



HHIM CHURCH

“2023 PATHWAY TO HEALTH”

If you're planning to have Great Mental Health:

1. Stay away or avoid negative people as much as possible. 1 Cor. 15:33
2. Stay out of negative environments that foster and breed negative people. 1 Cor. 15:33
3. Learn to take out the trash (negative thoughts), from your mind on a daily basis. Read The Word. (renew that mind) Rom. 12:1-2
4. Learn to speak positive affirmations over your life daily. Mark 11:23-24
5. Learn to cast down & rebuke negative thoughts that come to your mind with outspoken words. 2 Cor. 10:5
6. Remember you never fight thoughts with thoughts. You fight negative thoughts with the spoken Word of God. Eph. 6:16
7. Remember to always guard your heart at all times. Prov. 4:23
8. Be mindful of what you allow into your Ear and Eye gate. Psl. 101:2-3
9. Be mindful what you allow out of your Mouth gate. Proverbs 18:21
10. Your peace should be everything to you. Remember, “If it disturbs my peace, then it costs more than I am willing to pay.” Phil. 4:6-7

****Bonus:** Some people I owe no explanation to. This is my life, and I plan on living a good life with the help of God.

