Mental toughness is a sense of well being, confidence and self-esteem.  When we are mentally tough we can use our abilities to reach our full potential and deal with life’s challenges.

How do we become mentally tough?

The Holy Bible is our true source of wisdom. I have researched some Bible verses to find things we can do to help us be mental tough enough to perform at 100% of our abilities. So here our ten things I found that we need to do to be at our best.

1. Learn to set priorities:
   1. Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.
      * 1. The cross is the best way to set priorities’. The vertical beam is set in stone, and does not change. God first, family second, career third. The horizontal beam priorities’ is to put first the things that will help accomplish what you think God is calling you to do.
2. Avoid negative people

a. [Matthew 15:](http://bible.knowing-jesus.com/Matthew/15/10)11Jesus said to them, "Hear and understand."It is not what enters into the mouth that defiles the man, but what proceeds out of the mouth, that defiles the man." Do not let negative people pull you down.

1. Pick friends wisely

# Proverbs 27:17states “As iron sharpens iron, so one person sharpens another.”

# Only pick friends who will make you a better person. Not “yes” men but friends who will help you stay accountable to God.

1. Develop a aptitude of gratitude
   1. Luke chapter 11

Never take anyone for granted. Everyone wants to feel appreciated.

* 1. Be strong
  2. Psalm 82: 3-4 “Defend the weak; uphold the cause of the poor and the oppressed. Rescue the weak and the needy; deliver them from the hand of the wicked.” Be strong enough to defend the weak against the crowd.

1. Do not compare yourself to others
   1. Psalm 139:14 “I praise you, for I am fearfully and wonderfully made.” If you were designed and created by the creator of the universe why waste time comparing.
2. Accept responsibilities

# Romans 5:3-4 “Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4and endurance produces character, and character produces hope.” If you can’t accept your failures, you can’t accept your successes.

1. Invest your time don’t just spend it.

# Ephesians 5:16 says “making the best use of the time, because the days are evil.” I heard on the radio the average adults spend 6 hours a day watching TV and Social Media. I wonder what would happen if we just took a third of that time and invested in prayer and Bible study.

1. Do your best at all times.

a. (Galatians 6:4) “Let everyone be sure to do his very best, for then he will have the personal satisfaction of work done well.” Don’t let society talk you into accepting mediocrity.

1. When opportunity knocks open the door.

a. [Colossians 4:5](http://www.topverses.com/Bible/Colossians/4/5)  “Be wise in the way you act toward outsiders”. Make the most of every opportunity.

God designed us for greatness, if we are mentally tough enough we can, thru Christ change the world.

(This is the outline I used for my speech.)