

## THINGS GOD EXPECTS OF BELIEVERS TO MAINTAIN GOOD MENTAL HEALTH

**Note:** if God commands you to do something, He will make provisions so that you will be able to do what He commands you to do.

1. **LOVE GOD WITH ALL YOUR MIND** (Matthew 22:37-38, Mark 12:30, Luke 10:27).
  - a. If you allow your mind to love lustful things, blasphemous things, satanic things, etc., you will not be able to love God with ALL your mind.
    - i. You must maintain control of your mind at all times by refusing to let your mind dwell upon or fellowship with things that you know will keep you from loving God.
    - ii. Don't say that you can't love God with all your mind. God commands it. Therefore, you can do it.
  
2. **DON'T BE OF DOUBTFUL MIND** (Luke 12:22-29).
  - a. God commands us to believe what He said. Don't doubt His words. Believe the bible.
  - b. Keep your mind stayed on God, and He will give you perfect peace (Isa. 26:3).
  - c. Don't let your mind doubt the bible and begin to wander toward things it shouldn't.
  - d. Don't associate with people who don't believe the bible; they may cause you to begin to have doubts.
  - e. If you find yourself beginning to doubt God's word, rebuke yourself and repent of those thoughts of unbelief.
  
3. **KEEP CONTROL OF YOUR THOUGHTS** (1 Peter 1:13).
  - a. **"Gird up the loins of your mind."** If you let your thoughts wander in your imaginations, it will always lead to negative results.
    - i. Every reference to the imagination in the bible is negative. God wants you to capture your thoughts, rein them in, and keep them under control at all times.
      1. Your imagination will lead you to false theorizing and then to unprovable accusations. This is a form of mental illness.
      2. Fictional literature and TV programs will encourage your imagination to wander. God wants you to guard your mind from unrealistic thoughts.
      3. Foolish choices and actions begin with foolish thoughts in your mind.
  
4. **RENEW THE SPIRIT OF YOUR MIND** (Ephesians 4:22-24).
  - a. When you first got saved, the Holy Spirit came in and convinced you of sin (Jn 16:8) so that you wanted nothing more to do with your old sinful life.
  - b. After you've been saved for a while, your old nature will tempt you to go back to your old sinful ways.
    - i. God wants you to keep your mind where it was when it was new in the Spirit.
    - ii. Your old familiar sins will sometimes allure you. That starts in your mind. Nobody ends up back in their sinful practices without first imagining it.
    - iii. Renew the spirit of your mind. Remember when you first got saved, how much you loved God, loved God's people, loved God's word, and hated sin.