

# 10 powerful scriptures to speak over your mind

*the key to your mental health*

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BY COACH CHEFI

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# Hello and Welcome!

We can all agree that the battle definitely takes place in the mind. As someone who has dealt with trauma, I know the mind can be filled with constant chatter. The brain is wired to remind us of past failures, limitations, and regrets. It's hard to see the **“new thing” God is doing (Isaiah 43:19)** when our thinking is stuck in limitation, making us susceptible to repeating old patterns. Yet Christ says, “I have come that they may have life and have it abundantly” (John 10:10).

The scriptures below have helped me not only to be grateful for the power of the mind, but also to strengthen my mental health. Choose one that the Holy Spirit highlights for you, and let it be your weapon to overcome. Remember, you are more than a conqueror in Christ Jesus. Your mind, when aligned with the mind of God, shapes your reality.

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# Who is Coach Chefi?

Chefiatou is the creator of Genesis Dance Therapy (GDT), a unique, neuroscience-informed psychotherapeutic approach that fuses African dance, biblical principles, and somatic movement. Drawing on the latest neuroscience research, GDT harnesses the power of expressive movement to support the brain's adaptability and regulate the nervous system, embracing the twin goals of "release" and "renew." Through this holistic focus on mind, body, and spirit, participants experience emotional and physical relief, reduced stress and anxiety, and improved mental health. As a result, GDT fosters a renewed sense of purpose and resilience, empowering individuals to face life's challenges with greater confidence.



## Do You Need More Help?

**Schedule a free call**

<https://form.jotform.com/241696029077161>

**Your self-esteem Journal**

<https://coachchefi.systeme.io/4a9a278b>

**Release Anxiety Journal**

<https://coachchefi.systeme.io/journal>

**Step into your purpose**

<https://coachchefi.systeme.io/a6f44c0f>

**Genesis Dance Therapy**

Coaching and Dance Therapy

DM: [ssimdaca@gmail.com](mailto:ssimdaca@gmail.com)

## INSTRUCTION

# How to engage the word

It is not by might, nor by power, but by the spirit of the Lord

*Zechariah 4:6*

1. Allow the Holy Spirit to breath upon the word  
Choose the scripture that the Holy spirit has highlighted for you

2. Personalize the scripture with your name or "I"  
Write it here:

3. 3 minutes a day mutter this scripture until it becomes your reality  
You will get a deeper revelation as you continue to ponder upon this word. For better result, speak the word out loud to silence any chattering in the mind.

# 2 Corinthians 10:5

## I Submit my thoughts to Christ

I demolish arguments and every pretension that sets itself up against the knowledge of God, and I take captive every thought to make it obedient to Christ.



# I Corinthians 2:16

**I have the mind of Christ**

‘Who has known the mind of the Lord so as to instruct him?’  
But I have the mind of Christ.



# Philippians 4:6-7

## **The Peace of God guards my mind in Christ Jesus**

I am not anxious about anything,  
but in everything by prayer and  
supplication with thanksgiving I  
let my requests be made known  
to God. And the peace of God,  
which surpasses all  
understanding, will guard my  
heart and my mind in Christ  
Jesus



# Philippians 2:5

**The Peace of God guards  
my mind in Christ Jesus**

I Have this mind which is in  
Christ Jesus



# Romans 8:6

## God's Spirit governs my mind

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace



# 2 Timothy 1:7

**My thoughts are of love**

For God has not given me a spirit of fear, but one of power, love, and sound judgment



# Romans 12:2

**My mind is renewed daily  
in the word of God**

I Do not conform to the pattern  
of this world, but I am  
transformed by the renewing of  
my mind.



# Isaiah 55:8-9

God's thoughts give me peace.

For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord.  
"As the heavens are higher than the earth, so are God's ways higher than my ways and His thoughts than my thoughts.



# Philippians 4:8

## My thoughts are guided

whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—I think about such things.



# Colossians 3: 2

**My thoughts are on  
things that are above**

I Set my mind on things that are  
above, not on things that are on  
earth.

