

**LESSON REVIEW
ANSWERS**

1. If you hear yourself speaking negative words, what is the source?

If you speak negatively, you are thinking negative thoughts, and they are in your heart. Your mouth speaks what is in your heart.

2. Should Christians wonder if God wants them to have mental prosperity? Explain your answer.

No; God wants us to prosper in all areas as our souls prosper. He wants us healthy, and part of being healthy is mental prosperity.

3. What advice does Romans 12:1-2 offer to help a person change?

Romans 12:1-2 tells us not to conform to this world but to renew our minds.

4. What role can the Word of God play in someone's mental health?

Possible answers: The Word of God can guide a person to renew their thoughts and cast out thoughts of fear; Scripture can be meditated on and used to replace lies and negative thoughts; the Word of God is a weapon to use against the enemy and the strongholds in our minds.

5. How does fear affect mental health?

Fear brings mental bondage and is the opposite of faith. Negative thoughts can lead to fear. Fear can lead to physical problems.

6. Is it enough to just read God's Word if we want to have prosperous mental health?

No; Reading God's Word is wonderful, but speaking out the Word helps us take ownership of it.

7. What scripture from today's lesson will you meditate on for your mental health, and why?

Answers will vary.