Mentally Strong Christians: The 12 Things They Avoid

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Mature, fruitful followers of the LORD have healthy habits. When you look at the lives of Paul, Joseph, Daniel, Jesus and other inspiring Bible figures, you see great examples of healthy minds and habits. They managed their emotions, thoughts, and life in ways that set them up for success in their walk with God.

- ***For God did not give us a spirit of timidity or cowardice or fear, but He has given us a spirit of power and of love and of sound judgment and personal discipline: abilities that result in a calm, well-balanced mind and self-control. (II Tim. 1:7 AMP)***



1. They Don't Waste Time Feeling Sorry for Themselves

Strong Christians don't sit around feeling sorry about their circumstances or how others have treated them. They know that God can bring great good out of bad situations. They take responsibility for their role in life and understand that life isn't always easy or fair.

- ***We know that God causes everything to work together for the good of those who love God and are called according to His purpose for them. (Romans 8:28 NLT)***

2. They Don't Shy Away from Change

Strong Christians don't try to avoid change. Instead, they welcome positive change and are willing to be flexible. They understand that change is inevitable and believe that God will be with them in every situation.

Remember the old saying: *'The main constant in life is change.'*

Do you know that God understands change?

- God asked Jesus to leave the glory of heaven and start over as a baby…
- Jesus asked His disciples to leave everything and follow Him…
- The Holy Spirit asked Paul to leave his home and people in Israel and travel and minister to Gentiles (non-Jewish people) all over the known world…

3. They Don't Worry About God's Daily Provision In Their Life

A strong believer should never worry about whether they will have enough food, drink or clothes. They know that if they live for God's kingdom, that God will supply all their basic needs.

Jesus said it this way…

- ***I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? …***
- ***Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need. So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today. (Matthew 6:25-27, 33-34 NLT)***

4. They Don't Worry About Pleasing Everyone

Mature Christians recognize that they don't need to please everyone all the time. They're not afraid to say no or speak up when necessary. They strive to be kind and fair. They work on being 'peacemakers'. But, they can handle other people being upset if they know they are doing the right thing.

- ***Paul ~ Even so we speak; not as pleasing men, but God, who tests our heart. (1 Thessalonians 2:4 NLT)***

5. They Don't Fear Following The Voice Of God

Mature followers of the Lord learn to trust the Lord even if they don't fully understand the whole situation. They know that God sees the big picture and knows what is around the corner. They don't have to know every detail because they have learned to trust God's voice and direction.

- ***Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him, and He will direct your paths. (Proverbs 3:5-6 NKJV)***

6. They Don't Dwell on the Past

Mature believers don't waste time dwelling on the past and wishing things could be different. They acknowledge their past mistakes and learn from them. However, they don't constantly relive bad experiences or fantasize about the glory days. Instead, they live in the present and plan for the future.

- ***I am bringing all my energies to bear on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to the high calling of God in Christ Jesus. (Philippians 3:13-14 NLT)***

7. They Don't Resent Other People's Success

Mature believers can appreciate and celebrate other people's success in life. They don't grow jealous or feel cheated when others surpass them. Instead, they recognize that success comes with hard work and the blessing and timing of the Lord. They are willing to work hard and trust God for their own success.

- ***Rejoice with those who rejoice and weep with those who weep. (Romans 12:15 ESV)***
- ***A peaceful heart leads to a healthy body; jealousy is like cancer in the bones. (Proverbs 14:30 NLT)***

8. They Don't Give Up After the First Failure

Mature believers don't view failure as a reason to give up. Instead, they use failure as an opportunity to grow and improve. They are willing to keep trying until they get it right.

- ***I was pushed back and about to fall, but the Lord helped me. The Lord is my strength and my song; He has become my salvation. (Psalm 118:13-14 NIV)***
- ***The godly may trip seven times, but they will get up again. (Proverbs 24:16 NLT)***

9. They Don't Fear Time Alone

Mature followers of Jesus know the value of being alone and they don't fear silence. They aren't afraid to be alone with their thoughts and they can use downtime to grow and be productive. They enjoy spending time alone with God praying and reading the Bible and aren't dependent on others for companionship and entertainment all the time.

- ***Jesus got up very early in the morning, while it was still dark and went off to a solitary place where He prayed. (Mark 1:35 NLT)***

10. They Don't Feel the World Owes Them Anything

Mature believers don't feel entitled to free things in life. They weren't born with a mentality that others should take care of them or that the world must give them something. They trust God for their daily needs but they also work hard in the areas that God has called them.

- ***Paul ~ If a man will not work, he shall not eat. (2 Thessalonians 3:10)***
- ***Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty. (Proverbs 21:5 NLT)***

11. They Don't Expect Immediate Results

Whether they are working on improving their health or starting a new business or ministry, mature Christians are not discouraged if they don't get immediate results. Instead, they apply their skills and manage their time to the best of their ability and understand that real change takes time.

Our society loves stories of getting rich quick or winning the lottery. But that is not how God works. God wants to build our wisdom and character and that takes time.

- ***Suffering produces perseverance; perseverance, character; and character, hope. (Romans 5:3-5).***
- ***Wealth from get-rich-quick schemes quickly disappears; wealth from hard work grows over time. (Proverbs 13:11 NLT)***

12. They Don't Miss An Opportunity To Be Thankful

Mature believers know the importance of being thankful. They are thankful for God's forgiveness, healing and presence in their lives. They are thankful for their families and spouses. They are thankful for the food they eat and the homes they live in. They daily thank God for His goodness and supply.

I will praise You, Lord, with all my heart;
I will tell of all the marvelous things You have done.
I will be filled with joy because of You.
I will sing praises to Your name, O Most High. (Psalm 9: 1-2 NLT)

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