

Heal Your Hurting Mind— 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. ²⁴The 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. ⁴I am counted among those who go down to the pit; I am like one without strength. ... ¹³But I cry to you for help, LORD; in the morning my prayer comes before you. ¹⁴Why, LORD, do you reject me and hide your face from me? ¹⁸... 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?