

REVIEW:

Mark 12:30 (NIV) - Love the Lord your God with all your *heart* and with all your *soul* and with all your *mind* and with all your *strength*.

- Physical health requires time, attention and effort to **obtain** and **maintain**; mental health is no different
- This is a giant topic with tremendous nuance. Let's discuss it accordingly.
- Mental health is a combination of both *physiology* and *decision-ology*.

Romans 12:1&2 (NIV) - 1Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2Do not conform 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.

- Our mental health is impacted by the health of our relationships and how we rest.

PREVIEW: REMEMBERING

The next key practice of obtaining and maintaining a mentally healthy life is the practice of continually **remembering** truth.

When we **remember** God's truths we transform and renew our minds and we strengthen our mental health

When we **remember** the **truth** about *who God is* and *what he has done* we strengthen our mental health.

When we **remember** the **truth** about *who God says we are* and *how we are to live* we strengthen our mental health.

WHAT TO REMEMBER?**1) God loves what he makes – especially you**

Genesis 1:27 (NIV) - 27So God created mankind in his own image, in the image of God he created them; male and female he created them.

Genesis 1:31 (NIV) - God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

Genesis 2:25 (NIV) - 25Adam and his wife were both naked, and they felt no shame.

- “Man” means remember – Hebrew ‘zakar’ – to mark or to remember

2) God remembers (Noah, Abraham, Rachel, Joseph, Jacob, Psalms...)**3) God wants us to remember that he remembers us**

- Entering the promised land (life) – Moses in Deuteronomy

HOW TO REMEMBER?

- **People**
 - Relationships that encourage, challenge and disciple
- **Practice**
 - Walk the path of life with God and others and **experience** living out truth to **remember** truth
- **Prayer & Praise**

Psalm 63:1-8 (NIV) - 1 O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. 2 I have seen you in your sanctuary and gazed upon your power and glory. 3 Your unfailing love is better than life itself; how I praise you! 4 I will praise you as long as I live, lifting up my hands to you in prayer. 5 You satisfy me more than the richest feast. I will praise you with songs of joy. 6 I lie awake thinking of you, meditating on you through the night. 7 Because you are my helper, I sing for joy in the shadow of your wings. 8 I cling to you; your strong right hand holds me securely.

THE CALL TO HELP OTHERS REMEMBER AND DISCOVER – RELATIONAL DISCIPLESHIP AS THE CHURCH

The continual practice of remembering God's truths results in a strengthened & healthy mind and life. This continual practice will result in a resilient mind and life.

PERSONAL AND SMALL GROUP QUESTIONS:

- When you have forgotten something, what helps you remember?
- Do you tend to remember positive or negative facts? How do you think this impacts your mental health?
- Take some time to think, pray and focus on remembering the times God has kept his promises in your life. Share them with someone.
- In order to remember God's truth, we must first know the truth. What is one action step you can take to learning and remembering God's truth?