

A 7 Day Plan to Heal Your Mind, Day 1

“Rejoice in the Lord always; and again I will say rejoice!” Phil. 4:4 ESV
The Apostle Paul

When New Testament writer, Paul, wrote these words he was in a Roman prison waiting to be tried and executed. His life as a Christian was one trial after another:

Five times I received...the forty lashes less one. Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea; on frequent journeys, in danger from rivers, danger from robbers, danger from my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers; in toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure. (2 Corinthians 11:24-27 ESV)

I don't know about you, but nothing I've experienced in life comes even close to that! Just thinking about Paul's experiences makes me cringe. How could he survive all these hardships and still accomplish the amazing things he did – like starting so many churches and writing 13 of the 27 books of the New Testament? His secret was this: he **rejoiced in the Lord ALWAYS**. Rejoicing in the Lord was a constant discipline for Paul, and without it, he would have been anxious, depressed, and hopeless.

According to dictionaries, to “rejoice” is to **exhibit joy and great delight**. Paul discovered that practicing joy and great delight in God is **the secret to overcoming anxiety, depression and hopelessness**. So, you may be wondering, “If this worked for Paul, will it work for me today?” The answer is unequivocally yes!

If you want to conquer anxiety, depression, and hopelessness in your life, start your 7 Day Plan by practicing this Day 1 exercise:

1. Take time to write down thoughts that would cause you to rejoice in the Lord.
2. Start each day by reading your list and rejoicing in the Lord for those things.

Some of the things on my personal list include:

- God's creation
- God's written Word
- God's sovereignty
- God's Son and His provision
- Answered prayers
- Family and friends
- Health and wealth
- Our country and its freedoms
- Personal strengths and gifts
- The guidance of the Holy Spirit

Practice **rejoicing in the Lord** and it will change your life. Tomorrow, go to Day 2...