



## THE ABUNDANT LIFE – PRACTICES MODELED BY JESUS

National Suicide Prevention Call 1-800-273-8255

Crisis Text Line text "HELLO" to 741741

John 10:10 NLT

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

### Mental Health Practices Modeled By Jesus

1. Be Aware and **Express**

Philippians 4:6 NLT

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

2. **Optimize** Your Health

1 Corinthians 6:19-20 NLT

19 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20 for God bought you with a high price. So you must honor God with your body.

3. **Renew** Your Mind

Romans 12:2 NLT

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

4. **Pursue** Social Support

Hebrews 10:24-25 NLT

24 Let us think of ways to motivate one another to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

5. Stay **Calm**

Psalms 46:10 NLT

"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."

6. Plan **Joy** Everyday

Ephesians 5:15 NLT

So be careful how you live. Don't live like fools, but like those who are wise.

7. Be **Grateful**

1 Thessalonians 5:16-18 NLT

16 Always be joyful. 17 Never stop praying. 18 Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

8. **Adopt** a Role Model Mindset

1 Timothy 4:12 NLT

Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.

9. Find **Meaning**

James 1:2-4 NLT

2 Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. 3 For you know that when your faith is tested, your endurance has a chance to grow. 4 So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

10. Invite Jesus Into **Everything**

Matthew 7:7 NLT

"Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you.