

Mental Health

Breaking the Stigma. Renewing the Mind.

By Pastor Tameran Hinson, LPC, NCC, CPCS & Pastor John Hinson, PhD, CCM, CMF

Week 3 · Session 3

Stigma #1: “Real Men Don’t Cry”

Hero of Faith: Elijah — 1 Kings 19 · **Our PRAY Response**

Statement #1: _____ is not the absence of pain; it’s pain in _____.

“I have had enough, **Lord**,” he said. “Take my life; I am no better than my ancestors.” Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “**Get up and eat.**” He ate and drank and then lay down again.

1 Kings 19:4–6 (NIV)

Reflect: Have you ever held back tears, anger, or fear in front of someone because you thought showing it would make you look weak, unstable, or ‘too much’? What did you do with that emotion instead?

Stigma #2: “The Strong One Doesn’t Break”

Hero of Faith: Hannah — 1 Samuel 1 · **Our PAUSE Response**

Statement #2: You were never designed to carry everything without ever caring for _____.

“She was deeply distressed and prayed to the **Lord**, weeping bitterly... As she kept on praying to the Lord, Eli observed her mouth. Eli said to her, “**How long are you going to stay drunk?**”

1 Samuel 1:10, 12–14 (NIV)

Reflect: What’s one thing you could pause carrying the weight of this week?

Stigma #3: “You Don’t Need a Diagnosis, You Need Deliverance”

Hero of Faith: Naaman — 2 Kings 5 · **Our PRAISE Response**

Statement #3: Refusing _____ in the name of faith is like telling God you don’t need His provisions.

Elisha sent a messenger to say to him, “**Go, wash yourself seven times in the Jordan, and your flesh will be restored and you will be cleansed.**” But Naaman went away angry... His servants said, “If the prophet had told you to do some great thing, would you not have done it? How much more, then, when he tells you, ‘**Wash and be cleansed!**’”

2 Kings 5:9–14 (NIV)

Reflect: What provision has God already placed within your reach — a doctor, a counselor, medication, or a trusted friend — that you’ve resisted because it felt ‘too ordinary’?



Help & Resources

Crisis lines, Georgia Community Service
Boards, counselors & support groups.

