

How to Feel Twenty Years Younger



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Part 7: Unclutter Your Mind

**You will never be at peace
if your mind is a noisy place.**

You can't keep negative things from coming, but you can keep them from staying.

How to Unclutter Your Mind

1. It's time for _____

Example: TV show on hoarders.

How many of us are hoarders in our minds? We're not letting go of any negative thoughts. There's so much clutter that we can't enjoy our life.

You have enough people in life against you; don't be against yourself. You were created in the image of Almighty God – who doesn't make mistakes.

Don't criticize what God has created. Don't say another negative word about yourself.

2. **Who fights** _____

Example: King Hezekiah (2 Chronicles 32)

Don't talk about how big your enemy is, talk about how big your God is.

Don't let what other people say talk you out of your faith.

3. **Just do** _____

If you're going to keep the clutter out, you have to know what your job is and what God's job is.

Our part is to believe. Our part is to stay in faith. And then let God do His part. Trust Him to work it out.

"You will keep in perfect peace those whose mind stays on You."
(Isaiah 26:3)

Example: Three teenagers face a fiery furnace (Daniel 3)

"King, we're not going to bow down. We know our God will deliver us. But even if He doesn't, we're still not going to bow down." (Daniel 3:17-18)