

Soul-Care: Body, Mind, and Spirit

Part 5

January 29, 2023

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.
(3 John 2, New Living Translation)

The weapons of our warfare are not worldly, but are powerful through God for the demolition of strongholds. We demolish arguments and every high-minded thing that is raised up against the knowledge of God, taking every thought captive to obey Christ.
(2 Corinthians 10:4-5, Holman Christian Standard Bible)

HOW CAN I PRIORITIZE MY MENTAL HEALTH IN 2023?

1. Write out your thoughts and feelings.

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.
(Ephesians 2:10, NLT)

Daily journal:

1) What am I feeling?

2) What am I thinking?

3) What am I choosing?

Search me, O God, and know my heart; test me and know my anxious thoughts.
(Psalm 139:23, NLT)

2. Choose to replace false beliefs with truth.

I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.
(Galatians 1:10, NLT)

Lie: "Nobody loves me."

Truth: *God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him.* (1 John 4:9, NLT)

Lie: "I can't win."

Truth: *No, despite all these things, overwhelming victory is ours through Christ, who loved us.* (Romans 8:37, NLT)

3. Remember your source of power.

I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead.
(Ephesians 1:19-20, NLT)

4. Take some practical steps for your mental health.

- Listen to godly music.

Whenever the bad depression... tormented Saul, David got out his harp and played. That would calm Saul down, and he would feel better.
(1 Samuel 16:23, The Message)

- Go outside!

- Put away your screens!

- Sweat!

- Spend time with people who make you laugh!

A cheerful heart is good medicine, but a broken spirit saps a person's strength.
(Proverbs 17:22, NLT)

- Visit a health professional!

5. Fill your mind with God's Word.

Why am I discouraged? Why is my heart so sad? (Psalm 42:5, NLT)

I will put my hope in God! I will praise him again— my Savior and my God!
(Psalm 42:11, NLT)



Winning the War Bible Reading:
<https://bit.ly/WinningtheWarBP>

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.
(Romans 12:2, NLT)

Final thought: Allow God to transform your mind.