

**Women of Courage**  
**July 24, 2024**  
**“The Mental Health of the Believer”**

**In our discussion tonight, we will be addressing the Mental Health of the Believer and answer the question, is Jehovah concerned for our mental health. I say yes! Jesus dealt with the mind, the way men ought to think and conduct themselves and so did Jehovah. The scripture says, “Let this mind be in you that was also in Christ Jesus”. (Phi 2:5). The mind is our battleground where the war is fought on a daily basis, in believers and non-believers. So, we are going to delve into the word and science to understand what the scriptures say to us.**

The brain is built over time. The first 5 years of a child’s life Neruo pathways begin to evolve and start to make connections. It is constant. 1 million every second. These Neruo pathways are constantly learning and eventually are simplified. It is called pruning. Your mind starts to more efficiently think in patterns as the child grows. It is very important to train up a child in the way they should go, think, conduct themselves in the early stages of their learning. Because to retrain your mind to think in new Neruo pathways is very difficult as we mature. These patterns become set in our way of thinking. That is why Jesus and Paul talked about the transforming of the mind. How? Paul said I abandon everything I have known that I may know Christ. It is not an easy task as we know. What we have learned and grown to know as adults becomes who we are and in effect it is hard to change. It can be done. Repentance is the first step, then comes the work.

KJV

**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*.

NIV

**Isa 26:3** You will keep in perfect peace those whose minds are steadfast, because they trust in you.

NLT

**Isa 26:3** You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

**Fixed – To prop, to rest full weight of the mind. Fastened securely in position. Predetermined and not subject to or able to be changed.**

**Steadfast – Unshakable, stubborn, resolute firm and fixed in purpose, steady, firm in one’s mind.**

## **Isaiah 26:3**

### **Cambridge**

**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.**

### **Albert Barnes**

**In perfect peace - Hebrew as in the Margin, ‘Peace, peace;’ the repetition of the word denoting, as is usual in Hebrew, emphasis, and here evidently meaning undisturbed, perfect peace. That is, the mind that has confidence in God shall not be agitated by the trials to which it shall be subject; by persecution, poverty, sickness, want, or bereavement.**

**Whose mind is stayed on thee - Various interpretations have been given of this passage, but our translation has probably hit upon the exact sense. The word which is rendered ‘mind’ (יצר *yētsar*) is derived from יצר *yātsar* to form, create, devise; and it properly denotes that which is formed or made [Psa 103:14](#); [Isa 29:16](#), [Heb 2:18](#). Then it denotes anything that is formed by the mind - its thoughts, imaginations, devices [Gen 8:21](#); [Deu 31:21](#). Here it may mean the thoughts themselves, or the mind that forms the thoughts. Either interpretation suits the connection, and will make sense. The expression, ‘is stayed on thee,’ in the Hebrew does not express the idea that the mind is stayed on Jehovah, though that is evidently implied. The Hebrew is simply, whose mind is stayed, supported (סמוך *sāmûk*); that is, evidently, supported by Jehovah.**

## JFB

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 [Phi 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.”

Garrison – the troop stationed in a fortress or town to defend it.

## H7999

שלם

shâlam

*shaw-lam'*

A primitive root; to *be safe* (in mind, body or estate); figuratively to *be* (causatively *make*) *completed*; by implication to *be friendly*; by extension to *reciprocate* (in various applications): - make amends, (make an) end, finish, full, give again, make good, (re-) pay (again), (make) (to) (be at) peace (-able), that is perfect, perform, (make) prosper (-ous), recompense, render, requite, make restitution, restore, reward, X surely.

Total KJV occurrences: 116

## KJV

[Rom 12:2](#) - And [G2532](#) be not [G3361](#) conformed [G4964](#) to this [G5129](#) world: [G165](#) but [G235](#) be ye transformed [G3339](#) by the [G3588](#) renewing [G342](#) of your [G5216](#) mind, [G3563](#) that ye [G5209](#) may prove [G1381](#) what [G5101](#) is that good, [G18](#) and [G2532](#) acceptable, [G2101](#) and [G2532](#) perfect, [G5046](#) will [G2307](#) of God. [G2316](#)

**NLT**

**Rom 12:2 - Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.**