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**Bible Study for December 14, 2016**  
**Facing Your Fears, Pt 3: Sound Mind**  
**2 Timothy 1: 7**

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**Scripture – 2 Timothy 1:7**

**“For God did not give us a spirit of fear, but of power and love and of a **SOUND MIND.**”**

**How do we obtain sound mind?**

1. Know the TRUTH - John 8:32
2. Interrogate your THOUGHTS - 2 Corinthians 10:4-6

**Question**

What are some types of spiritual and mental bondage that can result from wrong thinking and impact our ability to function with a sound mind?

3. TRUST in the LORD - Isaiah 55:8-9, Proverbs 3:5-6, Proverbs 14:12
4. Remember you are not alone - Isaiah 41:10, Deuteronomy 31:6, Deuteronomy 31:8, Ephesians 6:12
5. Remember God’s promises - Jeremiah 29:11, Zephaniah 3:17, Exodus 33:14,
6. Remember God’s track record - Exodus 6:6, Job 33:28, Psalm 147:3

**In all things give THANKS**

**NOTES:**

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