

UNLEASHING PEACE

FIVE PRACTICAL KEYS TO MENTAL HEALTH René Schlaepfer

What I have learned about staying mentally and emotionally healthy:

1. Show _____

Therefore, there is now **no condemnation** for those who are in Christ Jesus. Romans 8:1

2. Seek _____

Mental health is never about one magic key. It's about a bundle of healthy choices. (See 1 Kings 19:4-7)



3. Set _____

It is senseless for you to work so hard **from early morning until late at night**, fearing you will starve to death; for God wants his loved ones to **get their proper rest**. Psalm 127:2 TLB (See Hebrews 10:25)

4. Stop _____

A wise person is hungry for truth while **the fool feeds on trash**. Proverbs 15:14 NLT (See Matt 6:22-23 and Romans 8:6)

TLC mental health support group info: tlc.org/support

5. Start _____

My go-to Scripture prayers: The Lord's Prayer (Matthew 6:9-13), Fruit of the Spirit (Galatians 5:22-23), Psalm 23, Jesus' Invitation (Matt. 11:28-20)

DISCUSSION QUESTIONS

- René pointed out that mental health is the result of many factors, not one "magic key." Which of the factors below do you need to strengthen?

<input type="checkbox"/> Community	<input type="checkbox"/> Bible reading	<input type="checkbox"/> Sleep
<input type="checkbox"/> Daily and weekly routine	<input type="checkbox"/> Exercise	<input type="checkbox"/> Prayer
<input type="checkbox"/> Diet (food & content)	<input type="checkbox"/> Medication (if needed)	<input type="checkbox"/> Other:
- What is a routine that works for you: Meals, exercise, sleep, work, study, etc.? Write down your general daily or weekly routine. If you do not have a routine, write down a simple outline of a schedule you will try this week.
- Read 2 Corinthians 4:1-10. What various keys to Paul's own mental health do you see in these verses?
- Action step: Choose one of the daily prayers René suggests in point 5 (or another Scripture) and try praying through it each morning this week.

LIFE AT TLC

Spanish ministry at TLC

- Spanish language Bible Study Sept. 7
 - Caolo Zamorano Gospel Music Concert Oct. 7
 - New Spanish Church Service Oct. 23
- Contact julian@tlc.org #twinlakesespanol

Gifts for Students & Teachers

- If you missed your gift last weekend, pick it up in the plaza today!

New Fall Series "You'll Get Through This!" (Life of Joseph) Starts Sept. 24/25!

- Small group leaders needed! Contact jim@tlc.org

Kid's Choir Starts Sept. 14

- Wednesdays 3 pm; Info at tlc.org/kidschoir

You can find help or share prayer requests at tlc.org/help and tlc.org/prayer
You can participate in our offering at tlc.org/give