

## How to win the Mind Games:

Distance yourself from \_\_\_\_\_ . Prioritize being in His \_\_\_\_\_ !

Sometimes it seems like the only way to keep up with all the demands on our lives is to constantly run at maximum capacity. But there is another way--one where we have room to breathe and space to respond to what life brings our way. The key is learning how to live with \_\_\_\_\_

You can't control every thought that flies into your mind, but you can control which ones you \_\_\_\_\_ to land upon your heart.

When you stop living according to the \_\_\_\_\_ of this world, but instead you live according to the rhythms of His grace, you will never be the same.

## #JoyRide Challenge

**Set Aside 5 minutes per day just to be in His presence**

**Digital Detox:** "break free of your devices and go on a digital detox"

**Schedule & Create "Margin"**

The Gospel of Jesus Christ

*The good news is that the just and gracious Creator of the universe has looked upon hopelessly sinful men and women and has sent His Son, Jesus Christ, God in the flesh, to bear His wrath against sin on the cross and to show His power over sin in the resurrection, so that everyone who turns from their sin and themselves, and trusts in Jesus as Savior and Lord, will be reconciled to God forever.*

Next Week

Joy Ride Part 7: Joy & Contentment

Joy Ride Series

October 13, 2019

Mind Games

@MathiasGrehn

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Series Theme Verse

(Philippians 4:4) Rejoice in the Lord always and again I say rejoice.

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States, age 18 and older, or 18.1% of the population every year.

Big Idea Of This Series

I Can \_\_\_\_\_ Joy!

(Philippians 4:4-9 NIV) **Rejoice** in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**re-** a **prefix**, occurring originally in loanwords from Latin, used with the meaning "again" or "again and again" to indicate repetition, or with the meaning "back" or "backward" to indicate withdrawal or backward motion: regenerate; refurbish; retype; retrace; revert.

(Psalm 16:11) ... In Your presence is fullness of joy.

(Nehemiah 8:10) ... for the joy of the Lord is your strength.

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