

WHAT DOES GOD INSTRUCT US TO DO FOR MENTAL STABILITY?

1. Love God with all our mind (Mt. 22:37-38).
2. Do not be of a doubtful mind. Believe what God says (Lk. 12:29).
3. Maintain control of your thoughts (1 Pet. 1:13).
4. Renew the spirit of our mind (Eph. 4:22-24).

5. **LET THE MIND OF CHRIST BE IN YOU: SELFLESS, LOOKING OUT FOR OTHERS RATHER THAN SELF (Philippians 2:1-5).**
 - Not striving and competing with others, trying to prove you are better (vs 3).
 - Not doing things for vainglory (vs 3) (“*Look at me*”).
 - Not thinking you are better than others (vs 3).
 - Look not on your own things (vs 4). Most people love themselves more than they ought.
 - We need to focus more on the needs of other people.
 - This results in strong marriages and friendships.
 - This results in more enjoyment of church fellowship.
 - We are taught in school to love ourselves and esteem ourselves highly. This indoctrination is making us mentally unstable.
 - The mind of Christ: completely selfless, willing to give up comforts and conveniences to benefit others.

6. **DON'T LET YOUR MIND BE SHAKEN BY FALSE DOCTRINE (2 Thessalonians 2:1-3)**
 - Stick to what the bible says. Verify every teaching to make sure it matches the bible.
 - False doctrines tend to take your mind off Jesus Christ and the things of God.
 - False doctrines can make you worry about things unnecessarily. They mess with your mind.
 - The headlines created by the news media will trouble you if you don't rest upon what God has told you concerning the true future events.

7. **DON'T LET YOUR MIND GROW WEARY AND FAINT (Hebrews 12:1-3)**
 - Looking to Jesus Christ, trusting Him, and following His example will make you able to cope with the problems in this world without harming your mental keenness and stability.
 - Lay aside every weight. Get rid of anything that will hinder you from living for Jesus.
 - Lay aside your besetting sin (the one that you keep returning to again and again).
 - Patiently run your race for Jesus.
 - Always look to Jesus, the author and finisher of your faith.

8. **BE SOBER MINDED (Titus 2:6, 2:4).**
 - God expects us to be in our right mind.
 - He does not want us to ingest substances that would alter our thinking.
 - He does not want us to allow fear, evil communications, self-love, or disobedience to the word of God to alter our thinking.
 - These things will rob you of a right mind the same as alcohol or drugs.

9. **RENEW YOUR MIND (Romans 12:1-2).**
 - We are exposed to countless types of dirty talk, dirty pictures, blasphemous statements, vain talk, and many other things that make our mind dirty every day, all day long. God wants us to stay on top of it and cleanse it frequently.
 - We do this through repentance, confession, bible reading, and prayer.
 - Don't get lazy with this or you are headed towards mental illness.