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:**