

## **Heal Your Hurting Mind—1**

### **Heal Your Hurting Mind**

*May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. <sup>24</sup>The one who calls you is faithful, and he will do it. 1 Thessalonians 5:23-24 NIV*

**You're a spirit who has a soul that lives in a body.**

**Salvation is instant, but sanctification takes time.**

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. ... Romans 12:2 NIV*

*The LORD is close to the brokenhearted ... Psalm 34:18 NIV*

*God is our refuge and strength ... Psalm 46:1 NIV*

*But when I am afraid, I will put my trust in you. Psalm 56:3 NLT*

*I am overwhelmed with troubles and my life draws near to death. <sup>4</sup>I am counted among those who go down to the pit; I am like one without strength. ... <sup>13</sup>But I cry to you for help, LORD; in the morning my prayer comes before you. <sup>14</sup>Why, LORD, do you reject me and hide your face from me? <sup>18</sup>... darkness is my closest friend.*

*Psalm 88:3-4, 13-14, 18 NIV*

**Getting help isn't a sign of weakness; it's a sign of wisdom.**

*You [God] will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Isaiah 26:3 NLT*

סמך

***samak*: to prop, to lean, to rest your full weight upon**

*His divine power has given us everything we need for a godly life through our knowledge of him ... 2 Peter 1:3 NIV*

**God is my source and my strength.**

**I have everything I need to do everything He called me to do.**

## **TALK IT OVER**

What's your first thought when you hear the words "mental health"?

Read **2 Peter 1:3**. What does having a "godly life" mean to you? How does caring for your mental health affect that lifestyle?

Share about a time when you experienced God's peace in a time of anxiety. What were you doing, or not doing, that allowed you to feel God's presence in that moment?

Start the Bible Plan *5 Strategic Mental Health Memory Verses* using Plans With Friends: [www.go2.lc/renew](http://www.go2.lc/renew)