

Developing **our inner life**



END: The process of making disciples

Evangelism

Helping people to
know God

Nurture

Helping people to
love God

Disciple

Helping people to
follow God

1 Thessalonians 5:23

²³ Now may the God of peace Himself sanctify you entirely;
and may your spirit and soul and body be kept complete,
without blame at the coming of our Lord Jesus Christ.

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Key Themes of 1 Thessalonians

- Holiness in all of our life
- Jesus as our true King
- Hope of Jesus' return

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and may your spirit and soul and body **be kept complete,
without blame** at the coming of our Lord Jesus Christ.

How do we prepare for His return?

Be kept complete and without blame.

How?

Be sanctified by the Lord.

Health Concerns of Singaporeans



46%
Mental Health



38%
Cancer



35%
Stress

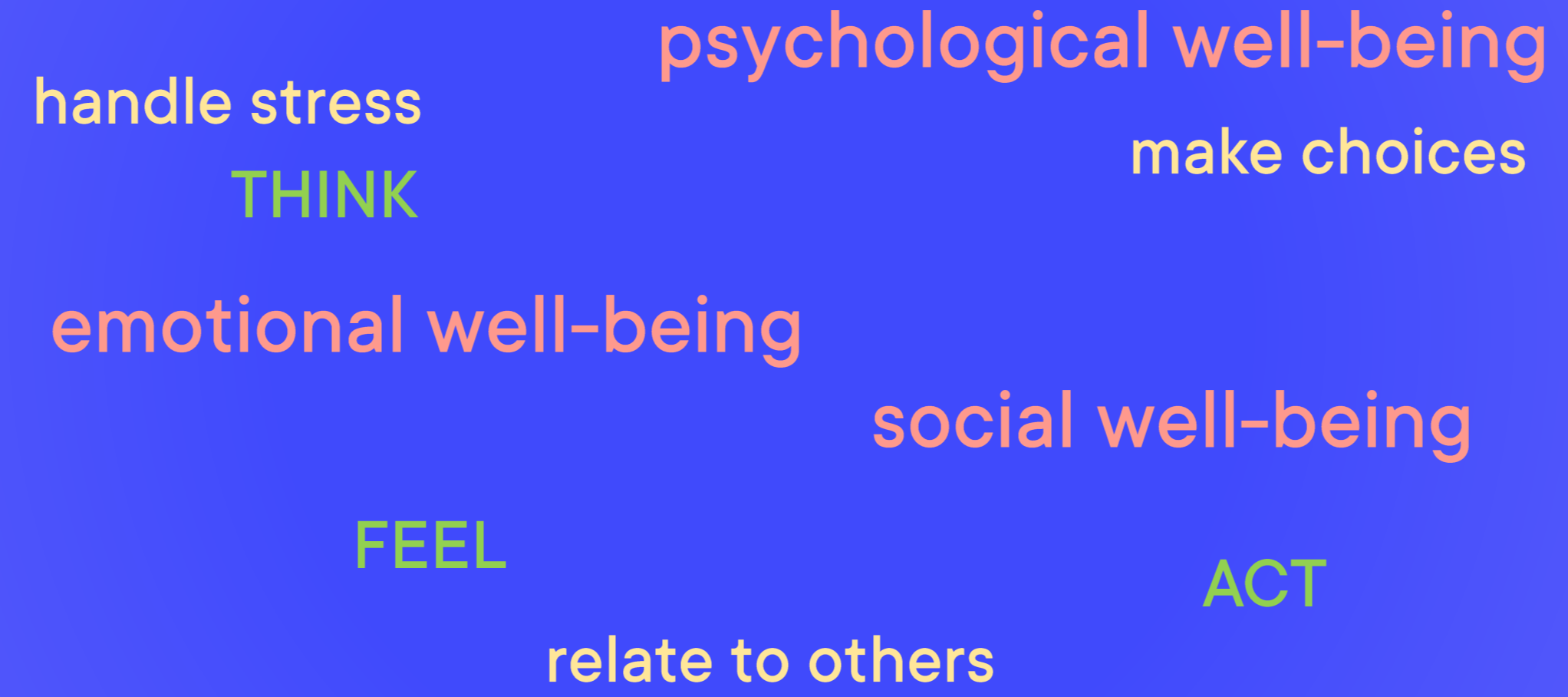
(Ipsos Survey, 2023) <https://www.ipsos.com/en-sg/singaporeans-deem-mental-health-biggest-health-problem>

Whole-of-Singapore efforts to support mental
health and well-being of youths in Singapore
- Ministry of Health

[https://www.moh.gov.sg/newsroom/whole-of-society-efforts-to-support-
mental-health-and-well-being-of-youths-in-singapore](https://www.moh.gov.sg/newsroom/whole-of-society-efforts-to-support-mental-health-and-well-being-of-youths-in-singapore)

What is **Mental Health**?

Source: <https://www.mentalhealth.gov/basics/what-is-mental-health>





Factors

- **Biological**, such as genes or brain chemistry
- **Life experiences**, such as trauma or abuse
- **Family history** of mental health problems

Depression

- Known as the “common cold” of mental illness
- Biochemical disorder
- 35% genetic, 65% stresses from environmental factors

Signs and Symptoms



Low Mood (> 2 weeks)

Decreased interest or pleasure

Weight loss/gain

Insomnia/Hypersomnia

Agitation or motor retardation

Fatigue or loss of energy

Feelings of worthlessness or
excessive guilt

Decreased concentration/
indecisiveness

Recurrent suicidal ideas



Agitation
Fatigue
Suicidal ideation
Sense of worthlessness

Moses Numbers 11:14-15

¹⁴ I alone am **not able** to carry all this people, because it is **too burdensome for me**.

¹⁵ So if You are going to deal thus with me, **please kill me** at once, if I have found favour in Your sight, and do not let me see **my wretchedness**.



Fatigue
Loss of pleasure; after victory
Suicidal ideation
Sense of worthlessness

Elijah 1 Kings 19:4

⁴ But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he **requested for himself that he might die**, and said, "It is enough; now, O Lord, take my life, **for I am not better than my fathers.**"



Stress – affliction
Burdened – excessive guilt
Physical fatigue
Despair – suicidal ideation

Paul 2 Corinthians 1:8

⁸ For we do not want you to be unaware, brethren, of our **affliction** which came to us in Asia, that we were **burdened excessively**, beyond our strength, so that we **despaired even of life**;

What helped them?

Their inner life

- how they remained connected to God
despite the state of their mental health





Automatic Negative Thinking Syndrome (ANTS)

*otherwise known as **Ungodly Beliefs***

ANTS

1. Overgeneralisation
2. All or Nothing
3. Personalising
4. Mind Reading
5. 'Should' Statements

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1. Overgeneralisation

- Coming to a general **conclusion based on a single event** or one piece of evidence.
- If something bad happens once, you expect it to happen again and again.
- Such thoughts often include the words “*always*” and “*never*”
- E.g.
 - *I had a terrible day because I missed the bus.*
 - *The sermon was good because I liked the speaker's joke.*

ANTS

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2. All or Nothing

- Thinking in black and white terms (e.g., things are either right or wrong, good or bad).
- A tendency to **view things in the extreme** with no middle ground.
- E.g.
 - *If I cannot have her as my girlfriend, there is no meaning in life.*
 - *If God does not answer my prayer, He is not real.*

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3. Personalising

- Taking responsibility for something that is not your fault.
- Thinking that what people say or do is some kind of reaction to you, or is in some way related to you.
- E.g.
 - *My parents' divorce is my fault. I didn't pray enough for them.*
 - *I am an ineffective Christian because I didn't lead the person to the Lord.*

When your wife and your mum are both drowning in the open sea, who do you save?

ANTS

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4. Mind Reading

- **Making assumptions** about other people's thoughts, feelings and behaviours without checking the evidence.
- E.g.
 - *I can sense that Senior Pastor is not pleased by looking at his face.*
 - *I can sense God's displeasure over my life. I don't know why.*

ANTS

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5. 'Should' Statements

- Using “should”, “ought” or “must” statements can set up **unrealistic expectations** of yourself and others.
- It involves operating by rigid rules and not allowing for flexibility.
- E.g.
 - *I must pass all my tests to be loved/accepted.*
 - *I should do better because I am from XYZ school/church/family.*

10 ANTS

<https://bit.ly/ants-survey>



Romans 12:1-2

¹Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship,

²And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

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What to do

Dedicate our bodies
to God



What not to do

Do not be
conformed to this
world



Instead

Be transformed

Renewing of your
mind

How can you renew your mind?

Identify **the ANTS**

You cannot fight an invisible enemy.

You need to know what is troubling you.

Evaluate **the ANTS**

You need to challenge the ANTS.

Evaluate the harms of the ANTS.
Recognise the cost you are paying.

How can you renew your mind?

One of the most effective motivators for change is **pain**:
When the pain of not changing becomes greater than the
pain of changing.

How to renew your mind?

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Replace **the ANTS**

With something more reasonable.

Don't shoot for ideal immediately.

How to renew your mind?

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<i>Identify</i>	I have a horrible life. There is nothing good about my life.
<i>Evaluate</i>	
<i>Replace</i>	

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Identify	I should/must do well because I am a Christian.
Evaluate	
Replace	

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<i>Identify</i>	It is my fault that my parents are always fighting.
<i>Evaluate</i>	
<i>Replace</i>	

Address negative thinking with God's Word

WHEN YOU HEAR		REPLACE IT WITH
I am not good enough for this company.		I have been chosen by God to bear fruit. John 15:1-5
I feel so defeated. I should just give up.		I am victorious! I can overcome. 1 John 5:4
I am too broken and distraught to go on.		I have a heart & mind that is protected with God's peace. Phil 4:7

Address negative thinking with God's Word

WHEN YOU HEAR	MIDDLE GROUND	REPLACE IT WITH
I am not good enough for this company	I am sufficiently good at something.	I have been chosen by God to bear fruit. John 15:1-5
I feel so defeated. I should just give up.	I can try again for another week.	I am victorious! I can overcome. 1 John 5:4
I am too broken and distraught to go on.	I can be repaired.	I have a heart & mind that is protected with God's peace. Phil 4:7

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Positive Reinforcement

- Meditate on Scripture *Psalms 1:2*
- Speak God's Word to yourself *Psalms 43:5*
- Let the Holy Spirit move the Word from head to heart *John 16:13*

Philippians 4:8

⁸ Finally, brethren, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, **dwell on these things.**

Romans 12:2

²And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Purpose of renewing your mind

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<i>Identify</i>	I was a horrible Christian because I was still struggling with lust.
<i>Evaluate</i>	
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Jeremiah 29:11

For I know the **thoughts** that I think toward you, says the Lord,
thoughts of peace and not of evil, to give you a future and a hope.

Psalms 139:17-18

How precious also are **Your thoughts** to me, O God!
How great is the sum of them!
If I should count them, they would outnumber the sand.
When I awake, I am still with You.