4Ps MARCH 15, 2026

NAVIGATE YOUR BATTLE

PRECEPT

Romans 12:2

[2] Don't be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God's will is—what is good and pleasing and mature.

PROMISE

Good mental health isn't about avoiding problems or trying to achieve a 'perfect' life. It's about living well and feeling capable despite challenges. To navigate this life's challenges, not only to win the war but also to thrive while the battle is ongoing. Renewing your mind means letting God transform you by changing the way you think, and establishing a new, healthy pattern of thinking.

MINDFULNESS. Many of us lead busy lives. We are too busy thinking about yesterday and planning for tomorrow. When we focus on the past and future, we often overlook the present—where we are right now. Mindfulness is simply an invitation to really focus on what we are doing, thinking, and feeling in this moment. It means being aware of the things in and around us and being able to accept the present moment as it is, both the good and the bad, rather than resisting it or rushing to change it. Acceptance is not a sign of weakness but a sign of courage and progress: being able to recognize emotions and building healthy self-esteem.

INITIATE PRACTICAL STEPS. God's great reminder to us is to be good stewards of our bodies. Let us not neglect to rest; not getting enough sleep may increase your risk of injuries and feeling depressed. Practice healthy eating as it helps to stabilize moods. Daily exercises also naturally produce stress-relieving hormones and improve your overall physical health. Exercise and activities can help reduce stress. Walking is a great way to get started.

NURTURE COMMUNITY. People need other people; we are all made for relationships. We all need to feel like we belong and that other people care about our well-being, and community is exactly that. Community is about social connections and social support. They help us cope with setbacks, solve problems, and improve self-esteem. When we face situations, we grow, we strengthen our relationships, and we build resilience. Real community is not just about people who comfort us. It is about people who love us enough to help us become better. God designed us to walk through life in community, in faith, and with one another. The best way to win any battle is to fight it together.

DEVELOP SPIRITUAL DISCIPLINE. It is important to involve God in our battles. We need the word of God for our spiritual nourishment. Matthew 4:4 says, "People need more than bread for their life; they must feed on every Word of God." The act of reading scripture can create a calming routine, providing a respite from daily pressures and fostering a sense of inner peace. Prayer also helps us to focus on God and aligns our thoughts with Him. It protects our brain from stress by providing comfort and assurance because you are connected to a higher being, which is God. Last is praise, music, whether we realize it or not, has always held a special place in our lives. Whether we passively listen to our favourite songs or actively sing or play instruments, music can have a profound influence on our emotional development and overall well-being. There are many benefits of music for our mental health. But how much more when that music ushers us into the presence of God? Not just any music, but praise—a kind of music that leads us into the presence of God.

PRACTICE

1. **Navigate.** Which of M.I.N.D do you want to start practicing or have found helpful?

2. **Silent battles.** What is one emotion you find most challenging to sit with or express? And how can we pray/encourage you regarding this?

PRAYER

I. Life Worship
• May they continue to wholeheartedly serve God and His people.

II. Life Line
• Pray that we foster genuine connection through our social media postings.

III. Life Link
• Pray that our ushers will serve our brethren filled with the Holy Spirit.

IV. Life Sports
• Thank God for a healthy body, abilities, and the gift of sports.

V. Life Kids
• Pray for more volunteers and for our children to encounter God.

VI. Ministries
• Pray that God will continue to equip our ministries.

VII. Gospel
• May the message of Christ's love be brought to the farthest reaches of the world.

LIFE COMMUNITY CHURCH