

New Pleasant Grove MBC

“Set Up for Success” – Part 3

Bible Study Lesson: A Sound Mind and a Steadfast Spirit

Key Verse: 2 Timothy 1:7 (NKJV)

“For God has not given us a spirit of fear, but of power, love, and a sound mind.”

Lesson Overview

This lesson explores how God’s Word supports holistic mental well-being—helping believers recognize their God-given potential, develop healthy coping mechanisms for stress, discover divine purpose, and contribute meaningfully to God’s greater plan.

I. Realizing a Person’s Potential — “Fearfully and Wonderfully Made”

Scripture: Psalm 139:13–16; Ephesians 2:10

Mental health begins with understanding one’s identity in Christ. God created every person with purpose, ability, and worth. Many mental and emotional struggles begin when we forget who we are in God’s eyes.

Discussion Points:

- We are not accidents but intentional creations.
- Our gifts and talents are God’s investment in us for the good of others.
- Realizing potential involves seeing ourselves through God’s eyes, not through comparison or culture.

Application: Write down three strengths or qualities that reflect how God made you unique. Pray Psalm 139:23–24, asking God to show any false beliefs about yourself that hinder growth.

II. Coping Strategies for Stress — “Be Still and Know”

Scripture: Philippians 4:6–8; Matthew 11:28–30; Psalm 46:10

Stress is inevitable, but Scripture provides spiritual coping tools that lead to peace rather than panic. A sound mind is cultivated through prayer, gratitude, rest, and renewing thoughts according to God’s Word.

Biblical Coping Strategies:

1. Prayer and Surrender – Release anxiety to God (Phil. 4:6).
2. Positive Reframing – Think on things that are true, lovely, and praiseworthy (Phil. 4:8).
3. Sabbath Rest – Jesus calls us to find rest in Him (Matt. 11:29).
4. Stillness and Trust – Quiet moments with God calm the inner storm (Ps. 46:10).

Activity: Practice a 5-minute “stillness prayer,” breathing deeply while repeating, “Lord, You are my peace.”

III. Discovering Purpose — “Called According to His Purpose”

Scripture: Romans 8:28; Jeremiah 29:11; Ephesians 4:11–13

Purpose is the anchor of mental health. Knowing why you exist fuels hope and direction. Even in difficulty, God is shaping our story for His glory and our growth.

Discussion Points:

- Every believer has a calling—some visible, others behind the scenes.
- Purpose is discovered through prayer, service, and reflection on your passions and experiences.
- When life feels uncertain, purpose reminds us that God is still working.

Reflection: Write down moments where you felt most alive or useful to others—these often reveal your purpose zones.

IV. Contributing to a Larger Purpose — “The Body of Christ”

Scripture: 1 Corinthians 12:12–27; Matthew 5:14–16; Galatians 6:9–10

Healthy minds thrive in healthy communities. God designed us to contribute to something greater than ourselves—the Kingdom. Serving others provides meaning, combats isolation, and strengthens emotional resilience.

Discussion Points:

- No part of the body is insignificant (1 Cor. 12:22).
- Acts of service and kindness boost both giver and receiver.
- Our collective purpose advances God’s Kingdom on earth.

Application: Identify one way to serve this week—mentor a youth, call someone lonely, or volunteer in church. Reflect on how serving others lifts your mood and strengthens your sense of belonging.

Closing Reflection

Meditation Verse: Isaiah 26:3 — “You will keep in perfect peace those whose minds are steadfast, because they trust in You.”

Group Prayer: Ask God to renew your mind, strengthen your spirit, and guide you toward a balanced life filled with peace, purpose, and service.