

# How to Have Peace of Mind

## Introduction:

- A. It seems that everyone is looking for ways to be happy – to have peace of mind.
- B. How do we develop "peace of mind?"
- C. We need to understand that the Bible is the best "mental health" manual on the face of the earth.

## I. Seek to Eliminate Suspicion and Resentment.

- A. Nursing a grudge is a major factor in unhappiness.
- B. Such a mind-set is condemned and thus to be avoided – Prov.27:4; Js.5:9; cf.1 Tim.6:4,5.
- C. Instead of holding a grudge against another, we should cultivate love in our hearts for them – 1 Jn.2:10,11; 4:7-12; Phil.4:8.

## II. Do Not Live in the Past.

- A. Pre-occupation with old mistakes and failures leads to depression.
- B. Mistakes of the past need to be repented of – Prov.28:13; 1 Jn.1:9; Heb.8:12.
- C. We need to accept God's forgiveness and get on with our lives.

## III. Don't Waste Time Fighting Conditions You Cannot Change.

- A. The serenity prayer, "Lord, help me to change the things I can change; to accept the things I cannot change, and grant me the wisdom to know the difference."
- B. For example, there are some things one can change in a marriage relationship and some things you can't change.
  - 1. Don't become a nag – Prov.21:9,19; 27:15,16.
  - 2. Commend the good qualities, and perhaps the relationship will improve within time.
- C. These same principles apply to all relationships of life.

## IV. Make Yourself Stay Involved with the Living World.

- A. Human beings are sociable beings – Gen.2:18.
- B. He ordained the church for our benefit – so that we can aid one another – Heb.3:13; Heb.10:24,25.

## V. Don't Indulge in Self Pity When Life Hands You a Raw Deal.

- A. Everyone will have "fiery trials" – 1 Pet.4:12.
- B. Everyone will face a certain amount of adversity – Eccl.7:14.
- C. God has promised to provide a way of escape – 1 Cor.10:13.
- D. We can be encourage that others have overcome – 1 Pet.5:8,9.

## VI. Cultivate Love, Joy, Compassion, Good Humor, and Loyalty.

- A. We are to bear forth the fruit of the Spirit – Gal.5:22,23.
- B. Christians are to be filled with the Spirit – Eph.5:18-21.
- C. By following the teachings of the Spirit, we learn to feel good about ourselves.

## VII. Don't Expect Too Much of Yourself.

- A. Sometimes we expect too much of ourselves.
  - 1. Thus, when we fail to accomplish it, we get frustrated.
- B. When one is a Christian, he has something worth while in his life.
  - 1. All other things are only secondary – Matt.16:26.

## **VIII. Have Something Bigger & Better than Self to Believe In.**

- A. We put our faith in God.
  - 1. He is bigger and better than ourselves – Ps.62:1,2,5-8.
- B. Faith in God means we are never alone – He is always watching over us.

### Conclusion:

- A. Through our devotion and obedience to God, we obtain peace in our hearts – Phil.4:6-8; 1 Pet.1:5.
- B. It is God's will that we believe on His Son – Jn.6:29.
  - 1. Jesus Christ brings a lasting peace – Matt.11:28,29; Jn.14:27; 16:33.
- C. Thus, we as Christians have the answers on “How to have peace of mind.”