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[INCENSE]

A College Church of Seventh Day Adventists Prayer Ministry
Publication



WORDS TO LIVE BY

"The strength acquired in prayer to God will prepare us for our daily duties. The temptations to which we are daily exposed make prayer a necessity. In order that we may be kept by the power of God through faith, the desires of the mind should be continually ascending in silent prayer."
Messages to Young People, 248

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MENTAL & COGNITIVE HEALTH

Mental health is essential to a person's well-being, healthy family and interpersonal relationships, and the ability to live a full and productive life and, in the United States, it is among the highest of all diseases. Mental disorders are among the most common causes of disability; most commonly anxiety or depression.

With an unpredictable global health crisis that has kept families and loved ones apart; the subsequent economic downturn; the racial unrest; the increasingly heated and polarized political climate and so much more; it is not surprising that numbers of mental disorders have risen significantly over the last several months; the impact of which we are seeing manifest in families and entire communities.

PROTECT THE MIND

Love. Grow . Serve.

Not only are we seeing the effects in our emotional, relational and spiritual life but also in the physical; in the actual composition of the brain. Why? Studies have shown that chronic stress can actually change our brain and depression and PTSD have been shown to have an adverse impact on cognitive health effecting cognitive processes like memory, attention, planning, problem solving and decision making. Have you found yourself struggling with any of the aforementioned? Perhaps the uncertainty of what will happen in the months to come has become a leading thought at the forefront of our mind. Perhaps the unnatural reality of isolation, separation and distance has become a burden almost too difficult to bear. Our Heavenly Father hears the silent pleas of our heart. His Word declares that perfect love casts out fear and we know that in His presence, we can truly rest in His love and trust that He will strengthen us in our time of need. He is our provider, our refuge, our rock, our strength and His love endures forever. While we may feel the weight of all that is happening around us, we can thank God for the ability to lay our burdens at the feet of Jesus and surrender our hearts and our minds to Him; that we might be able to move past the anxiety, past the doubt, past the worry and into the peace that surpasses all understanding.

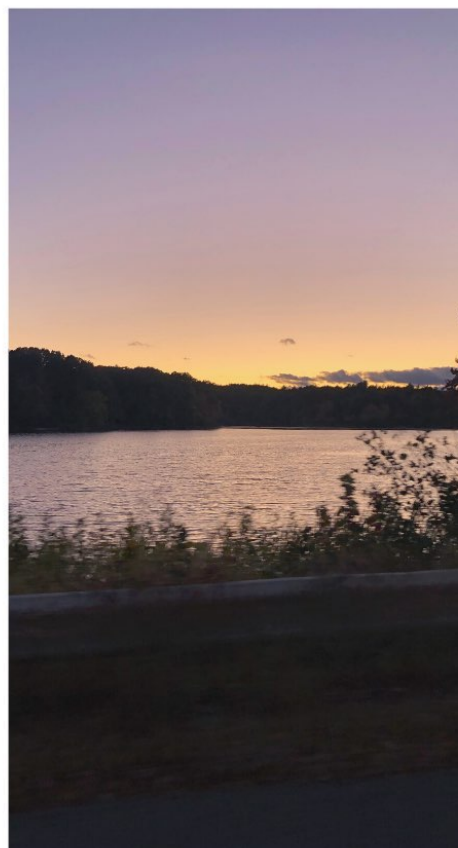
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Wait on the LORD: Be of good courage, and He shall strengthen thine heart: wait, I say, on the LORD. - Psalm 27:14

Practical Application

1. Do your best and understand that there will always be opportunities to do better. Do better tomorrow.
2. Develop a routine that works for your needs in the moment.
3. Take all of the necessary precautions and trust in God.
4. Find periods of rest but try not to fixate on sleep.
5. Find ways to stay connected
6. Develop consistent meal times.

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MENTAL HEALTH | NOVEMBER 2020

1.ISAIAH 41:10

2.1 JOHN 4:18.

3.PHILIPPIANS 4:6-7.

4.ROMANS 15:13.

5.1 PETER 5:10

6.PSALM 34:17

7.EPHESIANS 4:23

8.JEREMIAH 29:11

9.ISAIAH 40:31

10.PSALM 91:11-12

11.ISAIAH 43:2

12.JOSHUA 1:9

13.ISAIAH 53:5

14.ROMANS 8:31

15.JOHN 1:5

16.1 PETER 5:7

17.PHILIPPIANS 4:13

18.MATTHEW 11:28-30

19.ROMANS 8:28

20.PHILIPPIANS 1:6

21.HEBREWS 12:1

22.PHILIPPIANS 4:8

23.PSALM 18:19

24.JOHN 16:33

25.ROMANS 8:38-39

26.2 TIMOTHY 1:7

27.PSALM 139:14

28. PSALM 46:10

29.1 CORINTHIANS 10:13

30. PSALM 94:19

