



"Mental Health Now & Forever"

Wed August 19, 2026

I. **Philippians 4:4-7**

A. Anxiety, Fear, Worry

1. What category do all of these fall under? Cares of This Life
2. **Mark 4:18-19**
 - **Care – Anything that causes distraction or mental anguish**
 - Like Martha, anyone can be overwhelmed even while serving the Lord.

B. What do you think of when you hear the word "Peace"?

1. **Calm**.... "Peace, Be Still."
2. **Safe** – Not at War, but Peace Time
3. **Quiet**... This is when your mind isn't running in 100 different directions, always trying to keep up. Your mind is at perfect peace!
4. **Rest** – **Matthew 11:28** "Come unto me all ye that are HEAVY LADEN... (Burdened with cares)."
5. **Isaiah 26:3** "You will keep him in perfect peace..."

II. How to Obtain Health for your mind and Keep It

A. **Think on These Things...Philippians 4:8**

1. This is part of the renewing of the mind process.
2. Think on these things.....You choose what you think on. You can either cast down an evil thought or allow it to hang around.

B. **Put on the Helmet of Aalvation...Ephesians 6:17**

1. Your helmet of defense against the enemy's weaponry.
2. Remember, Jesus took on mental anguish in the Garden and through the crown of thorns; you have a crown of righteousness and a helmet of God's saving grace!

C. **Pray in the Spirit...Jude 1:20**

1. There's something to this that the devil doesn't want you to know.
2. If it was just prayer, then why wouldn't the scripture simply say, "Praying to God", or "Praying in Jesus."?
3. The Holy Spirit is the COMFORTER that Jesus sent in His place. Comfort to your soul, comfort to your body, comfort to your mind!
4. **I Corinthians 14:4** "Edifies himself." (Your heart believes, your mind receives).

D. **Put on the Garment of Praise...Isaiah 61:3**

1. Notice what it is for: The Spirit of heaviness (in the mind).
2. When the world is trying to weigh on you, just lift up a voice of praise. It may feel funny at first, but the results are.... "out of this world."