

"Thy word is a lamp to my feet and a light to my path." (Psalm 119:105)

Volume 2, Issue 16

April 20th, 2003

God's Seven Exercises for Mental Wellness

Kevin Cauley

The Bible is the greatest book ever written for man and the words of the Bible prove this fact over and over again. It has been said that it is the "owner's" manual for life. Certainly it was written by the one who knows man best—his Creator. Just as we would look to the owner's manual for our automobiles, houses, and other items we possess to become more intimately acquainted with these items, so also we should look to the Bible to become more intimately acquainted with ourselves. Modern psychologists have nothing to boast greater than the principles set down for man's well being in the Bible. Perhaps no clearer example of this can be found than in the book of Philippians.

Paul wrote the book of Philippians to thank the brethren in Philippi for the monetary gift that they had sent Paul by the hands of Epaphroditus (1:4,5; 4:18). But Epaphroditus also brought some additional news to Paul regarding the church at Philippi. They had heard about Paul's current imprisonment and were worried about him (1:30). Paul comforts the church by letting them know that this situation he is in resulted in the increase of the gospel (1:12). He also relates to them that he hopes that he will soon be released from his imprisonment and will visit them again (1:25, 26). However, Paul wants them to know that whether he lives or dies all will be well (1:21). Their concern for Paul's situation had evidently lead to a congregational anxiety that was preventing them from living according to the principles of the gospel. The rest of the book of Philippians is addressed to the concern that Paul has regarding the Philippians—that they should set their minds on matters over which they can control, not over matters that lead to worry and depression. This would bring them out of their "blue funk" and bring them back to greater service to the Lord.

The crux of the book of Philippians in this regard is found in chapter four. It is in this chapter that Paul discusses the action one can take to bring one's self into the peace of God. The prescription that Paul gives to the brethren is a combination of mental and physical exercises. First, they were to "rejoice in the Lord always" (4:4). This is a mental exercise. The Chris-

(Continued on page 2)

Kevin's Korner

This past Monday, I had the privilege of being able to attend a preacher's meeting in Joplin MO.



I met my friend J.R. Burr who preaches at Stark City, MO and the friend of all, A.J. Hendrix in Stark City, MO around 9:30 Monday morning. One of the elders at that congregation drove us over to Joplin where several were gathered. We had preachers from Missouri, Kansas, Oklahoma, and Arkansas so all four states were represented. William Woodson, the speaker for the gospel meeting in Casseville this past week, spoke at the luncheon. Although I cannot remember all of the folks who were there, those who you probably know were there: Don Deffenbaugh, Wayne Deffenbaugh, Bobby Key, Max Patterson, and many others. It was a great experience and I am glad to have attended. There will be another meeting next month and if you would like to go with me, just let me know.

The gospel meeting in Casseville was the big event for me this past week. We went up there on both Tuesday and Thursday. As I mentioned, William Woodson was the speaker. He did an outstanding job. Tuesday evening he spoke on the subject of instrumental music and Thursday evening he spoke on "Who we are" within the churches of Christ. It was a very good summary of the Biblical principles for which we have stood in the past and what we need to do to maintain those principles in the present and continue within them for the future. I ordered the tapes from this meeting and I should have them within the next month. If you wish to have a copy, let me know and I will make copies for you.

I don't often mention our ladies Bible class, but I thought I would mention it briefly. We really have been having some good studies in the books of Galatians and Philippians. The article that I wrote in this issue has come out of those studies.

I have really benefited from these studies. We will be discussing the book of Jude in the next couple of weeks, then we will be looking at using some different subject material for this class. If you have not been coming to ladies Bible class, this might be a good time to renew your interest. We will be talking about what we are going to be studying in the next two sessions so please come and give some input to the discussion.

Austin has pretty much recovered from his pneumonia. He went back to the doctor on Thursday afternoon after school and she said that he still had a little congestion in his left lung. Hopefully by the time he finishes his course of medication (which took us a while to get straight) he will be free of the problems. Austin had a reaction to the second antibiotic he was given Sunday evening and we had to take him to the hospital just to be on the safe side. Everything turned out well, but we had to change his antibiotic one more time. Hopefully, that will be the last one.

John Gass reported that the lectures at Shell Knob were very good as well. John said that he is bringing back some tapes from that series of studies and that anyone who would like to have copies are welcome to them.

It is always good for us to take advantage of extra opportunities to study God's word with other Christians. We read in Hebrews 3:13, "But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin." Satan is deceitful and he will try to capture us in so many ways. Let's not give him opportunity to do that!

(Continued from page 1)

tian has everything for which to be thankful and nothing for which to be ungrateful. This should lead to a perpetual spirit of joy in the Christian's life. The sacrifice of Jesus for our sins should humble us into recognition that nothing is so important in this life so as to be cause for anxiety and depression. The Christian has everything! For this reason, he can rejoice! Psychologists have stated that in times of extreme tension, one should picture oneself in a place of happiness. The principle was first iterated long ago in the sacred scriptures.

Second, Paul says, "Let your moderation be known unto all men" (4:5a). This is a physical exercise. The Christian is not to be caught up in the extremes of the world. There is on the one hand the extreme of debauchery in all its forms and practices and it was prevalent in the Philippian's society as well as ours today. On the other hand there is the extreme of isolationism. This is the concept that we must completely cut ourselves off from those around us who are not Christians and never have anything to do with anyone. Both of these are extreme choices that Christians faced then and face now. The Christian must exercise moderation in living a life that includes interaction with society, but does not participate in its sinful-

ness. Balance is certain one of the fundamental principles of modern psychology and here it is clearly stated in God's word.

Third, Paul writes, "The Lord is at hand" (4.5b). Many have interpreted this phrase to have reference to the second coming, but the context suggests that this more likely refers to the ever-present awareness within the Christian that God is with us. This is a mental exercise. Hebrews 13:5c states, "for he hath said, 'I will never leave thee nor forsake thee.'" The expression, "The Lord is at hand" indicates to the Christian that God will always be there for him in time of worry or depression. It is a great comfort to recognize that God is always by our side and is not going to leave us as long as we don't leave Him. With God, there is no problem or trouble or worry or fear that can't be overcome, for all things are accomplishable with Him (Philippians 4:13). Modern psychology is replete with the principle that you are never alone. The self-help group is a common occurrence in today's society. The Christian's "self-help group" has a Member the likes of which this world cannot boast.

Fourth, we read, "Be careful in nothing" (4:6a). This is a mental and physical exercise. The word "careful" should really be translated "anxious" as indicated in the American Standard Version. Anxiety for the things of this life can become a big problem for the Christian. Jesus taught us to understand that God knows the things of which we have need and that he will supply those things if we but seek Him and His kingdom first (Matthew 6:25-34). When we start to dwell on the cares and concerns of this life, let our minds and our actions turn to things of the kingdom. What can we think and do to further the cause of our Lord upon the earth? We can study the word. We can visit the sick. We can help the poor. And the list goes on and on. There is no shortage of activity. Today we hear from psychologists these words, "Get involved." Being involved in something goes a long way toward eliminating anxiety that crops up as a result of eating the bread of idleness.

Fifth, Paul states, "but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God" (4:6b). Here is a mental exercise. Prayer unburdens the Christian from the ceaseless parade of events about which he is concerned, but has no direct control. Prayer provides a means whereby the Christian may exercise a heart of thankfulness to the Creator, Sustainer, and Provider. Prayer provides opportunity for the Christian to divest himself of wrong choices made in the course of the days events. Prayer motivates the Christian

(Continued on page 3)

Elders: Clay Bozarth, Leon Duncan, Bruce Foster, Bill Fort, Glenn Quigley

Deacons: Ken Smith, Brent Stevens, Rusty Windle.

Preacher: Kevin Cauley 870-423-6707

Times of Worship and Study

Sunday Morning Bible Class: 9:30 AM

Sunday Morning Worship: 10:30 AM

Sunday Evening Worship: 6:00 PM

Ladies Bible Class: 10:30 AM

Wed. Evening Bible Class: 7:00 PM

(Continued from page 2)

to act in ways that will improve his relationship with his God and his fellow man. There is much blessing in prayer. Modern psychology acknowledges these activities as being therapeutic and helpful to an individual's mental state. Oh, if we as Christians, would only acknowledge the power of prayer in times of trouble how great burdens would be removed from our weary shoulders and what great relief would be obtained from the troubles of life.

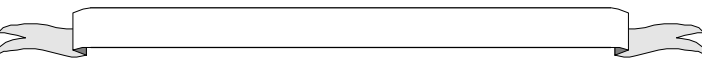
The conclusion of enacting these five exercises in one's life is this: "and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." There is a certain peace that comes through understanding and applying these five principles in one's life. Modern psychology may be able to provide a measure of peace and tranquility, but not to the extent that can be provided by God. The peace that God gives "surpasses all understanding;" that is, no efforts on the part of man solely through his own mental abilities is going to be able to provide the type of peace that God can provide. This is because modern psychology cannot supply God. Faith in God comes through hearing God's word (Romans 10:17) and ultimately the peace of God depends as much upon our faith in God as it does upon the principles that God sets forth in this passage. Faith must always be presupposed when applying the principles of having a healthy mind to us as individuals. Without faith, none of these exercises will prevail to bring peace to our troubled souls. The hearts and minds of the Christian will only be guarded through Christ Jesus. As great as this promise may sound, however, there is yet more that the apostle wishes to address regarding our mental health.

Sixth, we read, "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" (4:8). The exercise in this verse is mental. It is an exercise of focus upon the spiritual. It is the proactive exercise of the mind to think. The exhortation is not to just let your mind drift upon any and every old thing that comes along, but to purposefully and deliberately concentrate upon good things. When we fill our minds with positive thoughts, there will be no more room for negative thoughts. Worry, anxiety, depression, and despair are all negative thoughts that seek, almost without invitation, to invade our daily consciousness. It is a fight and struggle to battle these

things, but we must. When we bring our focus back upon the true, honest, just, pure, lovely, good, and virtuous, there is no lack of things about which to cogitate. One of the great failures of modern psychology is that while it can help you understand what you are thinking and bring you to a greater awareness of your thoughts, it cannot provide content for your mind. The gospel, however, does this very thing.

Seventh, Paul has this to say, "Those things, which ye have both learned, and received, and heard, and seen in me, do" (4:9a). Here is a physical exercise. When we have done everything that we need to do mentally to prepare ourselves for Christian service, we must make application. Paul says that his teaching and example constitute an example for us as well. If we are looking for ways to behave, let us look no further than to the example that Paul left as he followed Christ in his life (1 Corinthians 11:1). We have half the book of Acts to let us know how Paul behaved as well as many of his epistles in which we find great teaching regarding how to live the Christian life. This is where the proverbial rubber meets the road. Again, while modern psychology can suggest a course of behavior, it cannot suggest a lifestyle that will so thoroughly meet our needs as that which we find within the gospel of Christ (2 Peter 1:3).

The grand conclusion to these seven steps of mental health is found in the words, "and the God of peace shall be with you." This is yet in addition to the previous promise. Not only do we have the assurance of the peace of God being with us, but also we have the assurance of the God of peace being with us. Greater blessing can no Christian have than to know that the very God who made us and knows us better than we know ourselves will provide a life that is filled with contentment and peace as well as provide the companionship that we need to finish such a life in His service. May we ever seek to apply these seven steps in our time of need.



Sunday's Sermons

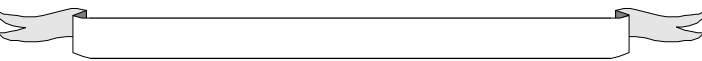
For April 20th, 2003

Morning..... Christian Righteousness

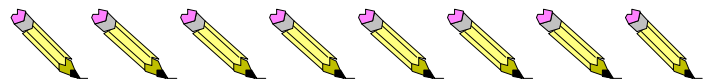
Scripture Titus 2:11, 12

Evening..... New Christians

Scripture 2 Peter 2:1-3



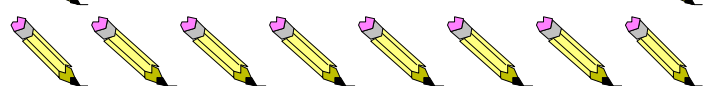
VBS 2003
What a Friend We Have in Jesus!
June 16th—19th
 Starting each evening at 7:00 PM.



Our Record

Week of April 13th, 2003

Sunday Class	68
Sunday A.M.....	81
Sunday P.M.	63
Wednesday	63
Contribution.....	\$1827.27
Budget	\$1760.00



News, Notes and Prayer List



• We thank and we praise God for another week of service that we may devote to Him. Today is a great day to worship the Lord. Let us honor Him with our whole

heart this day.

- Please remember the following in your prayers: Marie Adams, Donna Brown, Curtis Hull, Janice Keck.
- Lucille Wright is in room 104 of the Berryville nursing home.
- Edith Mischler is in the nursing home in Eureka Springs.
- Art Roberts and Mary Patterson are confined to their homes.
- The Williams family invites everyone to an Easter egg hunt Sunday afternoon April 20th (that's today), from 2-4 PM at Loretta Williams house. There will be prizes for everyone age 13 and under. Refreshments will be served after the hunt. If you need directions, then please ask one of the Williams family.
- There is a youth rally coming up in Springfield, May 3rd, at Kansas Expressway church of Christ. Willie Franklin will be the speaker. Contact Rusty or Brent for more information. Please make your plans to attend!!!
- We will have a short VBS meeting tonight after our evening worship.
- Our Friends and Family Day and VBS is only TWO MONTHS AWAY. Start making your plans to attend and invite others!!!
- The regular elders and deacons meeting is scheduled for this evening after services.
- Due to the Easter holiday and the travel of many of our regulars, our monthly Potluck has been moved to next Sunday afternoon. No potluck today.
- The Pantry Item for this week is Aluminum Foil.



Men to Serve

	<u>Today</u>	<u>Next Week</u>
Sunday Morning:	April 20th, 2003	April 27th, 2003
Song Leader:	Bill Fort	Brent Stevens
Preacher:	Kevin Cauley	Kevin Cauley
Opening Prayer:	Clay Bozarth	Clyde Atchley
Scripture:	Brent Moore	Matt Bassing
Lord's Table:	Leon Duncan	Bill Fort
	Ken Smith	Rusty Windle
(assist)	Larry Elliott	Bob Moore
	Perry Foster	Brent Moore
Closing Prayer	George Eddings	Glenn Quigley
Sunday Night:		
Songs:	Glenn Williams	Rusty Windle
Preacher:	Kevin Cauley	Kevin Cauley
Opening Prayer:	Rusty Windle	Glenn Williams
Scripture:	Ray Duncan	Dale Pinkley
Lord's Table:	Raymond Kimes	Leon Duncan
	Matt Bassing	Clay Bozarth
Closing Prayer	Hugh Atchley	Bill Fort
Wednesday		
Songs:	Glenn Quigley	Bruce Foster
Opening Prayer:	George Eddings	Dale Pinkley
Invitation:	Rusty Windle	Kevin Cauley
Closing Prayer:	Dale Pinkley	Matt Bassing
Monthly Assignments		
Announcements	Brent Stevens	
Worship Coordinator	Ken Smith	
Communion Prep	Tiffany Windle	Megan Williams
Communion Carry	Bob Moore	Brent Moore

The "Berryville Bible Beacon" is published by the Berryville church of Christ. Please contact Kevin Cauley at work at (870) 423-3068 or at home at (870) 423-6707 or e-mail bvcc@alltel.net to contribute information.

For questions or comments, please call (870) 423-3068 or write us at:
Berryville Church of Christ
909 West Trimble Street, Berryville, AR 72616