

Col 3:1-4 Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits at God's right hand in the place of honor and power. Let heaven fill your thoughts. Do not think only about things down here on earth. For you died when Christ died, and your real life is hidden with Christ in God. And when Christ, who is your real life, is revealed to the whole world, you will share in all his glory. NLT

HOW DO YOU RATE YOUR MENTAL HEALTH? A SELF-EVALUATION
(This is often a function of your "family of origin's" ability to handle the truth – a significant inability to deal with truth is a type of *generational sin*)

The Kingdom of the World
(Satan's lies)

The Kingdom of God
(God's truth)

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Total Insanity

Perfect Mental Health

***If this is difficult for you to assess, honestly answer these questions:**

- **Do I struggle with worry?**
- **Am I easy to offend? Do I remain offended for long periods of time?**
 - **Do I have trouble granting forgiveness to another?**
 - **Do I wrestle with guilt?**
 - **Do I often communicate in code?**
 - **Do I have difficulty submitting to authority?**
 - **Do I blame others for my problems?**
 - **Do I regularly try to control others with my anger?**
 - **Do I have strong opinions about nearly everything?**
- **Do I frequently make judgments about things that do not concern me?**
 - **Do I allow myself to be me?**
 - **Do I live in the present?**
- **Do I truly believe God is good and can be trusted?**

Will you become that "transition" person in your family by embracing and living in God's truth and stop the downward trend of your lineage?
