Message Notes for May 31, 2020	
Message Title: How does a person stay mentally sharp?	
time to think each week	
This should be your ambition: to live a quiet life	I Thessalonians 4:11a LIV
Bring the winter coat I left in Troas with Carpus; also the books and parchment notebooks.	2 Timothy 4:13 MES
Spend time with	
Walk with the wise and become wise, for a companion of fools suffers harm.	Proverbs 13:20 NIV
My child, listen and be wise:  Keep your heart on the right course.	Proverbs 23:19 NLT
Learn to ask	
or things down	
Take advantage or times	
always learning but never able to come to a know	ledge of the truth. 2 Timothy 3:7 NIV
that I may know Him and the power of His resurre	ection Philippians 3:10a NKJV