

Matt 4:17 *From that time on Jesus began to preach, "Repent, for the kingdom of heaven is near." NIV*

The Kingdom of Heaven – the rule of God in the hearts of men.

The Signs of Wellness

(the blessings of living in compliance to the teachings of Jesus)

As a Christ follower regularly engages in the study of the Word, in prayer, and in intimate fellowship with other sincere believers who will pour into his life, God brings about some wonderful changes in the person's character. I have found that these three characteristics combined are often a signal that the believer is ready to go "make disciples" himself. As best I can describe them, the three characteristics of people who demonstrate this mental and spiritual wellness in their lives are:

1. an inability to remain offended from slights, criticism, & gossip

Rom 12:14-19 NIV

14 Bless those who persecute you; bless and do not curse. 15 Rejoice with those who rejoice; mourn with those who mourn. 16 Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. 17 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. 18 If it is possible, as far as it depends on you, live at peace with everyone. 19 Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

2. an inability to worry about the future

Matt 6:28-34 NIV

28 "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

3. an inability to feel insecure

Ps 139:13-16 NIV

3 For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. 15 My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, 16 your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

