Run *With* Attitude

II Cor. 10:5; Phil. 4:8

Week Four: Mental

I. Review

II. Control what you think about - Phil 4:8

- A. What occupies our mind will influence your:
  1. Attitude
  2. Words
  3. Decisions
  4. Actions
- B. Ask yourself:
  1. What am I constantly thinking about?
  2. What & how am I allowing into my mind?
  3. Am I feeding fear or faith?

III. Remove the mental baggage - Heb 12:1

- A. Lay aside = cast off
  1. Rom 13:12; Eph 4:22,25; Col 3:8

IV. Keep your eyes on the goal - Phil 3:14

- A. Distractions interfere with victory
  1. Neh 6:3

V. Think like someone who plans to finish - 2 Tim 4:7

- A. Circumstances vs Thoughts
- B. What thoughts are slowing you down in your faith race?