



Peace of Mind: Part 4

January 28, 2024

A theology of mental health.

Bad theology. Our health. Other's health.

Theology and therapy go together

God trusts you with your mental health

You are not alone when facing health struggles

Theology **acts** on us and moves us to **act**... as individuals and as a church

Philippians 4:7-9

<sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

<sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup> Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

1. Acknowledge this is **important**
2. **Do** what you can **do**
3. Having **long term** health takes a **long time**

There is a promise...

Philippians 4:9b

**AND** the God of peace will be with you.

The peace of God versus the God of peace

# REFLECTIONS

1. What have you learned from this series?  
What do you want to remember most?
  2. Have you felt a call to action in your life?  
Have you noticed a call to action within Christ Church?
  3. Read Philippians 4:8-9. What sticks out to you? What surprises you?  
What do you wish to remember most from it?
  4. Why in your own words is this topic important?
  5. What can you do for your mental health?
  6. What do you want to remain committed to in the long term for long-term health?
  7. Which would you rather have today - “the peace of God” or “the God of peace”? What does it mean to know that “the God of peace” will be with you?
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# RESOURCES

These are some easy entry resources regarding mental health:

- Alabaster Co. Guided Meditations - [YouTube.com/@AlabasterCo](https://www.youtube.com/@AlabasterCo)
- *Winning the War in your Mind* by Craig Groeschel
- Mental Health and Faith Workshop - Feb 10 at Christ Church
- *Conversations on Mental Health & Faith* - A limited-series podcast and YouTube channel from Christ Church - [bit.ly/convomentalhealthfaith](https://bit.ly/convomentalhealthfaith)