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AIDS FOR SELF IMPROVEMENT

1. Be content with your own abilities and try to improve them. This will help to overcome feelings of inferiority and envy.

Prov. 14:30 - "Envy is the rottenness of the bones."
Heb. 13:5 - "and be content with such things as ye have."
James 3:16 - "For where envying and strife is there is confusion and every evil work."

2. Stop feeling sorry for yourself. This can become an emotional illness in itself, even as selfishness can be an emotional problem."

Heb. 13:5 - "and be content with such things as ye have."

3. Ask yourself the question, "Can it be me that is wrong?"

Prov. 21:2 - "Every way of a man is right in his own eyes."

4. The pursuit of money and wealth seldom leads to happiness, as many think, but the pursuit of knowledge can lead to wisdom and contentment.

Prov. 16:16 - "How much better is it to get wisdom than gold, and to get understanding rather to be chosen than silver."

5. Do things for others without expecting a return of the favor.

Ecc1. 11:1 - "Cast thy bread upon the waters, for thou shalt find it after many days."

6. Gossiping or criticism of others is evidence of self dissatisfaction.

Matt. 7:1 - "Judge not that ye be not judged."
Prov. 15:1 - "A wholesome tongue is a tree of life but perverseness therein is a breach in the spirit."

7. Life is never entirely perfect for everyone. We must accept some things that cannot be changed.

Heb. 12:6- "For whom the Lord loveth he chasteneth".

8. Physical symptoms frequently accompany emotional disturbances. Learn to recognize these symptoms without becoming alarmed.

M H 241 "Disease is sometimes produced, and is often greatly aggravated, by the imagination."
Prov. 17:22 - "A merry heart doeth good like a medicine."
M H 241 - "A contented mind, a cheerful spirit, is health to the body and strength to the soul."

9. Fatigue, due to overwork or not getting enough rest and sleep, is often an important factor in how we look at our problems and at life. Avoid undue stress or strain."

1 Cor. 9:25 - "Temperate in all things."

10. Any one of us can feel depressed at times and we should not put too much confidence in our thoughts when depressed. It is not a sign of weakness to admit you have a problem and are worried.

M H 241 - "Many diseases from which men suffer are the result of mental depression."

11. Guilt feelings are unhealthy, we should get rid of them.

Phil. 3;13

1 John 1:9 - "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

12. Keep all your problems in the proper perspective, do not let them interfere with what you are doing, by undue worry and concern.

M H 241 - "Courage, hope, faith, sympathy, love promote health and prolong life."

13. To read and enjoy beautiful precepts as found in the Bible and literature is useless unless we put them into action.

James 1:22 - "Be ye doers of the word and not hearers only."

14. Mental and emotional problems can be just as disabling as a physical illness.

M H 241 - "Many are life long invalids who might be well if they only thought so."

It is about time we stopped being sensitive about seeing a physician or psychiatrist about our emotional problems.