

*Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. **1 Thess. 5:24 NKJV***

**1 Peter 1:13 NIV** *Prepare your minds for action; be self-controlled.*

## HOW TO STAY MENTALLY FIT.

### [1] Guard the access to your mind.

**2 Cor. 10:5** *...take captive every thought, to make it obedient to Christ.*

### Four kinds of material that you can fill your mind with:

1. Poison—**Psalm 101:3** *I will set no vile thing before my eyes.*
2. Stuffing—**1 Cor. 10:23** *All things are lawful but not all things edify*
3. Brain Food—**Phil 4:7-8** *Things that are true & just and honest, think on those kind of things. Things that build you up instead of things that tear you down.*
4. The Bible—**Ps. 119:11** *Thy word have I hid in my heart that I might not sin against you.*

### [2] NEVER STOP LEARNING.

**Prov. 19:8** *He who gets wisdom loves his own soul*

1. OPENESS. **Prov. 18:15 LB** *The intelligent man is always open to new ideas, in fact, he looks for them.*
2. HUMILITY. **Prov. 11:2** *When pride comes then comes disgrace, but with humility comes wisdom.*
3. ENTHUSIASM. **Col. 3:23** *Whatever you do, do it heartily (with all your heart) as unto the Lord and not as unto men.*

### [3] PRACTICAL SUGGESTIONS:

1. **Schedule some 'think' time.** **1 Thess. 4:11** *Make it your ambition to be quiet.*
2. **Develop a reading plan.** *Don't forget the books and the parchment. Bring them to me, I need them. I'm going to study.* **2 Timothy 4:13 LB**
3. **Spend time with wise people.** **Prov. 13:20** *He who walks with the wise will be wise.*
4. **Learn to ask questions.** **Prov. 20:5** *The purposes of a man's heart are deep water but a man of understanding draws them out.*
5. **Write your ideas down.** **Heb. 2:1** *We must pay careful attention to what we hear so that we don't let it slip*
6. **Take advantage of transition times.** **Eph. 5:15-16** *...redeem the time...*