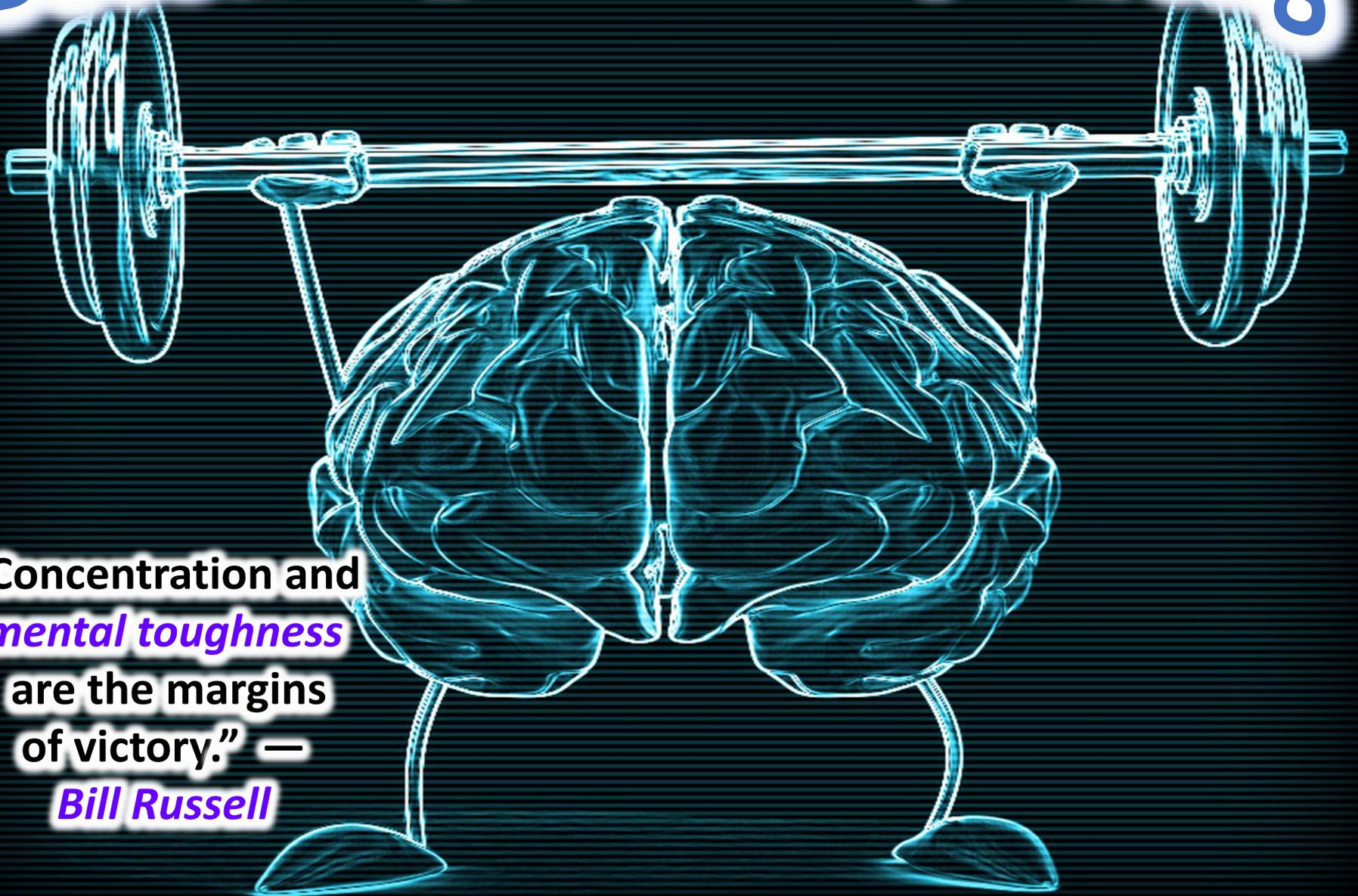
Josh 1:9 “Be *Strong* and *Courageous*! Do not tremble or be dismayed...

“For the Lord your God is with you *Wherever* you go.”

Eph 6:10 “Be *strong* in the Lord, and in the *strength of* *His* *might*.”

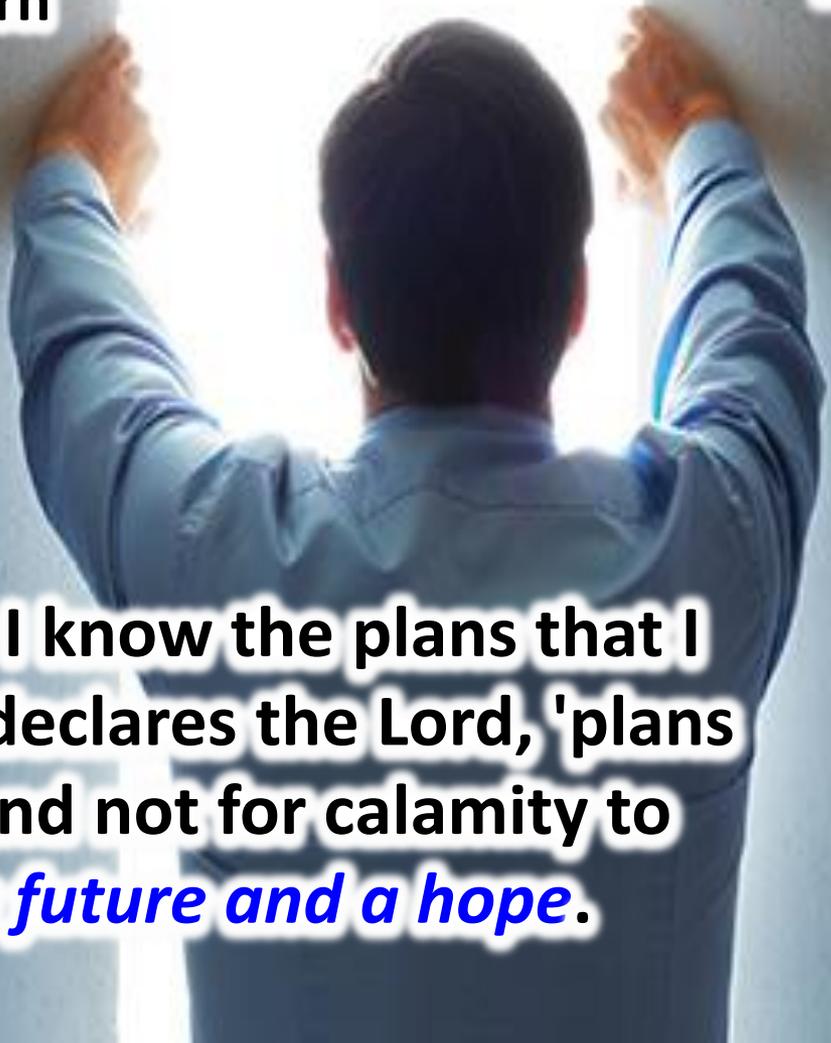


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**“Concentration and
mental toughness
are the margins
of victory.” —
*Bill Russell***

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Move on. Acknowledge the past and learn from it.

Live for the present and plan for the future.

Jer 29:11 'For I know the plans that I have for you,' declares the Lord, 'plans for welfare and not for calamity to *give you a future and a hope.*

1. Press *Forward*

Phil 3:13

forgetting what lies behind and reaching forward to what lies ahead,

14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.

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2. Don't Shy Away from *Change*

Welcome *positive change* and be willing to be flexible. Understand that *change is inevitable* and believe in own abilities to adapt.

"Your life does not get better by chance, it gets better by change." –Jim Rohn

Ecc 3:1 There is an *appointed time for everything*. And there is a time for every event under heaven

Mal 3:6 For I, the Lord, *do not change*; therefore you, O sons of Jacob, are not consumed.

One constant in our life:
Heb 13:8 Jesus Christ is the *same yesterday and today and forever*.

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3. Facing Your *Self Doubt*

Self doubt

I'm not good enough

I'm not strong enough

I'm not smart enough

I'm not talented enough

I'm not good-looking 'nuff

I'm not well-liked enough

Have the confidence that you **aren't going to be crushed** when something negative happens.

“Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt.”

Shakespeare

Phil 2:13 for it is **God who is at work in you**, both to will and to work for His good pleasure.

2 Tim 1:7 For God has not given us a spirit of timidity, **but of power and love and discipline.**

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A person is shown in silhouette, performing a handstand against a bright sunset. The sun is low on the horizon, creating a strong lens flare and illuminating the scene with warm, golden light. The person's arms are extended upwards, supporting their weight on their hands. The background is a mix of dark silhouettes and bright, glowing light from the sun.

No complaining. Don't waste energy on things we can't control!

Phil 2:14 Do all things WITHOUT ***grumbling or disputing;***

Recognize that sometimes, the **ONLY** thing we can control is our attitude.

Phil 4:8-9 ***Dwell*** on these things..

4. Be ***Happy!***

Prov 17:22 A ***joyful heart is good medicine,***
But a broken spirit dries up the bones.

Choose Happiness

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5. Learning *Contentment*

Phil 4:11-12 Not that I speak from want, for *I have learned to be content* in whatever circumstances I am.

“Contentment” is being satisfied with what you have and with who you are - *right now*.

“I had no shoes and complained until I met a *man who had no feet*.”

1 Tim 6:6-8 What to be *content with*?

Heb 13:5-6 *Our strength* to be content.

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6. Having a *Purpose*

**“If you aim at nothing,
you’ll hit it every time.**

**Live your life with a
purpose.” *Unknown***

**2 Tim 4:7 I have fought the good fight, I have
finished the course, I have kept the faith;**

PURPOSE

