

GraceNotes

A Monthly Newsletter of Grace Christian Church



Grace Christian Church
1713 E. Sevier Avenue
Kingsport, TN 37664
(423) 247-2691

Dr. J. Edward Clevinger, Minister

April 2024
Vol. 6, No. 4

www.gracechristiankingsport.com

GROWING IN GRACE “MINDING OUR MOODS”

“April is a baby-
laughs and cries and plays;
has a thousand different moods
through her thirty days.”

....So writes Annette Wynne in her 1919 poem, “April is a Baby.” And like April, so we too have a thousand different moods through the days of our lives. To be sure some moods are medicinal and some are malignant. As Solomon said in Proverbs 17:22, “*A merry heart doeth good like a medicine but a broken spirit drieth the bones.*”

In the course of life most people become acquainted with both sides of the ‘mood meter.’ “Merry hearts” and “broken spirits” ebb and flow sometimes within a single day. A merry heart in the morning may turn to a broken spirit by the evening as per one unexpected encounter with bad news. What does the Bible teach about minding our moods in a world where the human condition so often rears its head with callous disregard for who, what, when, where, or why?

Isaiah the Prophet reminded God’s people during a time of broken spirits, “*Thou will keep him in perfect peace whose mind is stayed on Thee*” (Is. 26:3). In these times of such chaotic upheaval on every flank, ‘perfect peace’ seems almost too good to be true. Yet promised to the God-stayed mind is a peace that transcends the mercurial moods that reflexively spasm in sync with the ups and downs of life.

So how do we un-sync our moods from life’s ever-changing conditions and ‘stay’ them on our God “*with whom there is no variation or shifting shadow*” (James 1:17)? Paul gives us a good place to start as he admonishes the Corinthian Church to “*take every thought captive to the obedience of Christ*” (II Cor. 10:5). Modern day western society often struggles with the idea that thoughts precede moods. Westerners tend to be heart-centered which is okay – yes, even Biblical – so long as mood is not treated as an essential prerequisite to thoughts. When that happens ‘the tail ends up wagging the dog,’ so to speak.

Biblically-speaking the mind is the seat of regeneration and spirituality. Check out these texts:

-continued-