

*You will keep in perfect peace ... all whose thoughts are fixed on you!*  
Isaiah 26:3 NLT

**samak: to prop, to rest your full weight on an object**

*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.**

*“Peace I leave with you; my peace I give you. I do not give to you as the world gives. ...”* John 14:27 NIV

## TALK IT OVER

Read **Isaiah 26:3**. What does it look like to trust God? How can you fix your thoughts on Him?

Talk about the role God plays in your mental health. What would it look like to bring any mental health struggle to Him?

Share about a time when you experienced God’s peace in the midst of problems or hardships. What were you doing then that you could start doing again?

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Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: [www.go2.lc/mentalhealthplan](http://www.go2.lc/mentalhealthplan)

# PEACE OF MIND — WEEK 1

## THE MOST DANGEROUS MYTHS OF MENTAL HEALTH

*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

### Two Mental Health Myths

- **Myth #1: Christians shouldn't struggle with mental health.**
- **Myth #2: God doesn't care about your mental health.**

### Heman was known for ...

- **Great wisdom (1 Kings 4:31)**
- **Musical ability (1 Chronicles 6:33, 16:41-42)**
- **Committed parenting (1 Chronicles 25:5-6)**
- **Service to king (1 Chronicles 25:6)**

*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>5</sup>I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care. ... <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>You have taken from me friend and neighbor—darkness is my closest friend.*

Psalm 88:3-5, 13-14, 18 NIV

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

*Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." Matthew 22:37 NIV*

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