



MENTAL HEALTH

Q: "What is mental health?"

A: "Who knows?"

There have been 30,000 plus books written on the subject and no-one knows what it is.

Q: What does the Bible say about mental health?

A: Absolutely nothing! The word "mental" **can't** be found in the King James Bible.

Q: What? So we're all doomed to suffer this thing that hits us in the head every minute of the day?

A: No, of course not! The Bible has a term called the "**mind**".

The Bible says

*"And **be not conformed to this world**: but be ye transformed by the **renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God."*
([Romans 12:2](#))

Q: Well how do I renew my mind?

A: Very simple, there are **three** steps:

1. Get saved ... [become a Christian](#)
2. Start studying the King James Bible with the [dispensations](#) contained therein.
The Bible says "*Study to shew thyself approved unto God, a workman that needeth not to be ashamed, **rightly dividing the word of truth.***" ([2 Timothy 2:15](#))
3. Start **learning** the scriptures word for word and **where** they come from. This is called the **renewing of the mind**. [Drench and soak your mind with the scriptures.](#)

Get started right now. Learn the following ditty:

"Dear Friend have you seen, two Timothy three sixteen?"

Verse fifteen chapter two, tells exactly what to do!"

"All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:" (**2 Timothy 3:16**)

"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, **rightly dividing** the word of truth." (**2 Timothy 2:15**)

God with his written word is the only person who can give you mental health.

Well what does "conformed to this world" mean?

When Israel would take over another nation, God explicitly told them to destroy all their pictures and idols that would remind them of the culture they were conquering. God said "Then ye shall drive out all the inhabitants of the land from before you, and **destroy all their pictures**, and destroy all their **molten images**, and quite pluck down all their **high places**:" (**Numbers 33:52**).

How about that for starters?

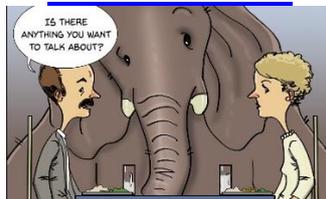
Now God knows we have to live in this world but not be part of it (**1 Corinthians 5:7-13**). It's very subtle thing to be watching something on TV when you know you shouldn't be, but the flesh keeps you there. Movies, and all visual media, are made by non-Christians for non-Christians.

In the beginning was the Word ... **not** the picture, and that is why we are to guard and keep our minds by casting down imaginations that exalt against God's knowledge (**2 Corinthians 10:5**).

There is **only** one mental health to be had and that is called **the renewing of the mind**.

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