

**"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."
(2 Timothy 1:7)
Sound Mind**

The title of a recent article (2011) states: "38% of Europeans are mentally ill" if true this is almost beyond belief.

David, in Psalm 71 prayed:

"In thee, O LORD, do I put my trust: let me never be put to confusion." (Psalms 71:1)

From Wikipedia we are told that:

confusion comes from a Latin word meaning confusio, -Onis, a noun of action from confundere "to pour together", also "to confuse". It is of a pathological degree and usually refers to a loss of orientation. Orientation being the ability to place oneself correctly in the world by time, location, and/or personal identity. This is sometimes accompanied by disordered consciousness and often memory. This memory being the ability to correctly recall previous events or learn new material.

It is interesting that this definition states that confusion is the " loss of orientation". For a Christian, and mankind in general, God, Jesus, and the Holy Spirit is or should be the central focal point of our life.

God is the center, or should be the center, of our focus, our Creator. Revelation 4:11 says:

"Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created."

And what is one of God's pleasures? Jesus told us in Luke 12:32:

"Fear not, little flock; for it is your Father's good pleasure to give you the kingdom."

If God is supposed to be the center of our lives, then not us, nor the pursuit of money or materialism, or Darwinism, or any other loves should take that place. If it does, then we become off centered, unbalanced, unstable, without the anchor which our souls require.

Paul in his letter to the Corinthians said:

"For God is not the author of confusion, but of peace." (1 Corinthians 14:33)

If God is not the author of confusion, then who is? Who is in charge of this world and its ensuing confusion? Well look at this verse.

"The devil, taking him up into an high mountain, shewed unto him all the kingdoms of the world in a moment of time.

And the devil said unto him, All this power will I give thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it." (Luke 4:5-6)

If 38% of Europe's population is mentally ill could we conclude possibly that the cause of this could be a falling away from what is supposed to be the central focal point of our lives, faith, belief and love and God?

Paul again in his letter to the Romans, chapter one stated:

"And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient."

The first step in achieving real mental stability is of course to receive Jesus Christ into your life and heart. We invite you to make Him the center of your universe.

We must then "Gird up the loins of your mind." (1 Peter 1:13) which a Bible website Percentaustin.org describes as,removing anything that would hinder the free action of the mind in relationship to spiritual growth or progress.

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