

**Restored**  
**#4: How To Become Mentally Strong**

**1. Understand what mental strength** \_\_\_\_\_

Key: You must begin to \_\_\_\_\_

a) Learning gives you \_\_\_\_\_

**Proverbs 24:5** *The wise are mightier than the strong, and those with knowledge grow stronger and stronger.*

b) Learning develops your \_\_\_\_\_

**Proverbs 28:11** *Rich people may think they are wise, but a poor person with discernment can see right through them.*

c) Learning is linked to \_\_\_\_\_

**Proverbs 24:3-4** *It takes wisdom to build a house, and understanding to set it on a firm foundation; It takes knowledge to furnish its rooms with fine furniture and beautiful draperies.*

**2. Make a goal to** \_\_\_\_\_ **every day**

**Proverbs 15:14** *A wise person is hungry for knowledge...*

Goal: 15 minutes of learning per day

a) Find \_\_\_\_\_ to talk to

**Proverbs 15:7** *The lips of the wise spread knowledge...*

b) \_\_\_\_\_

c) Sign up for \_\_\_\_\_

d) Enroll in a course: Free online courses

e) Learn from your critics

**Luke 11:31** *The Queen of the South will rise at the judgment with the people of this generation and condemn them, for she came from the ends of the earth to listen to Solomon's wisdom...*

**3. You're your mind with** \_\_\_\_\_

a) Pay attention to your emotions

b) Identify your stories

c) Replace your story with a faith thought

**Luke 12:27-28** *Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith!*

**Proverbs 15:14** *A wise person is hungry for knowledge...*

**Proverbs 17:6** *Of what use is money in the hand of a fool, since he has no desire to get wisdom.*

**Proverbs 18:15** *Intelligent people are always ready to learn. Their ears are open for knowledge.*

**Proverbs 8:10** *Choose my instruction instead of silver, knowledge rather than choice gold...*

**Proverbs 10:14** *The wise store up knowledge...*

**Proverbs 14:6** *but knowledge comes easily to the discerning.*

**Great Authors**

Marriage: Dr. Willard Harley

Life issues: Anything by Dr. Henry Cloud

Spiritual growth: Dallas Willard

Parenting: Kevin Lehman

Leadership: Jim Collins, Andy Stanley

Henry cloud blog (Life)

Crucial conversations website (Relationships)

Alan Godwin (Relationships)

The Gottman institute (Marriage)

The balance today (Financial)

The penny hoarder (Financial)

Stitcher (Podcasts)

**Proverbs 3:20** *By his knowledge the deep fountains of the earth burst forth, and the dew settles beneath the night sky.*

**Proverbs 8:10** *Choose my instruction instead of silver, knowledge rather than choice gold,*

**Proverbs 10:14** *The wise store up knowledge...*

**ANT #1: "Always or Never Thinking"** - This happens when you think something that happened will "always" repeat itself. For example, if your partner is irritable and she gets upset you might think to yourself, "She's always yelling at me," even though she yells only once in a while. But just the thought "She's always yelling at me" is so negative that it makes you feel sad and upset. Whenever you think in words like always, never, no one, every one, every time, everything those are examples of "always" thinking and usually wrong. Here are some examples of "always" thinking:

"He's always putting me down."

"No one will ever call me."

"I'll never get a raise."

"Everyone takes advantage of me."

**ANT #2 (red ANT): "Focusing On the Negative"** - This occurs when your thoughts only see the bad in a situation and ignore any of the good parts that might happen. For example, I have treated several professional speakers for depression. After their presentations they had the audience fill out an evaluation form. If 100 of them were returned and 2 of them were terrible, but 90 of them were outstanding, which ones do you think they focused on? Only the negative ones! I taught them to focus on the ones they liked a lot more than the ones they didn't like. It's important to learn from others, but in a balanced, positive way. Focusing on the negative in situations will make you feel bad. Playing the glad game, or looking for the positive will help you feel better.

**ANT #3 (red ANT): "Fortune Telling"** - This is where you predict the worst possible outcome to a situation. For example, before you discuss an important issue with your partner you predict that he or she won't be interested in what you have to say. Just having this thought will make you feel tense. I call "fortune telling" red ANTs because when you predict

### **My favorite podcasts and websites**

The Carey Nieuwhof Leadership Podcast

Andy Stanley Leadership Podcast

The EntreLeadership Podcast

This is your life by Michael Hyatt

Let my people think by Ravi Zacharias

[www.churchleaders.com](http://www.churchleaders.com)

[www.ronedmonson.com](http://www.ronedmonson.com)

[www.briandodd.com](http://www.briandodd.com)

[www.biblegateway.com](http://www.biblegateway.com)

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bad things you can make them happen. Say you are driving home from work and you predict that the house will be a wreck and no one will be interested in seeing you. By the time you get home you're waiting for a fight. When you see one thing out of place or no one comes running to the door you explode and ruin the rest of the evening.

**ANT #4 (red ANT): "Mind Reading"** - This happens when you believe that you know what another person is thinking even when they haven't told you. Mind reading is a common cause of trouble between people. You know that you are mind reading when you have thoughts such as, **ANT #1: "Always or Never Thinking"** - This happens when you think something that happened will "always" repeat itself. For example, if your partner is irritable and she gets upset you might think to yourself, "She's always yelling at me," even though she yells only once in a while. But just the thought "She's always yelling at me" is so negative that it makes you feel sad and upset. Whenever you think in words like always, never, no one, every one, every time, everything those are examples of "always" thinking and usually wrong. Here are some examples of "always" thinking:

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**ANT #5: "Labeling"** - Whenever you attach a negative label to yourself or to someone else, you stop your ability to take a clear look at the situation. Some examples of negative labels that people use are "jerk, frigid, arrogant and irresponsible." Negative labels are very harmful, because whenever you call yourself or someone else a jerk or arrogant you lump that person in your mind with all of the "jerks" or "arrogant people" that you've ever known and you become unable to deal with them in a reasonable way. Stay away from negative labels.

**ANT #6: "Personalization"** - Personalization occurs when innocuous events are taken to have personal meaning. "My boss didn't talk to me this morning. She must be mad at me." There are many other reasons for behavior besides the negative explanations an abnormal limbic system picks out. For example, your boss may not have talked to you because she was preoccupied, upset or in a hurry. You never fully know why people do what they do.

**ANT #7: (the most poisonous red ANT): "Blame"**

Blame is very harmful. When you blame something or someone else for the problems in your life, you become a victim of circumstances and you cannot do anything to change your situation. Many relationships are ruined by people who blame their partners when things go wrong. They

take little responsibility for their problems. When something goes wrong at home or at work, they try to find someone to blame. They rarely admit their own problems. Typically, you'll hear statements from them like:

"It wasn't my fault that...."

"That wouldn't have happened if you had...."

"How was I supposed to know...."

"It's your fault that...."

Whenever you blame someone else for the problems in your life, you become powerless to change anything. The "Blame Game" hurts your personal sense of power. Stay away from blaming thoughts and take personal responsibility to change the problems you have.

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**Proverbs 14:6** *but knowledge comes easily to the discerning.*

**Proverbs 13:16** *All who are prudent act with knowledge, but fools expose their folly.*

**Proverbs 15:2** *Knowledge flows like spring water from the wise*

**Proverbs 18:15** *The heart of the discerning acquires knowledge, for the ears of the wise seek it out.*

**Proverbs 23:12** *Commit yourself to instruction; listen carefully to words of knowledge.*

**Proverbs 28:2** *When a country is rebellious, it has many rulers, but a ruler with discernment and knowledge maintains order.*

**Proverbs 1:7** *The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.*

**Proverbs 14:6** *but knowledge comes easily to the discerning.*

**Proverbs 25:2** *It is the glory of God to conceal a matter; to search out a matter is the glory of kings.*