

Imagine- Mental health

I. Introduction-

A. Purpose of the series-

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it. I Thes 5:23

B. God's plan for achieving our resolution for 2023-

Assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. Eph 4:21

C. Warning- series is for only a few

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. [II Tim 3:16](#)

The sum of your word is truth, and every one of your righteous rules endures forever. [Ps 119:16](#)

Biblical Psychology by Oswald Chambers-

<https://archive.org/details/biblicalpsycholo00cham/mode/1up?ref=ol&view=theater>

II. Why start with mental health because God created us as rational beings-

A. Our brain is defined by our controlling spirit-

You were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. Eph 2:1

For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, II Cor 10:5

B. The spirit we choose will defines our worldview-

1. The Christian worldview-

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Rom 12:1

Christian worldview = interprets our lives according to the truth of God inspired word and Jesus' example recognizing existence of supernatural forces that control each of us and the natural reality we live in.

2. The secular or humanist worldview denies the evidence for God and a supernatural reality-

For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth. For what can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. Claiming to be wise, they became fools, and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things. Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves, because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever! Amen. Rom 1:18

It is not the hearers of the law who are righteous before God, but the doers of the law who will be justified. For when Gentiles, who do not have the law, by nature do what the law requires, they are a law to themselves, even though they do not have the law. they show that the work of the law is written on their hearts, while their conscience also bears witness, and their conflicting thoughts accuse or even excuse them 16 on that day when, according to my gospel, God judges the secrets of men by Christ Jesus. Rom 2:13

3. Postmodern world view

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God. Rom 8:6

C. Choosing input to the brain-

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory. Col 3:1
Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. Phil 4:8

III. The results of our worldview-

Jesus said to the Jews who had believed him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free. Jn 8:32

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. Jn 14:6

A. The facts of life from a biblical worldview-

- 1) Fact: There is an infinite, holy, and personal God who created everything and who has absolute sovereign control over His creation therefore He either ordains or allows everything that happens.
- 2) Fact: The Bible is immutable and inerrant truth that is inspired by God.
- 3) Fact: Jesus Christ is the only way for our sins to be atoned for so we can personally know a holy God and to enter a holy heaven.
- 4) Fact: I can have a real, personal relationship with God through faith in Jesus as my Lord and Savior.
- 5) Fact: God will do for me what the Bible promises He will do.

B. The facts of a secular worldview

None of the above is true

C. Why people reject the truth of God-

Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God. And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. For everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed. Jn 3:18

D. Maintaining mental health with a biblical worldview-

1. Walk in the light- Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. Ps 1:1

2. Abide in Jesus-

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. 8 By this my Father is glorified, that you bear much fruit and so prove to be my disciples. Jn 15:7

V. Summary and application-

For God has consigned all to disobedience, that he may have mercy on all. Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways! "For who has known the mind of the Lord, or who has been his counselor?" "Or who has given a gift to him that he might be repaid?" For from him and through him and to him are all things. To him be glory forever. Amen. I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but **be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Rom 11:32 & 12:1**

