

**TOTAL MIND MAKEOVER**  
**“The Making of a Sound Mind”**  
**Tuesday, August 29, 2006**  
**Bishop George G. Bloomer**

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## DEFINITIONS

### IMAGINATION

**1** : the act or power of forming a mental image of something not present to the senses or never before wholly perceived in reality

**2 a** : creative ability **b** : ability to confront and deal with a problem :

### RESOURCEFULNESS

### CAPTIVITY

**1** : the state of being [captive](#)

**CAPTIVE: 1 a** : taken and held as or as if a prisoner of war **b (1)** : kept within bounds : [CONFINED](#) **2** : held under control of another but having the appearance of independence; **3** : being such involuntarily because of a situation that makes free choice or departure difficult

### CAPTIVATE

**1** *archaic* : [SEIZE](#), [CAPTURE](#)

**2** : to influence and dominate by some special charm, art, or trait and with an irresistible appeal

### DECISIONS

**1 a** : the act or process of [deciding](#)

#### DECIDE

**1 a** : to make a final choice or judgment about **b** : to select as a course of action **c** : to infer on the basis of evidence : [CONCLUDE](#)

**2** : to bring to a definitive end

## SCRIPTURES

*Let this mind be in you, which was also in Christ Jesus:  
(Philippians 2:5)*

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. (Philippians 4:8)*

*Thou wilt keep him in perfect peace, whose **mind** is stayed on thee: because he trusteth in thee. (Isaiah 26:3)*

### THINGS THAT DRIVE YOU INSANE AND KEEP YOU WITHOUT PEACE

1. Someone constantly using you as his or her dumping ground for complaints.
2. Trying in vain to accomplish things just to prove a point to others.
3. Living above your means.
4. Spending the rest of your life working on a job that you hate.
5. Harboring unforgiveness.
6. Living in the past.
7. Trying to reach goals without the proper advice or training.
8. Not realizing your mental and emotional limits—knowing what you can handle and what is going to hurt.
9. Wanting more for people than they want for themselves.
10. Living a double life.

### 10 HELPFUL HINTS ON MAINTAINING OR GAINING A SOUND MIND

1. Separate yourself from people who are always in a crisis.
2. Don't try to do things in your own might; seek God for guidance.

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3. Stop operating out of impulsive decision-making.
4. Stop self-condemnation and seek the Lord for deliverance with reoccurring toxic habits.
5. Stop sharing your personal issues with those who do not have your best interest at heart.
6. Don't disregard those who love you when they're giving you truthful advice.
7. Don't make excuses for why you continue to run into the same problems. Instead do something positive to change it.
8. Look at life's challenges as opportunities to learn something new instead of giving up every time you run into a crisis.
9. Set realistic and attainable goals, not bogus ideas to frustrate your purpose.
10. Do not take on more tasks at once than you're capable of handling. Learn how to say, "no."

### **HOW TO GAIN A TOTAL MIND MAKEOVER**

1. Decide what you want out of life and design a feasible plan to achieve it.
2. Re-invent yourself.
3. Stop allowing your past to dictate your future.
4. Do what God told you to do today, and tomorrow will work itself out.
5. Listen, learn, and activate what you've been taught.
6. Stop worrying about things that you do not have the capacity to change.
7. Learn to accept who you are.
8. Keep a personal journal.
9. Stop the cycle of procrastination.
10. Break the monotony. Take the time to do something different and achieve something new.