

### **Key Thoughts for Enjoying Good Mental Health**

(Accumulated over 31 years of comforting the afflicted and afflicting the comfortable)

*“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”*  
(Romans 12:3 NIV)

#### **A. On God and Us**

1. "All sin is rooted in the suspicion that God is not good." Oswald Chambers
2. Life is not manageable. If it were, we would never return to God.
3. You certainly do not want what you deserve. If you received what you deserved, God would immediately drop-kick you into hell.
4. "Never take up another’s offense." Oswald Chambers
5. “So we make it our goal to please him, whether we are at home in the body or away from it.” (2 Cor. 5:9)
6. The only identity that cannot be taken from you in a matter of seconds is the identity you possess as a follower of Jesus Christ.
7. God is good and can be trusted. He is perfect; He is powerful; He is passionate about you, and He is paying attention.
8. Joy is very often a function of high hopes and low expectations.
9. You are a creature of habit. You get to choose whether you will be enslaved to good habits or to bad ones.
10. Little right things done over a long period of time pay big dividends.
11. You are wise if you concern yourself with only those things over which you have some control.
12. Obeying God may occasionally appear to be to your detriment, but obedience to Him is never truly to your detriment.
13. If you are either *offended* or *worried* you are in disobedience to God and will fail to enjoy many of the benefits of His Kingdom.
14. The only true tragedy in life is to die outside of Jesus Christ.

15. The secret of contentment in all circumstances is embracing the truth that *obeying God* is the only thing in life that matters.
16. Anger is the result of either: 1) being offended or 2) having “your plan” disrupted.
17. God never intended for you to take your own revenge.
18. When a person’s level of desperation exceeds his level of embarrassment, he is a candidate for the Kingdom of God.
19. You have two great needs: 1) forgiveness and 2) goodness. Only God, through His Holy Spirit, can provide you with both.
20. You will become most useful and most content when you realize that life is not about you but about God.
21. You were not wired to *own* anything. You were created to be stewards of God’s stuff.
22. Your “work” on earth is to believe (*trust in, rely on, cling to, surrender to*) in Jesus Christ.
23. How you think about God and yourself will drastically effect your conduct.
24. God wants you to be free from *grudges, guilt, grief, and fear*.
25. "*Gratitude* is the mother of all virtues." G. K. Chesterton
26. “because by one sacrifice he has made perfect forever those who are being made holy.” (Heb. 10:14 NIV)
27. If your life is characterized by love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control, you are likely among that happy minority who enjoy life in the Kingdom of God.
28. "Christ calls us to blessedness and goodness. The two enemies of blessedness and goodness are 1) the desire for the approval of others and 2) the desire to secure ourselves with material wealth." Dallas Willard

**B. *On Marriage***

- 1. All good relationships are built upon: 1) kind words and 2) shared experiences.**
- 2. Honor and obey God by treating your spouse extravagantly well with no concern for your spouse's response. Real life is found in pleasing God and not ourselves or others.**
- 3. For a married disciple of Jesus Christ neither divorce nor a mediocre marriage is an option.**
- 4. Understand that forgiveness is not about feelings or forgetting or saying that the offense did not matter. It is simply a decision that you make, based on God's incredible grace to you, not to use an offense against another.**
- 5. As a husband and wife grow individually closer to God, they will inevitably grow closer to one another.**
- 6. Functional relationships are those where *the truth* regarding any subject can be handled by all parties.**
- 7. An affair is a conspiracy to create a fantasy.**
- 8. Neither your *spouse* nor your *kids*; neither your *job* nor your *recreations* have the capacity to make you happy.**
- 9. All human relationships function well when the *emotional deposits* exceed *emotional withdrawals*.**
- 10. Couples who *pray* together *stay* together.**
- 11. Good *prayer* and good *sex* "bullet-proof" a marriage.**
- 12. Every married couple needs a mentor. *Submit* your relationship to the counsel of a Godly friend who knows the Bible well.**
- 13. God will hold the husband accountable for being the prophet, the priest, and the warrior-king of his household. God will hold the wife accountable for being submitted to her husband's leadership.**
- 14. If Jesus Christ is your "boss", solving relationship problems is truly child's play. You simply determine what God commands in the Bible and obey.**

C. *On Raising Kids*

1. The greatest thing you can do for your kids is to *love your spouse*.
2. Your children are really God's children; He loves them even more than you do and is far more capable of keeping them safe and of bringing them to maturity.
3. You become what the significant people in your life encourage you to become.

D. *On Work & Play*

1. Your Father, who is at hand, has no shortage of resources.
2. Everyone in the world either needs to know Jesus, or they need to know Him better.
3. "Whatever you do, work at it with all your heart, as working for the Lord, not for men." (Col. 3:23 NIV)
4. God wants us to: *get saved, get well, and get going!*
5. You have 3 resources for which you will be held responsible; 1) your time, 2) your money, 3) your talents.
6. Your job is not to *fix* your neighbor but to *love* your neighbor.
7. "Prosperity knits a man to the world. He feels that he is 'finding his place in it,' while really it is finding its place in him. His increasing reputation, his widening circle of acquaintances, his sense of importance, the growing pressure of absorbing and agreeable work, build up in him a sense of being really at home on Earth, which is just what the devil wants." The Screwtape Letters by C.S. Lewis
8. If you pray and then either worry or speak faithlessly, you might as well highlight your request and stroke the delete key.

*"For we (those who are saved) must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad." (2 Cor. 5:10 NIV)*