

# Morning Lesson

## STEWARDSHIP OF MENTAL HEALTH

John 13:13-17

### INTRO:

1. Happiness is a great contributor to peace of mind and that enhances our mental health.
2. We need to view happiness as a way of traveling and not a destination.
3. My contentment, peace of mind, happiness is ultimately up to me.
4. The writer of Proverbs has some interesting and accurate observations on happiness.
5. A person is happy if he:

**I. FINDS, GAINS, AND RETAINS WISDOM AND UNDERSTANDING. Prov. 3:13-18**

**II. HAS MERCY ON THE POOR. Prov. 14:21**

**III. TRUSTS IN THE LORD. Prov. 16:20**

**IV. IS ALWAYS REVERENT. Prov. 28:14**

**V. KEEPS THE LAW. Prov. 29:18**

### CONC:

1. It is interesting that none of these characteristics involve money, location, education, possessions, or the action or attitude of others toward us.
2. Others can interrupt our happiness or safety, even when we are being responsible and righteous.
3. There is, however, an eternal safety and happiness that cannot be disturbed by anyone.  
**Prov. 29:25**
4. When thinking of happiness, think of a way to drive, not a place to stay.