

10. Harmonious _____

Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.
(Romans 12:16 NIV)

Spiritual Mental Health

Saint Augustine

O God thou created us in thy image and our hearts will be restless until they find their rest in thee.

Dr Andresen

"Our civilization's 'Loss of Soul' may cause psychiatric symptoms of depression, obsessions, addictions, and violence."



Today's Sermon: Spiritual Mental Health

Speaking: Terry Halley

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Spiritual Mental Health

Historical Psychology

Attributes Of Good Mental Health

1. Take Responsibility For One's Own _____

*So then, each of us will give an account of ourselves to God.
(Romans 14:12 NIV)*

2. Flexibility

Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. (Ephesians 4:2-3 NIV)

3. High _____ Tolerance

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.
(James 1:2-4 NIV)*

4. Acceptance Of Uncertainty

When I am afraid, I put my trust in you. (Psalms 56:3 NIV)

5. Involvement In Social Activities

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another — and all the more as you see the Day approaching. (Hebrews 10:24-25 NIV)

6. _____ To Take Risks

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” (Joshua 1:9 NIV)

7. Serenity Prayer

*He makes me lie down in green pastures,
he leads me beside quiet waters.
(Psalms 23:2 NIV)*

8. Acceptance Of _____

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” (2 Corinthians 12:9 NIV)

9. Tempered Self-Control

Like a city whose walls are broken through is a person who lacks self-control. (Proverbs 25:28 NIV)

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