

The Well-Adjusted Person

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The enjoyment of peace of mind or good mental health is one of the most desirable blessings for any human being. The Christian ought to have more of this enviable element than any other person because he worships the God who has revealed in His Word the secrets of this blessing. These secrets can be summarized in four simple principles:

1. **Right relationship with God.** The Christian has no question at this point. He knows that God must come first (Mat. 6:24, 33; 22:37). The sought-for peace eludes some Christians because they are still “up for grabs;” they have never let either the Lord or the devil know for sure who their master is. They run hot and cold; their hearts are divided. Such a constant civil war within the heart prevents the tranquility that could be theirs.
2. **Right relationship with others.** I must love my neighbor (Mat. 22:39), do good to him (Gal. 6:10), show consideration and respect for him (Heb. 10:24), and treat him like I want to be treated (Mat. 7:12). Those who never think of others, but only of themselves, are among the most miserable of God's creatures.
3. **Right relationship with self.** I must have a healthy self-respect and self-love (Mat. 22:39). I must have a proper estimate of myself (Rom. 12:3). A person with no self-respect will find it difficult to command respect from others. There is a distinction between egotism and healthy self-respect. We will be ever searching for peace if we despise ourselves.
4. **Right relationship with life.** I should meet the challenges of each day as they come (Mat. 6:34). The lesson of contentment—learning to adjust to life's uncertainties—is required if we would be at peace (Phi. 3:11).

These are simple, but so basic. There is no peace of mind without them.

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