

## GOD WILL KEEP YOUR MIND

Trust God, stay focused on Him, and He will give you peace.

### KEY POINTS

- ❖ A person's quality of life is affected by the way they think. This is a very topical subject in culture today. In fact, statistics from various sources, including the Centre for Addiction and Mental Health (CAMH) website, suggest that more than 1 in 5 Canadians experience mental health challenges every year.
- ❖ So, there's definitely a need for inner contentment, which can affect our quality of life. Happily, scripture has solutions.
- ❖ "Mental health," in broad terms, "refers to the psychological and emotional well-being of a person at a given place and time in their life. The **quality of our mental and physical health** can deteriorate, which sometimes results in illness. Some important things to consider when talking about mental health include a person's personal experience and their ability to negotiate their way in society" (definition provided by Bart Campbell).
- ❖ Navigating life's journey can be precarious. In fact, the Bible says that "There is a way that appears to be right, but in the end it leads to death" (Proverbs 14:12).
- ❖ But Psalm 119:105 says, "Your word is a lamp for my feet, a light on my path." God will keep your mind. Trust God, stay focused on Him, and He will give you peace.
- ❖ The Interlinear Bible uses the following words to define the word "trust": confident, bold, secure, feel safe, without care.
- ❖ Is that how you feel about God? Are you safe, secure in Him? Can you cast your cares upon Him with total abandonment, fully confident that He'll hold you?
- ❖ In a world of competing claims to truth, you need to have a made-up mind (see Ps. 20:7; Prov. 3:5).
- ❖ Just before Jesus was taken captive in Gethsemane, He told Peter that Satan desired to sift him like wheat (Luke 21:31-32). Put simply, Satan wanted to test him like he did Job, to prove if Peter really trusted God.
- ❖ This is a great illustration: take away the job, remove the money, let your health deteriorate; you'll see your friends walk away from you and then you will be exposed to yourself. What is left still standing? In the end, who or what do you really trust?
- ❖ That's why conversion and discipleship are so important. If you're going to come to Jesus to address mental health challenges, you must first believe that He exists, that He is the ultimate Creator and Sustainer of all of creation.
- ❖ The Interlinear Bible defines "mind" as: a form, framing, purpose, imagination, device, purpose.

### KEY SCRIPTURES (NIV):

Isaiah 26:1-4; Proverbs 20:29

- ❖ When things outside you shock you, how does that affect your inner stability? It isn't so much the external things that immobilize you as much as your inner frame, your mind.
- ❖ The Bible tells us that what's going on *inside* you has way more impact than what's going on *outside* you (Prov. 23:6). Jesus also highlights this fact in Matthew 23:25-28.
- ❖ That's why you have to be selective about what you put into your mind, because that is what forms you.
- ❖ Put God's promises and principles into your mind. Learn what He says you shouldn't put in your mind and make sure to keep those things out. This is how you can be going through hell while feeling that you're in heaven. When God is your focus, He'll keep you in perfect peace.
- ❖ Now, the Interlinear Bible breaks down "perfect peace" in the following way: "perfect" means complete or whole; "peace" is *shalom*: completeness, soundness, welfare; peace with God, covenantally, and with human relationships; contentment.
- ❖ When we have God's perfect peace inside, the fruit of the Spirit spoken of in Galatians 5:22 is what shows up outside.
- ❖ Negative reinforcement is several times as powerful as positive reinforcement. It's no wonder that the sage writes, "Guard your heart" (Prov. 4:23).
- ❖ Do you want inner peace? Get to know Jesus personally and keep that relationship growing.
- ❖ Know who you are; be content with who you are. Then, know what you are and what you want to be. And then pursue that but in the context of who you are—who God made you.
- ❖ Trust God, stay focused on Him, and He will give you peace (Isaiah 26:3-4).

### DISCUSSION/REFLECTION TOOLS

1. Read Isaiah 26:3-4 and Philippians 4:8-9. In what ways can we keep our minds on God, so that we may have perfect peace?
2. Review Galatians 5:22. Provide your own definition for each fruit of the Spirit and discuss how they reflect what is happening on the inside.

### PRAYER TIME

Lord, help me to keep my mind on You and to place all my trust in You, for You are the one who will keep me in perfect peace.

## WEEK OF SUNDAY, JULY 3, 2022

### NOTES

Meditate as you read through/listen to this week's message. If it helps, use symbols for your notes.

✓ (Reminds me/Confirms) 🌱 (New idea) 🗣️ (Think about)

! (Do this) ❤️ (Speaks to my heart) ↗️ (Must share)

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### PRAYER NEEDS/THANKSGIVINGS

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Go deeper with your Life Group family.  
CONNECT-REFLECT-DISSECT THE  
WORD

Start-up: When things get stressful, how do you decompress? Is this method effective? What happens when you're interrupted?