

**Women of Courage**  
**October 16, 2024**  
**“The Mental Health of the Believer”**  
**Controlling our thoughts**

**KJV**

**Php 4:6 Be carefulG3309 for nothing;G3367 butG235 inG1722 every thingG3956 by prayerG4335 andG2532 supplicationG1162 withG3326 thanksgivingG2169 let yourG5216 requestsG155 be made knownG1107 untoG4314 God.G2316**

**Php 4:7 AndG2532 theG3588 peaceG1515 of God,G2316 which passethG5242 allG3956 understanding,G3563 shall keepG5432 yourG5216 heartsG2588 andG2532 mindsG3540 throughG1722 ChristG5547 Jesus.G2424**

**Php 4:8 Finally,G3063 brethren,G80 whatsoever thingsG3745 areG2076 true,G227 whatsoever thingsG3745 are honest,G4586 whatsoever thingsG3745 are just,G1342 whatsoever thingsG3745 are pure,G53 whatsoever thingsG3745 are lovely,G4375 whatsoever thingsG3745 are of good report;G2163 if *there be* anyG1536 virtue,G703 andG2532 if *there be* anyG1536 praise,G1868 think onG3049 these things.G5023**

**Php 4:9 Those things,G5023 whichG3739 ye have bothG2532 learned,G3129 andG2532 received,G3880 andG2532 heard,G191 andG2532 seenG1492 inG1722 me,G1698 do:G4238 andG2532 theG3588 GodG2316 of peaceG1515 shall beG2071 withG3326 you.G5216**

**Honest – 1540’s – Online Etymology – Influential – respected, marked by weight dignity, (Terrible, dreadful) heavy, ponderous, loaded, pregnant, of matters, important.**

**In English – Solemn, sober**

**True – Middle English ‘treu’, from Old English ‘triewe’ (west saxon) treowe (Mercian) “faithful, trustworthy, hones, steady in adhering to promises, friends. Reconstructed to be from Proto-Germanic “treuwaz” “having or characterized by good faith”. Faithful, trusty. A Suffixed form of the PIE root ‘deru-’ “be firm, solid, steadfast”. The sense of “consistent with fact,**

conformable to the actual state of things, not false or erroneous.” Exact, just, conformable to a certain standard or original.

Just – Righteous, equitable, fair, impartial in one’s dealings. Upright, righteous, equitable, in accordance with law, lawful, true, proper, perfect, complete. From the 1400 c. as “right-minded, good in intention.”

Pure – mid 13c – of gold “unalloyed”, unmixed, unadulterated, homogeneous. Total, complete, absolute, bare, mere. To purify, cleanse.

φιλέω

phileō

***fil-eh'-o    Lovely***

From G5384; *to be a friend to (fond of [an individual or an object])*, that is, *have affection* for (denoting *personal* attachment, as a matter of sentiment or feeling; while G25 is wider, embracing especially the judgment and the *deliberate* assent of the will as a matter of principle, duty and propriety: the two thus stand related very much as G2309 and G1014, or as G2372 and G3563 respectively; the former being chiefly of the *heart* and the latter of the *head*); specifically *to kiss* (as a mark of tenderness): - kiss, love.

Praise Worthy – It is right to praise what is righty done. 1300c, Latin, Pretiare – “to price, value, reward, worth. The earliest sense in English, to assess, set a price or value on. Hold in high esteem.

Isa 26:3 - Thou wilt keep<sup>H5341</sup> *him* in perfect peace,<sup>H7965 H7965</sup> *whose* mind<sup>H3336</sup> *is stayed*<sup>H5564</sup> *on thee*: because<sup>H3588</sup> he trusteth<sup>H982</sup> in thee.

## **Cambridge**

### **Isaiah 26:3**

A stricter rendering might be: A steadfast disposition thou guardest in constant peace (lit. “peace, peace”), for it is trustful towards thee (see R.V. marg.). The word for “disposition” is elsewhere translated “imagination” (e.g. Gen 6:5; Gen 8:21). Literally it means a “thing formed” (as in ch. Isa 29:16), and thus may be used tropically either of that which is formed by the mind (imagination) or (as here) of the constitution of the mind itself,—the inclination or character.

## **JFB**

### **Isaiah 26:3**

mind ... stayed — (Psa 112:7, Psa 112:8). Jesus can create “perfect peace” within thy mind, though storms of trial rage without (Isa 57:19; Mar 4:39); as a city kept securely by a strong garrison within, though besieged without (so Php 4:7). “Keep,” literally, “guard as with a garrison.” Horsley translates, (God’s) workmanship (the *Hebrew* does not probably mean “mind,” but “a thing *formed*,” Eph 2:10), so constantly “supported”; or else “formed and supported (by Thee) Thou shalt preserve (it, namely, the righteous nation) in perpetual peace.”

Having a right thought life can bring health, peace, contentment and joy. But a negative thought life can bring many challenges in our daily lives. Negative thinking according to Psychology today says we are more apt to think negatively than positively & believe the negative about what is said about us. Rachel Goldman, PHD says to get off the stinkin Thinkin highway! It can contribute to problems such as social anxiety, depression, stress and low self-esteem. We must gain control of our emotional reactions to situations by allowing the thinking part of our Brain to kick in our take over. The rational part. This negative thinking also lowers confidence and self-concept. Diminishes motivation. When we allow our negativity bias, or fears to overshadow or outweigh evidence to the contrary, we find ourselves settling for less. Negative thoughts are

**harmful, inaccurate and self-limiting. A pessimistic mindset, often unnoticed, can quietly erode your mental well-being, trapping you in a vicious cycle of negative thoughts that profoundly impact both your psychological state and brain function. You hear whisper of doubts and fears. It chips away at your mental stability.**

**Consequences of negative talk- Depression, Generalized anxiety disorder, PTSD, Psychosis-Loss of contact with reality, OCD, Social Anxiety disorder.**