

TWISTED

**Notice how everyone is awkward around each other now?
Hand shakes to fist pumps to elbow taps to head nods ...**

& in the world of Social media We are on a social decline...

As a minister of the gospel.. *Ay.... How you doin?*

**Common Responses: Sad / Tired / Having difficulty sleeping
- concentrating.**

**Or, perhaps some of you may have feelings of irritability or
anger**

***For me personally it's been piling up. All of the fears that
come with the pandemic / increased work loads / MAJOR
changes & transitions / personal losses / pressure and stress of
leading through uncharted waters / - c'mon THIS SERMON
IS FOR ME TOO..***

***A couple of weeks ago... Trying to finish bathroom... 6
months .. cutting a small piece of tile. Tools not cooperating /***

phone keeps ringing / wet saw is making me want to goto the bathroom... *but i'm almost there....* Frustration / vexed - had me TWISTED

Have you ever been there? Some part of you TWISTED?

Extreme mood changes, including uncontrollable “highs” or feelings of euphoria... mood changes

Sleeping patterns off...

These ailments or symptoms individually can be normal occurrences, but begin combining them... compound effects that leads to emotional pain.... Trauma

Any Critical Incident that takes place in our lives... has an *emotional effect* on us, and causes changes in our behavior patterns & thinking.

The World Health Organisation (WHO), describes a critical incident as an event out of the range of normal experience – one which is sudden and unexpected, involves the perception of a threat to life and can include elements of physical and emotional loss. Often such events are sufficiently disturbing to overwhelm, or threaten to overwhelm, a person’s coping capacity.

Chaplain: 1st Responder - Respond to calls that can have this type of impact on our 1st responders & our residents.

Examples of these calls include line of duty deaths or serious injury to operations personnel. By their nature, frontline staff such as those who work in the healthcare sector, emergency, military, security, rescue, enforcement and others who operate in similar industries within the private sector, are engaged in higher risk activities and are actively exposed to these stressors in their line of work.

Shout out to ALL Responders & front line workers

But truth be told... WE ALL are currently experiencing Critical Incidents in our lives.. We don't necessarily have to be 1st responders to suffer *Critical Incidents*.

**Who hasn't been impacted by COVID? Suffered loss?
Dealing with the anguish of quarantining? Domestic violence on the rise.... People acting out in rages of violence...**

An increase in consumption of alcohol, drugs, online shopping... whatever the outlet... YOU KNOW.... You're off balance...

This type of emotional distress is not only limited to High Risk responders... Or adults trying to manage their families and lives through a global pandemic...

conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- **Changes in school performance**
- **Excessive worry or anxiety, for instance fighting to avoid bed or school**
- **Hyperactive behavior**
- **Frequent nightmares**
- **Frequent disobedience or aggression**
- **Frequent temper tantrums**

It's interesting to note that the Greek word "Phyce"

In Greek mythology, was the deification of the human soul.

Therefore our english word Phycology broken down is psyche (soul) Ology (the study of)

So psychology is the study of the human soul....

Who then, should be most prepared & equipped to counsel the soul other than a teacher of scriptures and minister of the gospel Jesus Christ.

So in my function as a Chaplain, as well as my function as a Pastor, its been my training to be able to administer what we call...

Phycological 1st Aid: PFA is an initial disaster response intervention with the goal to promote safety, stabilize survivors of disasters and connect individuals to help and resources. PFA is delivered to affected individuals by mental health professionals and other first responders.

What have I been noticing?? Many of the people I interact with are somehow suffering from some form of mental health or another....

Now let's be real.... *Who really wants to admit they are struggling with mental health?*

In fact, many people ignore anything that can even be related to mental health,,,

I ain't CRAZY

Now if you just heard that.... Tell them back

Crazy people never admit they're crazy

Lets right now remove any stigmas that may have been associated with “Mental Health” & recognize that mental health is nothing more than our EMOTIONAL WELL BEING...

Most of us wouldn't have an issue confessing that we were an emotional Hot Mess...

But to say we have “Mental Health” Concerns... welllllll...

Who can identify with any of these??

- **Excessive worrying or fear**
- **Feeling excessively sad or low**
- ***Confused thinking or problems concentrating and learning***
- **Prolonged or strong feelings of irritability or anger**
- ***Avoiding friends and social activities***
- **Difficulties understanding or relating to other people**
- ***Changes in sleeping habits or feeling tired and low energy***
- **Changes in eating habits such as increased hunger or lack of appetite**
- **Changes in sex drive**

- **Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)**
- **Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)**
- **Overuse of substances like alcohol or drugs**
- **Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")**
- **Thinking about suicide**
- **Inability to carry out daily activities or handle daily problems and stress**
- **An intense fear of weight gain or concern with appearance**

Ultimately, this message is for anyone who has suffered anguish and feels TWISTED in some area of their lives...

Though the Bible doesn't use the word "depression" except in a few translations and verses, it's often referenced by other similar words, such as "downcast," "brokenhearted," "troubled," "miserable," "despairing," and "mourning," among others.

Throughout the Word, there are a number of stories about godly, influential men and women of faith, who struggled and battled through dark times of hopelessness and depression. People who battled through mental illness.

If we took a long hard look we'd find that we too find ourselves struggling there today.

“Where does mental illness come from?” “Is it a random occurrence or is there a reason that it's there?” “Is it possible to defeat mental illness?”

As believers, it's essential that we search in the right place for these answers. The world might have lots of ideas about mental illness but the most important question that we can ask is, “What does the Bible say about mental illness?” If God is our creator and knows everything about us, including our thoughts, better than we do ourselves (Psalm 139) don't you think He might have some insight into what is going on?

Did you know that the Bible specifically addresses mental illness on many occasions? In fact, it provides real solutions that, if addressed and followed out of a humble heart before God, can lead to complete recovery from every form of mental health that may plague us.

The first thing that I want to establish is that mental illness is *not a physical issue*. Therefore, we need to look beyond physiology and look at what is going on *spiritually*.

The root causes of mental illness is the torment that results from agreeing with something that is contrary to how God thinks, speaks, and acts.

Where does mental illness come from?

****Deuteronomy 28:15 KJV**

But it shall come to pass, if thou wilt not hearken unto the voice of the LORD thy God, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee.

****Deuteronomy 28:28-29 KJV**

The LORD shall smite thee with madness, and blindness, and astonishment of heart.

29 And you shall grope at noonday, as a blind man gropes in darkness; you shall not prosper in your ways; you shall be only oppressed and plundered continually, and no one shall save you.

OPENING PRAYER

The curses move now from exodus imagery to an assortment of ailments.

These would include madness

(šiggā'ôn; cf. v. 34; 1 Sam 21:16; Zech 12:4), from *Strong's number* H7696 meaning: craziness: – furiously,

blindness,

and mental instability (timēhon lēbāb, lit., “bewilderment of heart”).

The inclusion of blindness between two states of emotional or psychological disorder suggests that this loss of vision was not physical but metaphorical

(cf. Ps 146:8; Isa 29:18; 35:5; 42:7, 16; 43:8; 56:10).

The groping about in noonday like a blind man (v. 29a) is a simile qualified in the next line,

“You will be unsuccessful in everything you do.”

The blindness, then, was the incapacity to think clearly or form intelligent judgments. It would lay the ones under the curse open to all kinds of exploitation including oppression, connoting extortion; cf. Lev 6:4 [Heb. 5:23]; Ezek 18:18; Mal 3:5) and robbery (v. 29b).

Having broken fellowship with the Lord, they would have no one to deliver them from their insanity and its consequences.

Some may find themselves there TODAY.. You may be here without really wanting to be here.

Tired, lonely, depressed, filled with fear & anxiety.

Or, perhaps you're just numb. TSM . Life on pause. - no real advancements, progress, or direction.

But the GOOD NEWS is that we don't have to stay stuck there.

There's hope. Next couple of weeks I'll share several stories about depression & emotional well being from the Bible to remind us that we're not alone in our battles:

The fact that we are suffering in these ways does not mean we are without faith.

Elijah was discouraged, weary, and afraid. - (Suicidal)

After great spiritual victories over the prophets of Baal, He called down great miracles and overcame his enemies. After what could be considered GREAT MINISTRY... he was depleted & this mighty man of God feared and ran for his life, far away from the threats of Jezebel.

And there in the desert, he sat down and prayed, defeated and worn:

1 Kings 19:4

“I have had enough Lord, he said. Take my life, I am not better than my ancestors.”

Have you ever come to a place in your life that you just wished/prayed that it would end?

5 Then as he lay and slept under a broom tree, suddenly an angel (*messenger*) touched him, and said to him, “Arise and eat.” **6** Then he looked, and there by his head was a cake baked on coals, and a jar of water (*provision*). So he ate and drank, and lay down again. **7** And the angel of the LORD came back the second time, and touched him, and said, “Arise and eat, because the journey (*mission*) is too great for you.” **8** So he arose, and ate and drank; *and he went in the strength of that food forty days and forty nights* as far as *Horeb, the mountain of God.*

9 And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, “What are you doing here, Elijah?”

10 So he said, “I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. *I alone am left;* and they seek to take my life.”

Tired / Depressed / Suicidal / Isolated & Alone

Even after receiving a messenger, provision, and a mission he was still distraught.

God’s Revelation to Elijah

11 Then He said, “Go out, and stand on the mountain before the LORD.” And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; 12 and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice.

Wind, earthquakes, and fire are often associated with a divine appearance or theophany (see Exod 19:16–18; 20:18; Judg 5:4–5; Psa 18:7–9; Hab 3:4–7). Here, they precede Yahweh like a messenger (Psa 104:4).

Psalm 104:4 New King James Version

**4 Who makes His angels spirits,
His ministers a flame of fire.**

13 So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, “What are you doing here, Elijah?”

14 And he said, “I have been very zealous for the LORD God of hosts; because the children of Israel have forsaken

Your covenant, torn down Your altars, and killed Your prophets with the sword. *I alone am left;* and they seek to take my life.”

15 Then the LORD said to him: “Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. 16 Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place. 17 It shall be that whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. 18 Yet I have reserved *seven thousand in Israel, all whose knees have not bowed to Baal,* and every mouth that has not kissed him.”

Elisha Follows Elijah

19 So he departed from there, and *found Elisha the son of Shaphat, who was plowing with twelve yoke of oxen before him, and he was with the twelfth. Then Elijah passed by him and threw his mantle on him.*

twelve pairs of oxen A large team that symbolizes wealth, representing what Elisha would have to give up to follow Elijah.

Are you willing to leave what you value behind to serve the Living God?

Will you allow Jesus to place His Mantel over you this morning? To Anoint you, consecrating you for His service?

20 And he left the oxen and ran after Elijah, and said, “Please let me kiss my father and my mother, and then I will follow you.”

And he said to him, “Go back again, for what have I done to you?”

21 So Elisha turned back from him, and **took a yoke of oxen and slaughtered them and boiled their flesh, using the oxen’s equipment, and gave it to the people, and they ate.** Then he arose and followed Elijah, and became his servant.

Are you willing to leave certain things in this world behind & from this moment forward to do HIS WILL?

If we walk according to His instructions, we WILL be made whole...

Perhaps you stumbled across this post online by accident. Or someone invited you out of the blue..

You may feel God is distant from you and thoughts of suicide have crossed your mind...

Not that you really considered it... but just think...
“wouldn't it just be easier??”

The answer is NO!!

Can I encourage you this morning... right there where you are, build an altar to the Lord and surrender your heart...

will you close your eyes and bow your heads w/ me??

Dear God, salvation prayer...

Closing Prayer....

Please contact us via our website @thepeakcc.com Let us know how we can come along your side to help your spiritual growth...

If this was the 1st time that you really dedicated yourself to Jesus... Recognized Him as NOT only your Savior.... But also, your KING...

I'd like to invite you to connect w/ us.....
www.thepeakcc.com/new-member Visitors link... fill out that connect card...

*“The Lord bless you and keep you;
The Lord make His face shine upon you,
And be gracious to you,
The Lord lift His countenance upon you,
And give you peace.”*

I bless you in the Name of the Father, & of the SON, & of the Holy Spirit... Amen!!

The New King James Version. (1982). (1 Ki 19:5–21). Nashville: Thomas Nelson.

Barry, J. D., Mangum, D., Brown, D. R., Heiser, M. S., Custis, M., Ritzema, E., ... Bomar, D. (2012, 2016). Faithlife Study Bible (1 Ki 19:12). Bellingham, WA: Lexham Press.