

TRINITY LUTHERAN CHURCH

Staying Mentally Strong: A Christian Perspective

A Bible Study Inspired by Amy Morin's 13 Things Mentally Strong People Don't Do

Introduction

Mental strength is not merely self-confidence or positive thinking. For Christians, mental strength is learning to see that our thoughts, emotions, and behaviors are under the lordship of Jesus Christ. Scripture teaches us to take every thought captive to Christ (2 Corinthians 10:5) and to be transformed by the renewing of our minds (Romans 12:2).

Practice Gratitude

Key Scriptures: 1 Thessalonians 5:18; Philippians 4:6-7; Psalm 103:2

Gratitude shifts our focus from what we lack to God's abundant gifts.

Discussion Questions:

- What blessings have I overlooked recently?
- How does gratitude change my attitude toward challenges?

Forgive and Speak the Truth in Love

Key Scriptures: Ephesians 4:31-32; Matthew 18:21-22; Ephesians 4:15

Forgiveness frees us from bitterness while truth builds healthy relationships.

Discussion Questions:

- Who do I need to forgive?
- What conversation needs to happen in love and honesty?

Pursue Incremental Growth Not Taking on the World

Key Scriptures: Zechariah 4:10; Luke 16:10

God often works through small acts of daily faithfulness rather than dramatic change.

Discussion Questions:

- What small step can I take this week?

Accept What You Cannot Control

Key Scriptures: Proverbs 3:5-6; Psalm 46:10; Matthew 6:27

Only God is sovereign. We are called to faithfulness to Him, not control.

Discussion Questions:

- Are my feelings or reactions causing me to trying to manage/control what someone else should do and say?

Stop Trying to Please Everyone

Key Scriptures: Galatians 1:10; Colossians 3:23

Our primary calling is to serve God faithfully, not win universal approval.

Discussion Questions:

- Whose approval am I seeking most?

Take Calculated Not Uncalculated Risks

Key Scriptures: Luke 14:28-30; Proverbs 15:22

Wisdom gathers information, seeks counsel, and plans carefully.

Discussion Questions:

- What decision needs better planning instead of more worrying?
- What incremental steps can I take with God's help to achieve the goal I'm seeking

Learn from the Past Without Living in It

Key Scriptures: Philippians 3:13-14; Isaiah 43:18-19

The past is a teacher, not a permanent place to abide.

Discussion Questions:

- What lesson has God taught me through hardship?
- How can I take that lesson and move forward?

Plan to Learn from Failure

Key Scriptures: James 1:2-4; Proverbs 24:16

Failure can become one of God's greatest tools for growth.

Discussion Questions:

- What failure has strengthened my faith?
- How can I fail fast and fail cheap in this situation?

Replace Envy with Collaboration

Key Scriptures: Romans 12:15; James 3:16

Celebrate the success of others and learn from them.

Discussion Questions:

- Who do I need to encourage rather than envy?
- How can my desires lead me to love & support my neighbor like Jesus teaches me?

Practice Christian Self-Compassion

Key Scriptures: Romans 8:1; Psalm 103:13-14

God's grace applies to you as much as it does to others.

Discussion Questions:

- Would I speak to a friend the way I speak to myself?
- How could I begin to make incremental changes that could change my self thought/talk?

Learn to Be Alone

Key Scriptures: Mark 1:35; Psalm 46:10

Solitude can become a gift when used for prayer, rest, and reflection.

Discussion Questions:

- How can I use my quiet time more faithfully?
- How might that help me when I'm not alone?

Reject Entitlement

Key Scriptures: Acts 20:35; Philippians 2:3-8

Christ calls us to serve rather than demand.

Discussion Questions:

- Where might pride or entitlement be hiding in my life?

The Three Areas of Mental Strength

Healthy Christian living requires attention to thoughts, behaviors, and emotions. Each affects the others. Renew your thoughts through Scripture, direct your behaviors through obedience, and bring your emotions honestly before God in prayer. All the while it remains true that those of faith are loved and cherished children of God. This is not something to be earned, but it already belongs to all those who believe.

Closing Prayer

Lord Jesus Christ, renew our minds through Your Word. Teach us gratitude, humility, wisdom, courage, forgiveness, and faithful service. Help us trust You with what we cannot control and follow You one day at a time. Amen.