

Mental Health

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Date: 05 May 2013

[0 : 00] Psalm 42 Psalm 42 Let's pray.

Heavenly Father, we thank you for your word, for our fellowshiping, for our praising of your name.! You are worthy, O Lord, worthy to receive glory, honour and praise.

And we thank you, we can praise you with our lips. You've given us lips to sing, to speak and to hear. With ears, Lord, we pray, ears that hear tonight, that you would be glorified, that your word would go forth and be glorified amongst us.

That you would be lifted up, that you would draw all men unto yourself. We thank you, Lord, for the privilege we have just to gather together freely in this nation. For your glory, we pray.

In Jesus' name. Amen. Amen. Amen. I wanted to look tonight at an unusual subject, you could think. And I know there's a student in this subject here tonight.

[1 : 03] He's studying the certificate in mental health. Mental health. My topic is mental health. Mental health. We're going to look at mental health. Mental health problems and some mental health solutions.

Here's a quote. Where we are at in the modern Western world. A quote by a man called Lawrence Robin. A book called Psychotropic Drugs and Popular Culture.

He says this. He says about the modern Western world. They have forever transformed our society into a wall-less asylum. A psychotopia.

Life, it seems, should be pain-free. No anxiety or depression is to be tolerated. Mass media is used to inform and persuade Americans that it is normal to be numb.

Thus creating a society where the majority are mad and medicated. Mental health. It's been said that 20% of America's 50 million public school students have been declared mentally ill.

[2 : 10] And are on prescription drugs like Ritalin, Adderall and Prozac. Antidepressants and tranquilizers. Now I'm not here to argue the point about whether such things are good or bad.

But it's a reflection, isn't it? On the society that we're living in. On the Western world and on the sense that people need to be somehow addressing mental health.

Mental health. Is there a better way to address mental health than that? Psalm 42 verse 11 it says. Why art thou cast down, O my soul?

And why art thou disquieted within me? Hope thou in God. For I shall yet praise Him who is the health of my countenance and my God.

Why art thou cast down, O my soul? Why art thou disquieted within me? Hope thou in God. For I shall yet praise Him who is the health of my countenance and my God.

[3 : 13] There is hope in God. There is hope in God. When we're feeling hopeless. When we're feeling overwhelmed. There is peace in God. A peace that the world gives will be passing here today and gone tomorrow.

But the peace that He can give is everlasting peace. The peace of the Prince of Peace is permanent peace. Permanent peace. So we're going to look at some mental health problems today. Mental health problems. And this is not to minimise or trivialise that some people do have real and serious problems in their thinking and in their mind.

I'm not trivialising this away. It's real for some people. And many people suffer this affliction. And for a lifetime they grapple with it. They suffer with it.

Some depression and troubled hearts is due to circumstances or feelings of loneliness. That might be the circumstances around the bound. Some disquiet of heart and mind can be through grief and loss.

[4 : 16] A tragedy, a sad occasion has stopped them in their tracks and caused them unease in their mind.

It could be hurt caused by others. Or trials, heavy crosses to bear. Yet there remains a hope. There is a hope. The Bible says there is a hope for you.

There is a hope for me. A hope. A peace. That transcends circumstances. And holds us steady through stormy seas that face us.

A man called Nicholas Ridley knew just that. As he was preparing to be burnt at the stake. In 1555. Because he was a witness for Christ.

He was held in prison and was to be taken to his execution. And on the night before that execution. His brother said to Ridley. Would you like some assistance and comfort?

[5 : 14] You know this must be a troubling time. The next day he was to be burnt at the stake. Not a comfortable way to go. But Nicholas declined the offer.

And he replied that he meant to go to bed and sleep as ever he did in his life. He had that peace of God that could rest in the everlasting arms.

Knowing the Lord was present and would meet his need. And so can we. So can we today. Now what more could you think of that was threatening and gruesome and shocking and ghastly.

Yet have the peace of God in that time. Let's consider some mental health problems that the Word of God tells us about.

I know in service agencies that deal with people. Mental health problems are manifest throughout society. Whether the prison system, the law courts, the police system.

[6 : 12] In family support type agencies. Welfare agencies. Mental health problems are very manifest in Australia today.

And it's something that the Word of God speaks to us about. And we can take heart in what the Word tells us about these things. Some mental health problems today. One is troubled hearts. Troubled hearts. In John 14, 27. Our Lord says, Peace I leave with you. My peace I give unto you. Not as the world giveth give I unto you.

Let not your heart be troubled. Neither let it be afraid. Our Lord commands us to take heart. He says, I give not like the world gives.

My peace I give. And in the context of John 14, 27. It tells us of another comforter. We read there that our Lord promises to give us another comforter.

[7 : 14] The Holy Spirit. To help us, to guide us, to strengthen, empower and lead us. Troubled hearts. It's a mental health problem.

God says, I'm going to give you another comforter. Jesus says, I'm going away, but I will be with you in the person of my spirit. Troubled hearts. Another mental health problem is carefulness. Carefulness. In other words, being full of care. Full of care. And anxiety. And worry. It speaks to that in Philippians 4, verses 6 to 7, where it says, Be careful for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known unto God.

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Carefulness.

Being full of care. Full of worry and anxiety. The solution for you, for me, is to pray. Be careful for nothing, but pray about everything.

[8 : 26] Pray. Know the presence of God in the circumstance. The Lord Jesus promises peace. And the peace that our Lord gives is not the absence of trouble, but it is the confidence that He is there with you in that time.

Always. Another mental health problem is carnality. Romans 8, verse 6. Romans 8, verse 6. Carnal means flesh.

It's the flesh, the natural man, the human sinful inclinations, is what it means by carnal.

And carnality, you could say, is associated with mental health problems. For example, we can understand that as we read Romans 8, verse 6, where it says, for to be carnally minded, carnally minded, is dead.

But, to be spiritually minded, is life and peace. What a contrast. Carnality, carnal mindedness, is a mental health problem.

[9 : 33] Instead of being carnally minded, a mind thinking and dwelling on the flesh, and the things of this earthly life, and those desires of earthly nature, to have that spiritual mind.

A spiritual mind, which God says, are life and peace. To be minded about spiritual things, the things that come from God. A spiritual mind is that, which can focus and dwell, on the things of God.

Another mental health problem, is double mindedness. This is one that I suffer with, sometimes.

Double mindedness. I'm driving down the road, and every time, I do this on the way to work sometimes, I think, now shall I go this way or that way?

They both get to the same location, and it just depends on the traffic, on the traffic lights, and I duly hate this, but I wait for the last minute, to decide which way am I going to go.

It just depends on, which way looks like, it might be the quickest at the time. And I can suffer from that. I don't know if you ever have that problem, of being double minded, you can't make up your mind. And the Bible tells us, a double minded man, is unstable in all his ways.

[10:39] That's right. James 1 verse 8, so pray for me in that department. A double minded man, is unstable in all his ways. You've got to watch that, don't we, growing sisters? To watch that double mindedness, that problem, of not being able, to make our mind up.

Another mental health problem, is unforgiveness. Unforgiveness, it's a mental health problem, you could say. In Matthew 6, 14 it says, our Lord tells us, for if you forgive men, they're trespasses, in other words, when men have wronged you, if you forgive them, your heavenly Father, will also forgive you.

So the problem, is unforgiveness. What's the solution? Forgive. Forgive people. Romans 12 verse 10, it says, be kindly affectioned, one to another, with brotherly love.

In honour, preferring one another, be kindly affectioned, one to another, in brotherly love. Let's learn to love one another. We don't have to agree, in every, iota of detail, with what they might, do or believe, but we can have, kindly affection, one to another, in brotherly love.

Now I don't have a brother, but I'm sure, if I did have, a physical brother, I'd probably differ, from him now and again. And you know, we can do that, as brothers and sisters, in Christ, amen. We can differ, from one another, without having to fall out, with one another.

[12:01] So, forgive. Another mental health problem, is worldliness. Worldliness, what is, you know, you might think, these are mental health, what's he going on about? But in a way, having that, that attitude, of worldliness, can cause, a problem, with our mind, with our thinking.

As we can read, in Colossians 2, verse 8, where it says, beware, lest any man spoil you, or in other words, take your captain, spoil you, through philosophy, and vain deceit.

After the tradition of men, after the rudiments, of the world, and not, after Christ. It's after that, kind of, mindset of the world. It can capture us, as a prisoner, and spoil you, through philosophy, and vain deceit.

You know, the worldly philosophy, is broadcast, far and wide. We're constantly, receiving those signals, that are contrary, to the Bible. Worldly philosophies, worldly, theories, worldly, attitudes, humanism.

It can captivate us, and hold us bondage. The answer, is quit being worldly. See when the worldliness, is against you, recognise it, for what it is, and quit being conformed, to this world.

[13:18] Quit thinking, like worldly people. Romans 12, 2, tells us the solution, to this, attack, of worldliness, that we face.

It says, Romans 12, 2, and be not conformed, to this world, but be ye transformed, by the renewing, of your mind, that ye may prove, what is that good, and acceptable, and perfect, will of God.

The will of God. The solution, to this problem, that we face sometimes, of worldliness, that wants to, attack our mind, and change us, is to saturate, our mind, with God's word.

Let it be renewed, by the scriptures. Another mental health problem, is pride. Pride, is a problem, that can, affect, our thinking, our mind, our attitude, our behaviour.

Pride, a mental health problem. In Proverbs 16, verse 18, it says, Pride goeth, before destruction, and a haughty spirit, before a fall.

[14:22] You know, people walking around, thinking, oh, I'm so good, and before the night, they trip up, and they're flat on their face. Because it's pride. Pride is a problem. Pride goes, before destruction.

The more you look into, all these things, that I've been talking about, the more that you see, these mental health problems, are actually, spiritual health problems. Can you see the link?

Mental health problems, in other words, problems with our thinking, our mind, our reasoning, problems that are, mental health problems, as I've been terming them, really and truly, they're, spiritual health problems too.

Spiritual health problems. Because brothers and sisters, spiritual forces, are at work. They're at work all the time, barraging our mind, with messages, that are contrary, to God's word.

And we've got to recognise that, for what it is. We need humbleness of mind. There's various scriptures, that talk about, a humility of mind, a humbleness of mind.

[15 : 23] For example, Colossians 3.12, says put on, like a cloak, like a garment, clothe yourselves, put on therefore, as the elect of God, as God's people, holy and beloved, put on these things, he says, Colossians 3, bowels of mercy.

Now, bowels, it means that innermost man, you know, the bowels, the digestive system, the belly of, the innermost man, if you like, the bowels of mercy.

Some of us have that, that inward compassion, that inward sense, of what is godly and true, of mercies, of kindness, of humbleness of mind, of meekness, of long suffering.

We need humbleness of mind. It's an antidote for pride. Notice that. You ever see that ugly, you know, you don't see this one, but I see that ugly man, Andrew Craig, every time I get up and look in the mirror, and I see the ugliness of that man, the old man, Andrew Craig, he's got to be crucified, and die daily.

And pride, can rear its ugly face, and we need to, smash it down, and have that humbleness of mind, which is the antidote, for pride. And this is something, friends tonight, this is something, that all the best Christians, are wearing today.

[16 : 46] Now this, this is the in fashion, for you, if you want to be really, in fashion, with the angels, and with God himself, there is something, that you must be wearing.

You know, you can't go and buy it down, at Target, or Big W, but all the best Christians, are wearing this garment. It says in 1 Peter, verse 5, of chapter 5, be subject, one to another, and be clothed, with humility.

Be clothed, with humility. Now this is a garment, that we should put on, every day. Be clothed, with humility, for God resists the proud, and he gives grace, to the humble.

Another mental health problem, is self pity. Now I don't know, if you've ever, felt like this, but you know, self pity, we can all be guilty, I mean, I'm assuming, that you're just as bad, as I am, or if not worse, but self pity, self pity, is a mental health problem.

What does the Bible say, Proverbs 14, 14, it says, the backslider, in heart, shall be filled, with his own ways. Shall be filled, with his own ways. I've met people like that, that it's just, all about them.

[17 : 54] It's all about them. Whether it's, you know, whatever their conversation is, or whatever their situation is, they're so self absorbed, self obsessed.

It's as if the whole world, revolves around, their selves. And, you know, and people like that, sometimes, they want to have, a pity party. Self pity. They want to, they want to have a party, all by themselves.

A self pity party. And wallow in it. Self pity, is a mental health problem. You know, the world doesn't revolve, around you or me, or any other human being. But, it says in Philippians 2, let nothing be done, through strife, or vain glory, but in lowliness of mind, let each esteem others, better than themselves.

Look not every man, on his own things, but every man, on the things of others. Think of others, that's a good antidote, to selfishness, self pity. Sin, is a mental health problem.

Sin, it says in Proverbs 13, 15, good understanding, give a favour, but the way, of transgressors, is hard. No wonder people, have fits of depression, and feel, are overwhelmed, by the circumstances, of life, and feel like suicide, and such like, because, the way, of transgressors, is, hard.

[19 : 12] The way, of transgressors, is hard. You see the faces, of people, who have lived lives, in rejection, and rebellion, of God. You can see, the faces, torn and twisted, because the way, of transgressors, is hard.

It won't do you any good, being, living a life, of sin, of rebellion, against God. It's a hard, hard life. Sin, is a mental health problem.

In Titus 1, it says, verse 15, unto the pure, all things are pure, but unto them, that are defiled, and unbelieving, is nothing pure, but even their mind, and conscience, is defiled.

Their mind, is defiled. Their heart, is defiled. A sinner, the way, of the transgressor, is hard, and, their mind, their conscience, is defiled.

It's stained, it rinks, with the filth, and vileness, of their sin. What can we do about this? The Bible tells you, what you can do. Psalm 119, verse 9, Wherewithal shall a young man, cleanse his way, by taking heed thereto, according to thy word.

[20 : 23] Young man, young woman, take heed to the word. That will help, to cleanse the way, to cleanse your heart. 1 John 1, 9, that familiar one, if we confess, our sins, he is faithful, and just to, forgive us, our sins, and to, cleanse us, from all, unrighteousness.

Sin, can be cleansed, can be dealt with, but we need to come, to that only source, of life, our Lord God. Unbelief, is a mental health problem.

No wonder, there's so much, mental health problems. Unbelief, foolishness, comes from unbelief. Psalm 14, 1, the fool hath said, in his heart, there is no God. Proverbs 19, 3, the foolishness of man, perverted his way, and his heart, fretted against the Lord.

People's hearts, are fretting against the Lord, but they don't believe him. The foolishness of man, you know, we had a man, hopped in the service, this morning, telling me, he's an agnostic, and you can see, his heart, is fretting against the Lord.

He denies him, and yet, his heart, his conversation, is all about, the Bible, and God, because his conscience, is still being tormented, by his unbelief.

[21 : 37] The foolishness of this world, is, sorry, the wisdom of this world, is foolishness with God. You know, you can have, all the letters, under the sun, after your name, and the Bible says, the wisdom of this world, is foolishness with God.

We can miss the whole point, 1 Corinthians 3, 19. And of the unbelievers, it says, in whom the God, of this world, hath blinded the minds of them, that believe not.

Lest the light, of the glorious gospel of Christ, should shine unto them, who is the image of God, should shine unto them. So the solution, to unbelief, is faith in God. Faith in God.

Now we've been dwelling, a bit on the, problems, the mental health problems, or if you like really, spiritual health problems, that affect the mind, and the thinking. Let's look now, at some of the, mental health solutions, that the word of God, can give to us.

So take heart tonight. Again, I'm speaking, I trust this might have, some relevance to you. Some of those things, that I've talked about, are common to man. Faith, is a mental health, solution.

[22 : 47] Stay in your mind, on God. Isaiah 26, verse 3, it says, Thou wilt keep him, in perfect peace, his mind is stayed on thee, because he trusted in thee.

Stay in your mind, on God, will help to, grant you peace. He will grant you, perfect peace. Another thing, is to guard, what goes into the ear gate, and the eye gate, into the mind.

Thus saith the Lord, learn not the way, of the heathen. Jeremiah 10, verse 2. Again, that barrage, is constantly coming, against us. We can turn that button off. Learn not the way, of the heathen.

Turn the button off. It's simple, really, isn't it? In the school, places now, school books, sometimes, someone was just telling me, this morning, how they've heard about, such cases, of what the children, are being taught.

We need to be guarding that. Parents, taking your children, to public schools, guard, guard it carefully, because, there's some dangers, but it's everywhere. It's everywhere. It's down at the shopping centres, it's over the internet, it's everywhere.

[23 : 55] Disney movies, and some might laugh, when I erase such a thing, but Disney movies, have got subtle messages, magic, paganism, fairies, spells, witches, occult themes, occult themes, that replete, in some of these modern movies, even some, that are seemingly harmless, PG, stay your mind on God, stay your mind on God, and he will give you perfect peace.

Let's look at some more solutions. The peace of God, is a mental health solution today. Friends, it's the greatest solution, it's the greatest antidote, if you're feeling depressed, if you're feeling ever, like you're overwhelmed, like things are too much for you, if you're feeling stressed, the peace of God, the peace of God, that is the answer.

In Philippians 4 verse 7, and the peace of God, which passeth all understanding, shall keep your hearts and minds, through Christ Jesus. Colossians 3 verse 15, let the peace of God rule in your hearts.

Let the peace of God rule in your hearts. Friends, there's so much, I'm really just scratching the surface tonight, there's so much more that we could say, but God's peace, is the antidote, for man's, peacelessness.

God's peace, is the antidote, to man's lack of peace. Charles Wesley said this, I rest beneath, the almighty shade, my grief expire, my troubles cease, thou Lord, on whom my soul is stayed, wilt keep me still, in perfect peace.

[25 : 28] Understanding the will of God, is a mental health problem, a solution rather.

Understanding his will. In Ephesians 5, you could read much more than this one verse, but verse 17, it says, be not unwise, but understanding what the will of the Lord is.

Smashing strongholds, is a mental health solution. When you're feeling like you're getting those attacks, when you're feeling like you're under the pump, when pressure and stress is coming your way, smash down those strongholds.

In 2 Corinthians 10, verse 5, for the weapons of our warfare, are not carnal, but mighty through God, for the pulling down of strongholds. Casting down imaginations, and every high thing, that exalted itself against the knowledge of God, and bringing into captivity, every thought, into the obedience of Christ.

Demolish those strongholds, that rise up, those strongholds of unbelief, strongholds of sin, strongholds of evil addictions, strongholds of lewdness and sin.

Demolishing strongholds, is a mental health solution. Taking heed to yourselves, is another solution. In Luke 21, the Lord Jesus says, take heed to yourselves, lest at any time, your hearts, be overcharged, with surfeiting and drunkenness.

[26 : 50] So in other words, parting and drunkenness, the cares of this life, so that that day comes upon you, unawares. Take heed to yourselves. Take heed to yourself.

We've all got limits, we've all got capacities, we've all got our, um, breaking point, I suppose, if you like. And we've got to take heed to ourselves.

Sometimes we get sick. Sometimes you're too sick to come to church. That's okay. And don't feel like you have to. You don't want to get your bugs. You know? Sometimes you've got to take heed to yourself.

Take heed to yourself. And the sense here is, of looking after yourself. Sometimes having a, a healthy work ethic, is a good thing too. Taking heed to yourself.

Sometimes it's good, to work hard. There's nothing wrong with that. In Proverbs 6 verse 6, it says, Go to the ant, thou sluggard, consider her ways, and be wise.

[27 : 49] You know, if you're feeling like you need to learn something, go, go, stick your nose down on the ground, and have a look at the ants. You might learn something. Amen? Consider the ant, thou sluggard, consider her ways, and be wise.

You know, sometimes we can, be so down in the dumps, that we, just want to, mope around and do nothing. But, the idle mind is the devil's playground, someone has said, isn't it?

And sometimes we can just, it just accelerates, and deepens that, feeling of depression, of sadness, of, of, feeling down. And, it's sometimes good to, have a healthy, um, occupation, of yourself.

Occupy yourself with something good. Then on the other side of the coin, we can overdo that too, can't we? On the other side of the coin, take time out, and rest. As our Lord says, come here apart, and rest a while.

Mark 6, 31. So, take care of yourself, take hand to yourself, take care of yourself physically. Don't resort to the nicotine, or to the bottle, or to a reliance on too much caffeine.

[28 : 59] Make wise choices about your health. Take that prescription from Dr. Jesus, come here apart yourselves, and rest a while. Before you come apart, Amen. Alright?

Some other solutions, of, of, conscious of time, choosing righteousness, is a solution. Choosing righteousness. Set your affection, on things above.

Not on things on the earth. Colossians 3, verse 2. God has not given to us, a spirit of, uh, fear, but of, power, and of love, and of a sound mind.

God's given us, that ability, to choose righteousness. Obedience, is a solution. It tells us, um, be strong in the Lord, and in the power, of his might.

Ephesians 6. 1 Peter 1, it says, gird up the loins of your mind. Be sober. So, there's a sense where, you know, um, the girding up, it means put a belt on.

[29 : 57] It means, uh, get, get things together, and as it were. And we need to get our mind together. Get our mind in that place, that God wants it to be. To be sober.

And so, something prevalent, in our world today, they go to the bottles, to solve their mental health problems. It's totally, the wrong thing to do. The mind of Christ, is a mental health solution.

1 Corinthians 2, verse 16. We have the mind of Christ. Someone said this, let the mind of the Master, be the Master, of your mind.

That's a good little saying, isn't it? Let the mind of the Master, be the Master, of your mind. Holy Spirit empowerment, is a mental health solution. The disciples were filled with joy, and with the Holy Ghost.

In Acts 13, 52. The disciples were filled, with joy, and with the Holy Ghost. That includes your mind, doesn't it? If you're filled, your mind gets filled, with the Holy Spirit.

[30 : 56] Here's the answer, for our powerlessness. The knowledge of the Holy, is a mental health solution. Proverbs 9, verse 10. The fear of the Lord, is the beginning of wisdom, and the knowledge of the Holy, is understanding.

So, there's many things, I'm skipping somewhat here. God's Word, is a mental health solution. The entrance of thy words, giveth light, it giveth understanding, unto the simple.

Psalm 119, verse 130. So, friends, God's Word, is that, essential manual, for the mind. They search the Scriptures, don't they? They have a readiness of mind, in Acts 17.

We can choose, to get our counsel, from all kinds of directions. Psalm 1 says, that, Blessed is the man, who walketh not, in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth, in the seat of the scornful.

But, his delight's in the Word. It's the Word, that we can get, our counsel from. We can resort, to ungodly counsel. Friends, we need to, watch out, where are we getting, our counsel from?

[32 : 01] The counsel of the ungodly. Lot, chose the counsel of the ungodly. He pitched his tent, towards Sodom, and before you knew it, he was living there. Modern psychology, some resort to that.

But it doesn't address, the, essential factor, of sin. Psychology, can miss, the essential factor, for the healing of the soul, which is sin.

Men do not need, education, reformation, or rehabilitation, but they need, regeneration. Only God, can do that. Worldly thinking, it infects, our everyday lives.

The media, the, the ungodly celebrities, you know, the latest goss, from Hollywood, some people, turn to that. They tune into that.

We shouldn't tune into that. Change the dial. Change the dial. Stop tuning into that. It's the counsel, of the ungodly. Rather, choose God's counsel. Choose God's counsel.

[32 : 58] Find some godly, broadcasts you can listen to. Find some godly, reading material. Search the scriptures. We've looked at, mental health.

Again, I'm not wanting to trivialise this. Some people need, to seek, support, for such things. But, I'm looking at it, in the terms of the spiritual angle.

That can be missing, from worldly counsel. The spiritual angle, they can miss that, altogether.

People walking around, in a fog, in a depression, sometimes, drunk to their eyeballs, and they miss, God's truth.

Because they're not, searching for God. They're not, finding the answer. That, can only be found, in Him. And tonight, I just want to plead with you, today, I'm not, making the assumption, that everyone here, hearing this, is saved.

I urge you today, to consider, that condition of your mind, that condition of your heart, your spirit.

The word says, in Ephesians 4, be renewed, in the spirit, of your mind.

[34 : 07] Romans 12, 2, it says, be transformed, by the renewing, of your mind. We've been talking, about, mental health problems. In other words, that problem, that, that, that overwhelming sense, that some people have, that life is, uh, hard, that, uh, things are, are not, um, satisfying, that, that there's a hopelessness, about their life.

The psalmist said, verse 42, chapter 42, verse 11, why art down, cast down, O my soul?

Why? Why are you cast down, O my soul? Why are you disquieted, within me? Hope thou, in God. For I shall yet, praise him, who is the health, of my countenance, and my God.

The psalmist, saw, he spoke to his soul. He said, why are you cast down? Why are you feeling, such a misery? Why are you feeling, so lousy? Hope thou, in God.

He's the health, of your countenance. He is the one, who is your hope. Friends, tonight, I urge you, if you're not saved, hope thou, in God.

[35 : 25] Hope thou, in God. Put your trust, in him. And know what it is, to have peace, with God, through our Lord, Jesus Christ. Know what it is, to know the Lord, of peace himself, who will give you, peace always, by all means.

2 Thessalonians, 3, 16. Now the God of peace, be with you all. Amen. Romans 15, 33. Let me just wrap up, as we just close our eyes, for a moment, we've been talking about, a health of a mind, of a mindset.

We've talked about, the various feelings, that people can have, as they have, a sense of hopelessness, as they have, a sense of, carefulness, of being troubled, in their hearts, of carnality, of being double-minded, of unforgiveness, of worldliness, of pride, of self-pity, of unbelief, of that lack of faith, that the antidote, is the peace of God, it's the will of God, it's the smashing, of strongholds, it's the taking heed, to ourselves, it's the choosing, of God's way, it's the finding, of the mind of Christ, it's the Holy Spirit, filling, it's the searching, of the scriptures, it's the knowledge, of the Holy, it's the turning, to God's truth, we pray Lord, tonight, if there's any here present, they've yet to trust you, that they'll know, what it is, to know the Holy, to know, the God of peace, to know the one, who gives peace, beyond what this world, can give, the one, who gives peace, that passes, our understanding, we can't take it in, we can't comprehend it, it's hard to define it, and relate it, in earthly terms, yet Lord, you are the Prince of Peace, the God of Peace, the Lord of Peace, and peace, eternal, is only found, in you, we pray, if there's any yet, to trust you, that they'll find, that absolute, and constant, and forever, source of peace, that is in the everlasting arms, Lord, we pray, if there are any believers, tonight, that we as believers, we can be subject, to the things, that are common to man, common to man, common to unsaved man, common to saved man, those things, that will tempt, and interfere, those barraging messages, of unbelief, of worldly philosophies, and worldly counsel, help us Lord, to recognize them, for what they are, help us Lord, to choose righteousness, help us Lord, to renew our minds, as you give us, strength and wisdom to, help us Lord, to be understanding, what the will of the Lord is, for our life, dear Lord, guide us, help us, to be responsive, to your Holy Spirit, help us Lord, not to linger, in that self pity, and that selfishness, and yet Lord, to find, that peace, that is found, at the foot of the cross, as we yield, our hearts to you, as we, crumble at your feet, as we, resign, the control, of our life, into your hands, Lord, that you would be glorified, in Jesus name we pray, amen, amen, God bless you tonight, and we will just close with a quick, Thank you.