

These Perilous Times
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"Revisiting Our Health Message"

Part IV Mental Health

The workings of the human mind is one of the most amazing, yet mysterious wonders that we humans possess. God our Creator declared everything that He made very good—which includes our brains/mind! ¹

All that we've ever experienced seen, or heard throughout our life is recorded in that organ we recognize as our brain. It's been said that the human mind can perform more computations in one minute than all the most sophisticated computers that were ever made by man!

No one understands our mind and its functions better than our Lord who created it.

What does this mean for us?

¹ Genesis 1:31

Obvious Signs Do Tell The Season

Counsel from God's inspired messenger

"The influence of the mind on the body, as well as the body on the mind, should be emphasized. The electric power of the brain, promoted by mental activity, vitalizes the whole system, and is thus an invaluable aid in resisting disease."

This should be made plain. The power of the will and the importance of self-control, both in the preservation and in the recovery of health, the depressing and even ruinous effect of anger, discontent, selfishness, impurity, and on the other hand the marvelous life-giving power to be found in cheerfulness, unselfishness, gratitude should also be shown,"² {Emphasis provided}.

The brain is highly influenced by the cognitive stimulus that it receives whether positive, negative, spiritual or carnal. That's why it's vital for God's remnant people to guard the mind against satanic influences!

² E. G. White. Education, p. 197, 1903.

“For though we walk in the flesh, we do not war after the flesh. {for the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds .) Casting down imaginations and every high thing that exalted itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ...”

I Corinthians 10:3-5

Counsel from God’s inspired messenger

“He who has paid the infinite price to redeem men reads with unerring accuracy the hidden workings of the human mind and knows just how to deal with every soul....”³ {Emphasis provided}.

Our Lord who created us wants us to live Godly lives, and we daily need to make **right decisions which requires right thinking. We need to surrender all our will to God’s will.**

³ E. G. White. Testimonies to Ministers, pp. 189, 190.

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world, but *be ye transformed by the renewing of your mind*, that you may prove that which is good, and acceptable, and perfect will of God." Romans

12:1, 2

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; *if there be any virtue, and if there be any praise, think on these things*." Philippians 4:8

