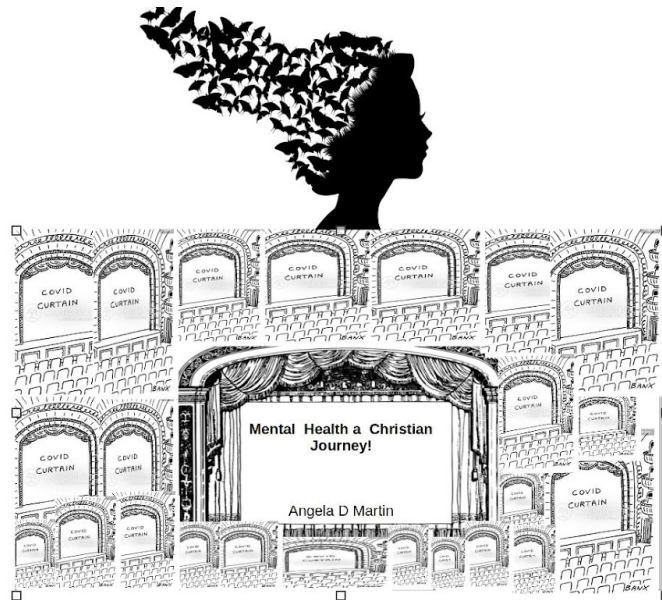


Mental Health A Christian Journey

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Introduction

A warm welcome to this my eleventh book, but fourth in the series of freebies Mental Health a Christian Journey. Why the title? Well All of us I believe have this journey which can even be described as a battle some to more of an extent than others. When I say to more of an extent than others what I mean is a more complex battle to fight and comprehend. Is it that our assignment for God is greater, or is it that we fail to discipline ourselves to tune in and do the groundwork, so that we may experience a life filled with the peace of God and truly acquire good mental health . There is just one thing I ask you if you read any of my publications free/unpaid then send me an email and let me know what you think. Is that too much to ask? vineministryuk@gmail.com

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Chapter 1

What is good Mental Health?

As I am from a scientific background I will retort to using analogies pertaining to this. You have an input and you have an output . The input is what we see, what we hear and the output is what we say and what we do. The input goes into a channel or vessel and comes out the other end; this is the output. What comes out of the vessel is greatly dependent upon how its internal programming is constituted. This programming mechanism that is part matter and mostly spiritual is called the mind. How we internally process and understand something is determined by a combination of many things, some we are aware of and many we are unaware of. It is our aim in life to understand and to find out what those things are in order to acquire excellent programming equipment. This is what we call good mental health. When the output is pure and undistorted and clearly indicates that a full comprehension of what was input originally or even a supper enhanced version of the input then we can say the internal programming mechanism of the thought process is in good condition. We are experiencing Good Mental Health. Does good mental health have a feeling? Some would say an experience of bliss and peace. However, someone could be on drugs which gives them an artificial sense of this but this does have long term effects of codependency and eventually lead to bad mental or ineffective mental health. The Mind is unable to independently decipher problems or make sensible decisions to impact life in a positive and effective way.

Chapter 2

How do we court good Mental Health?

What do we mean by court good Mental Health? Having mental health is a partnership between the person who desires it and mental health itself. I am going to attempt to list ways in which we court good Mental Health.

1# If you want to attract it, research it. Know everything there is to know about it. Why? So that you can identify what supports and what demotes it.

2# Go out on a date with your mental health. What do you mean, I hear you asking? We will gather some data about what you think about certain important life situations and people? What you believe about God. What you believe about certain topics in life. First of all, write down everything you think or feel. Then go out and research each area and jot down notes. Compare this with your list of what you found out by dating your mental health is true or not. Don't beat yourself up about what you find out just know where you are, and what needs correcting.

3# Find out why you think the way you do? What emotions and thoughts trigger bad experiences? What emotions and thoughts trigger good experiences?

Chapter 3

How do we acquire good Mental Health?

Make a decision from the information you gathered from courting your mental health as to what things you are going to read, listen to and watch and spend your time focusing on. This is on the assumption you already know what your God given purpose is in life.

This is one of the hardest steps of all to fulfill and takes a lot of time and dedication to achieve. You may find yourself swinging back and forth from being disciplined to being undisciplined with behavior . Constantly reverting back to old habits and behavior patterns. Be patient, just persist until you achieve the desired goal.

Chapter 4

Thoughts that support good Mental Health?

If you have a goal visit and take pictures of what it is you desire and enjoy. Review what you eat in your diet. Learn about key foods and how they affect the brain. Get a good nutritionist if you can afford one or do the research yourself. This is time well spent. Physical exercise is important so get some in at least three times a week. What is even more important is mental exercise. Give your mind a challenge, a goal, something positive to read or a problem to solve. These are all things that affect your thoughts. One important thing is to choose where you live carefully. A peaceful haven with likeminded people who like the same things as you do but do not promote an unhealthy competitive streak in you. Think about your spirit and nurture it with Bible passages. There is a list I shall give you at the end of this book.

Chapter 5

What is defined as bad Mental Health?

Let us go back to our analogy earlier to help us answer this question. When we create wrong or corrupt output in response to correct input we receive. This is a result of wrong interpretation of the input given, a damaged or malfunction of the internal programming mechanism. What you hear, see, touch, smell or taste moves you to respond in a negative or inappropriate way and causes you or others considerable distress or anguish.

Output can be measured by strange behavior noticeable by all. I can not stress enough how important it is to align your thoughts with that of our agape loving God. There are countless examples of when mental health becomes an issue when disobedience to the will of God and being out of alignment with the thoughts of God. 1 Samuel 16:23 and 1 Samuel 19:24; Number 22:21-39; Romans 1:28

Chapter 6

How do we deter bad Mental Health?

For the Christian believer I would recommend you remain in the will of God. Pray regularly and humble yourself to seek assistance when needed. In prayer don't just speak, listen and discern God's response. Stay in the word of God it is through this medium he reveals much to those who belong to him.

Be slow to anger and quick to be silent and reflect carefully before reacting to situations or information received. Watch what you say to yourself or about others, make sure it is positive and uplifting. Refrain from making negative comments about others that serve no purpose but to tear down what God wishes to build up.

Chapter 7

Bible Verses to support good Mental Health.

Phillipians 4:8

3 John 2

Romans 15:5

Psalm 7:9

Romans 12:2

2 Thessalonians 1:11

Proverbs 17:22

Chapter 8

Help for the Journey

Father God in the name of our Lord Jesus Christ,

I pray for the minds and hearts of all those you have brought to this book.

May you heal their brain cells, permeate every area of their body with your spirit. May you give them the mind of Christ that they will think correctly according to your perfect will.

May you provide for them positive associations and clear directions for them to follow to fulfill their purpose according to your perfect will.

Father may you be glorified in them.

Amen!

From me to you with love.

I would recommend your response : vineministryuk@gmail.com