

TWISTED III

The past couple of weeks God has led me to confront the very delicate topic of “Mental Health”

I pray that I’ve been able to meet my objective of removing any stigmas that may have been associated with “Mental Health” & recognize that

mental health is nothing more than our EMOTIONAL WELL BEING...

It’s OK NOT to be OK

We defined terms like “Critical Incident” / “Trauma” / “Crisis” / “Psychology” - the Study of the SOUL

We even explored great Giants of Faith in the scriptures that battled with “Mental Health”

Elijah - Prophetic - Miracle Worker - Victorious
alone, isolated, & afraid became Suicidal...

God sent him a messenger / provision / mission

King David - Fearless, Warrior, Giant Slayer

Adulter, schemer, murderer - DEEP DEPRESSION

He repented and surrendered back to GOD & was restored

****Sermon Plug - app / site / TWISTED**

Most people can identify Some part of themselves that are currently TWISTED?

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.

****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.

*madness, blindness, and mental instability lit.,
“bewilderment of heart”*

What can some of these look like??

Mood Disorders

Anxiety Disorders

Generalized Anxiety Disorder

Obsessive-Compulsive Disorder

Trauma-Related Disorders

When something extremely distressing happens to us. Trauma-related mental disorders are the *natural reactions*. Reactions to terrifying, disturbing, or life-threatening events. - *Critical Incidents*.

Living through a Global Pandemic / Loss of a Job / Divorce / Physical ailments / Death of a loved one....

Each one of these is a critical incident individually!

What happens when you have multiple Critical Incidents at the SAME TIME!??

Trauma related disorders can include:

Post-Traumatic Stress Disorder

Symptoms include intrusive memories, nightmares, avoiding anything that reminds you of the event,

negative thoughts and feelings, being easily startled, trouble sleeping, irritability, anger, aggression, and feeling emotionally disconnected or numb.

Acute Stress Disorder

Acute stress disorder in which you feel symptoms of anxiety. Signs usually come up after a traumatic event and last for up to a month. In addition to anxiety symptoms, you might also feel numb or a sense of unreality, or have vivid flashbacks or difficulty remembering the event.

Opening Prayer

100% transparent - As I've been researching & studying this out, not only do i realize the immense need for crisis response, i've realized that God has really been speaking to me...

If I was to pause & look back @ what the last year & ½ has been... It's NO WONDER that I'm a HOT MESS.

Given 4 weeks notice that we had to vacate the lodge...

Transition to a new building... THANK YOU LORD!!

Just as we were getting acclimated here.... COVID hits.

Welcome the Digital Church.... *School of Hard Knocks*

Officiated 18 funerals - LIVE STREAM - for families - as a ministry---- FREE BTW- you made that possible *-thank you for your continued support & contributions to this ministry...*

***Hoving Home testimony -Save the date 4/11**

***But for me personally....* Sitting through webinars/
implementing changes/ seeking God for direction/
purchasing equipment for Digital Church / Crisis Response /
counseling sessions / funerals / increased violence / civil
unrest / George Floyd - protests / Defund Police - Reform.
Ministering to us & to them....**

**-Commercial Roofing - consultations - proposals / contracts /
sales - satellite imaging - complete roof assessments**

**STORMS - trees down - Crazy influx of jobs... & then
Christmas morning ... Our house gets hit by a tree...**

**Now i'm in the middle of a bathroom remodel (6) months -
have to repair storm damages i.e. tree through my garage
wall / replace my roof / I mean it's been a typhoon.**

***I agreed with something that is contrary to how God thinks,
speaks, and acts.***

**I fell into working 7 days a week... Haven't been taking His
sabbath. Doing more than I can handle, biting more than I
can chew.... I'm here confessing that I have let some of you
down & taking ownership of these messages. THIS
APPLIES TO ME.... - *needless to say I'll be taking some
time off and recalibrating...***

Mental Health is REAL

I take comfort that the Bible is so brutally honest in letting us know we are NOT ALONE & that these battles lead us into deeper relations w/ HIM.

Jonah was angry and wanted to run away.

After God called Jonah to go to Nineveh to preach to the people, *he fled as far away as could*. My WILL!!!

And after a storm at sea, being swallowed by a giant fish, and then being saved and given a second chance, he obeyed. He preached God's message to the people of Nineveh. God's mercy reached out to all people who turned to Him. But instead of rejoicing, Jonah got mad:

"Now O Lord, take away my life, for it is better for me to die than to live." [Jonah 4:3](#)

Have you ever seen God bless someone that didn't deserve the blessing.... But got it anyway... & it made you mad??

I have 2 words for Jonah - "Anger Management"

And even after God reached out to Jonah again with great compassion, he responded, “...I am angry enough to die.” [Jonah 4:9](#)

Have you ever gotten so Vexed? So TWISTED inside, it gave you RAGE? ANGER? Find it easy to get HEATED?

You're not alone.... This isn't something new under the sun...

Job also suffered through great loss, devastation, and physical illness.

This righteous man of God lost literally everything. So great was his suffering and tragedy that even his own wife said,

“Are you still holding on to your integrity? Curse God and die!” [Job 2:9](#)

Though Job maintained his faithfulness to God throughout his life, he still struggled deeply through the trenches of pain:

“Why did I not perish at birth, and die as I came from the womb?” [Job 3:11](#)

“I have no peace, no quietness, I have no rest, but only turmoil.” [Job 3:26](#)

“I loathe my very life, therefore I will give free rein to my complaint and speak out in the bitterness of my soul.” [Job 10:1](#)

“Terrors overwhelm me...my life ebbs away, days of suffering grip me. Night pierces my bones, my gnawing pains never rest.” [Job 30:15-17](#)

Are you carrying any anger or resentment this morning?

Are you questioning God??

What are you carrying this morning? What rebellious act against God has you TWISTED? Bring it to the altar this morning.

You don't need the blood of bulls & goats. The BLOOD of God's Lamb is already here.... All you need is a broken spirit & a contrite (humble) heart.

These are the sacrifices He will NOT reject... Emotional / Mental healing is here for the asking...

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God for I will yet praise him, my Savior and my God.” [Ps. 42:11](#)

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

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). (Ps 51:1–19). Nashville: Thomas Nelson.

The New King James Version. (1982). (2 Sa 11:26–27). Nashville: Thomas Nelson.

Mathews, J. G. (2014). Blessing. D. Mangum, D. R. Brown, R. Klippenstein, & R. Hurst (Eds.), Lexham Theological Wordbook. Bellingham, WA: Lexham Press.