



I. INTRO

A. Reminders

- Series "Food for thought" July – Live life on three levels

1 Thessalonians 5:23 (NKJV) Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

- Jesus saves us, but we must go through a process of transformation

Romans 12:2 (NLT) Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Proverbs 23:7a (NKJV) For as he thinks in his heart, so is he...

B. The God of peace and a healthy prosperous soul

3 John 1:1-2 (NKJV) The Elder, to the beloved Gaius, whom I love in truth: ² Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

II. A HEALTHY SOUL

A. Your mental health

- Mental health includes our emotional, psychological, and social well-being
- Stress

B. You just need more of God

C. The point is, people are mentally exhausted

- **If you're struggling, it doesn't mean you're not a good Christian. It means you're human.**

2 Peter 1:5-8 (NKJV) ⁵ But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, ⁶ to knowledge self-control, to self-control perseverance, to perseverance godliness, ⁷ to godliness brotherly kindness, and to brotherly kindness love. ⁸ For if these things are yours and abound, *you* will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.

2 Peter 1:9-10 (NKJV) ⁹ For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins. ¹⁰ Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble;

D. Add to your faith virtue

- **Virtue is moral excellence in words, actions and thoughts**

Proverbs 4:23 (GNT) Be careful how you think; your life is shaped by your thoughts.



III. THE GOD OF PEACE

A. The greatest commandment

Luke 10:27 (TLB) “It says,” he replied, “that you must love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind. And you must love your neighbor just as much as you love yourself.”

B. Perfect peace

Isaiah 26:3 (NLT) You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

- Shalom – Hebrew, “Peace peace”
- Shalom carries the idea that everything is restored to proper order

C. A fixed mind

- The Hebrew word translated “fixed” actually means to prop or rest your full weight... on God
- Perfect peace, isn't found in the absence of problems, it's found in the presence of God