**The Teachings of Jesus and Mental Health**

**Don’t Worry—Be Trusting**

“Do not worry about your life.

Look at the birds of the air, for they neither sow nor reap nor gather into barns;

yet your heavenly Father feeds them. Are you not of more value than they?

Your heavenly Father knows that you need all these things.

But seek first the kingdom of God and His righteousness,

and all these things shall be added to you”

(Recorded by Jesus’ disciple Matthew in chapter 6).

“Don’t be anxious about anything,

but in everything with prayer and earnest asking,

with thanksgiving, tell God what you need;

and the peace of God will come to help you

no matter what your mind thinks or your heart feels.

So think about the things that are true, noble, just, pure, lovely, and good”

(Recorded by Jesus’ follower Paul in Philippians 4).

**Forgive Others**

“Love your enemies, bless those who curse you, do good to those who hate you,

and pray for those who spitefully use you and persecute you,

that you may be sons of your Father in heaven;

for He makes His sun rise on the evil and on the good,

and sends rain on the just and on the unjust.

Forgive others the sins they do against you”

(Recorded by Jesus’ disciple Matthew in chapter 5 and 6).

**Work on Your Own Issues First**

“How can you say to your brother, ‘Let me remove the speck from your eye’;

and look, a plank is in your own eye?

First remove the plank from your own eye,

and then you will see clearly to remove the speck from your brother’s eye”

(Recorded by Jesus’ disciple Matthew in chapter 7).

**8-Fold Path to Blessings**

The following are eight of Jesus’ sayings

that are helpful towards excellent mental health.

He called it being blessed. They are recorded by Matthew in chapter 5.

“Blessed are those who feel their need of help.”

“Blessed are those who are sad about the things they have done wrong.”

“Blessed are the humble, giving credit and gratitude to those who have helped.”

“Blessed are those who are hungry and thirsty for right living.”

“Blessed are those who forgive those who have hurt them”

“Blessed are those who are pure in heart.”
“Blessed are those who seek to make peace.”

“Blessed are those who suffer when people mistreat them for don’t what’s right.”

**Find Peace in a Relationship with Jesus**

“Come to Me, all you who labor and are heavy laden, and I will give you rest.

Take My yoke upon you and learn from Me, for I am gentle and lowly in heart,

and you will find rest for your souls. For My yoke is easy and My burden is light”

(Recorded by Jesus’ disciple Matthew in chapter 11).

“Peace I leave with you, My peace I give to you;

not as the world gives do I give to you.

Let not your heart be troubled, neither let it be afraid”

(Recorded by Jesus’ disciple John in chapter 14).

“These things I have spoken to you, that My joy may remain in you,

and that your joy may be full.

This is My commandment, that you love one another as I have loved you.

If you keep My commandments, you will abide in My love”

(Recorded by Jesus’ disciple John in chapter 15).

To learn more about Jesus and His teachings go to MLML.org.

And contact Jose at Adventist Community Services at 713-302-9076.

Every Saturday morning from 10-12, we meet as a small house church to study these good words and to pray for each other. We enjoy eating together afterwards. Come and see what it’s like at 6747 County Road 511, Rosharon.