

## A Healthy Life: Week 2

### Growing a Healthy Mind

1. Flood your mind with heavenly truth (and memorize it)!
2. Shut off or limit the input of garbage.
3. Think broadly while you stand firmly.
4. Play good games.
5. Know your doctrine.
6. Exercise logic.
7. Remove distractions, avoid fragmentation, think deeply.

**Key Passages:** Matthew 22, Romans 8, and Romans 12