



MENTAL HEALTH

Breaking the Stigma. Renewing the Mind.

L/C

NEW YORK TIMES BESTSELLING AUTHOR
CRAIG GROESCHEL
WITH DR. WAYNE CHAPPELLE

HEAL YOUR HURTING MIND

Biblical Hope for Anxiety, Depression, Burnout,
and the Emotions No One Talks About



Example # 1: **Elijah**



Now Ahab told Jezebel everything that Elijah had done, and how he had killed all the prophets with the sword. ² Then Jezebel sent a messenger to Elijah, saying, “**So may the gods do to me and more so, if *by* about this time tomorrow I do not make your life like the life of one of them.**” ³ And he was **afraid**, and got up and **ran for his life** and came to Beersheba, which belongs to Judah; and he left his servant there. ⁴ But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree; and he asked for himself to die, and said, “**Enough! Now, LORD, take my life, for I am no better than my fathers.**”

1 Kings 19:1-4 (NASB)





Example # 1: **Elijah**

Example # 2: **David**

I waited patiently for the LORD;
And He **reached down to me and heard my cry.**

² He brought me up out of the pit of destruction,
**out of the mud; And He set my feet on a
rock, making my footsteps firm.**

Psalm 40:1-2 (NASB)





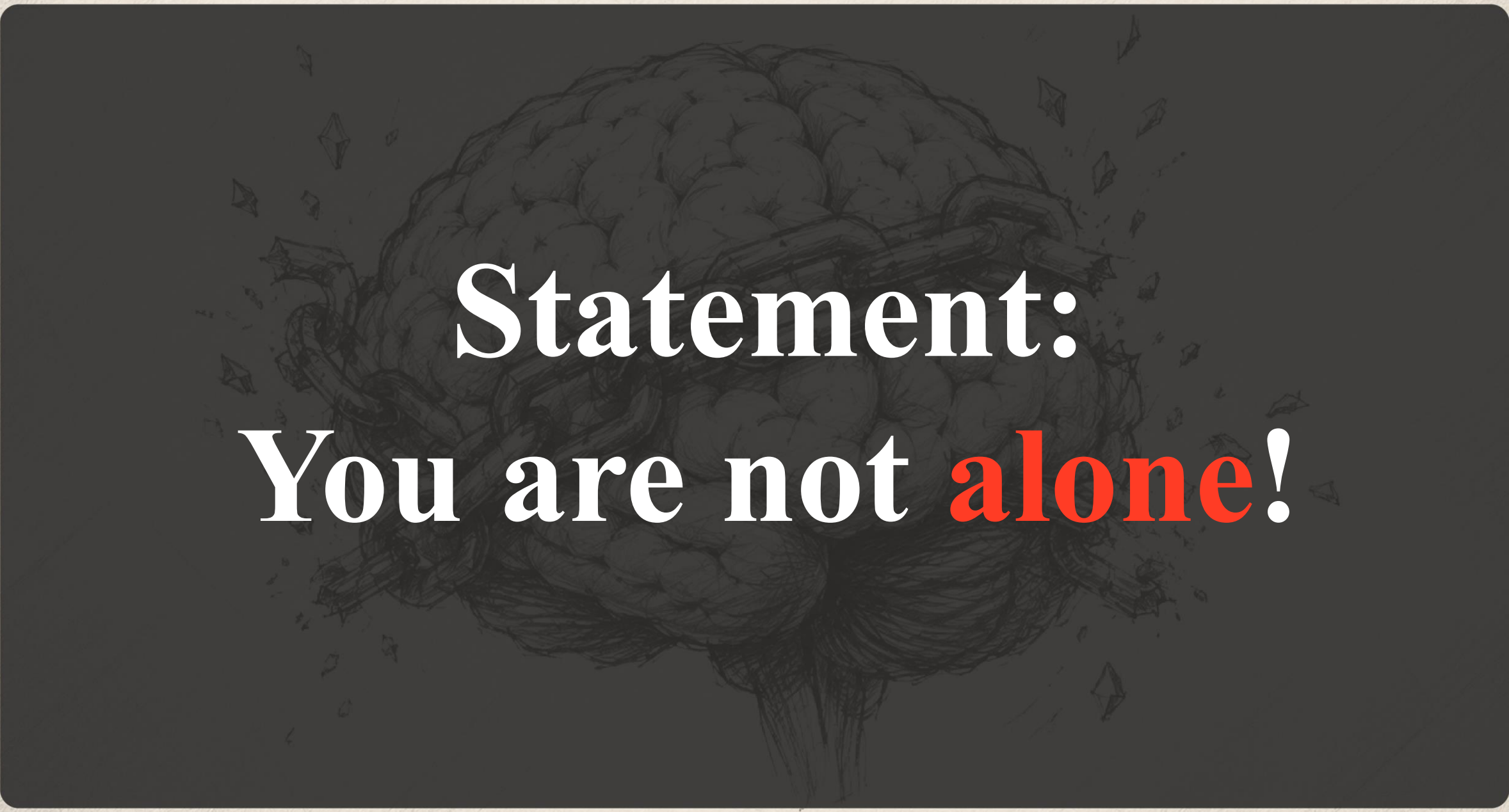
Example # 1: Elijah

Example # 2: David

Example # 3: Jeremiah

14 Cursed be the day when I was born;
May the day when my mother gave birth to me
not be blessed! **15 Cursed be the man who brought**
the news To my father, saying,
“A boy has been born to you!”
And made him very happy.
Jeremiah 20:14-16 (NASB)



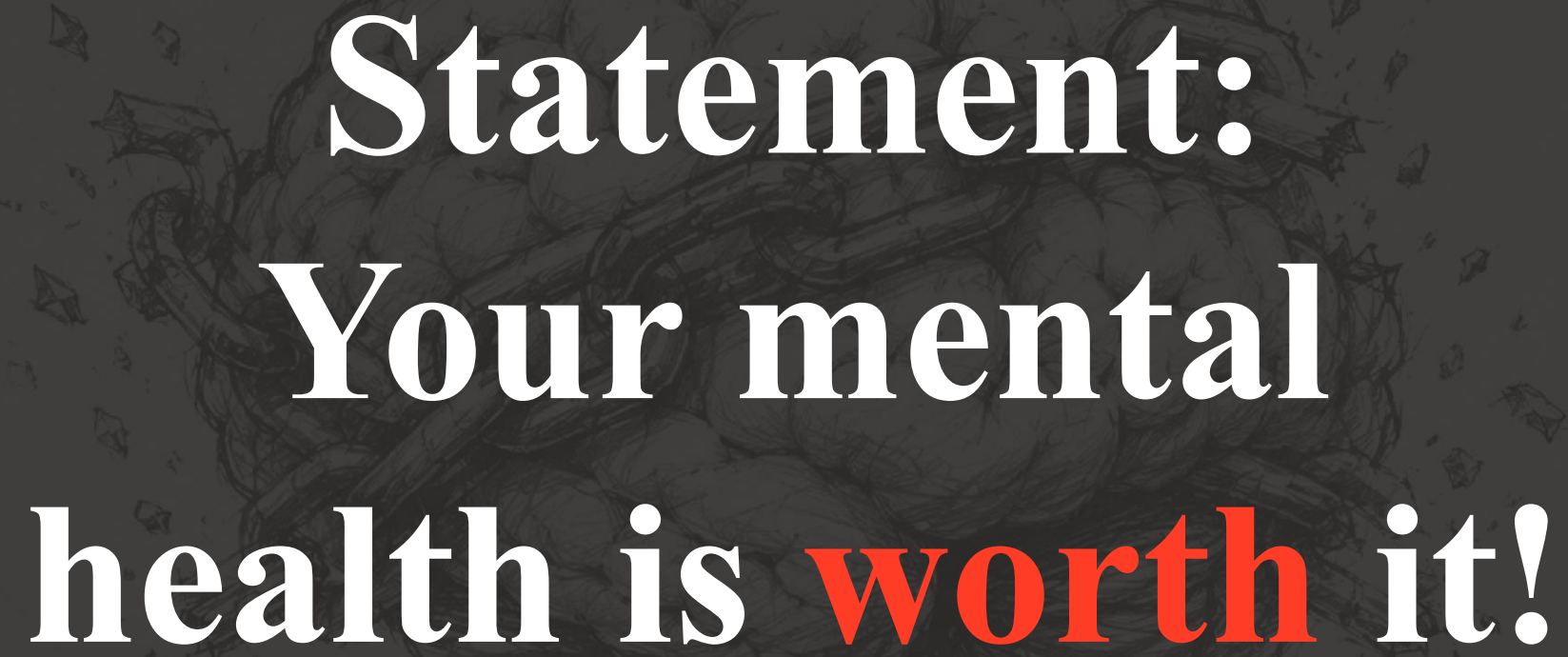


Statement:
You are not alone!

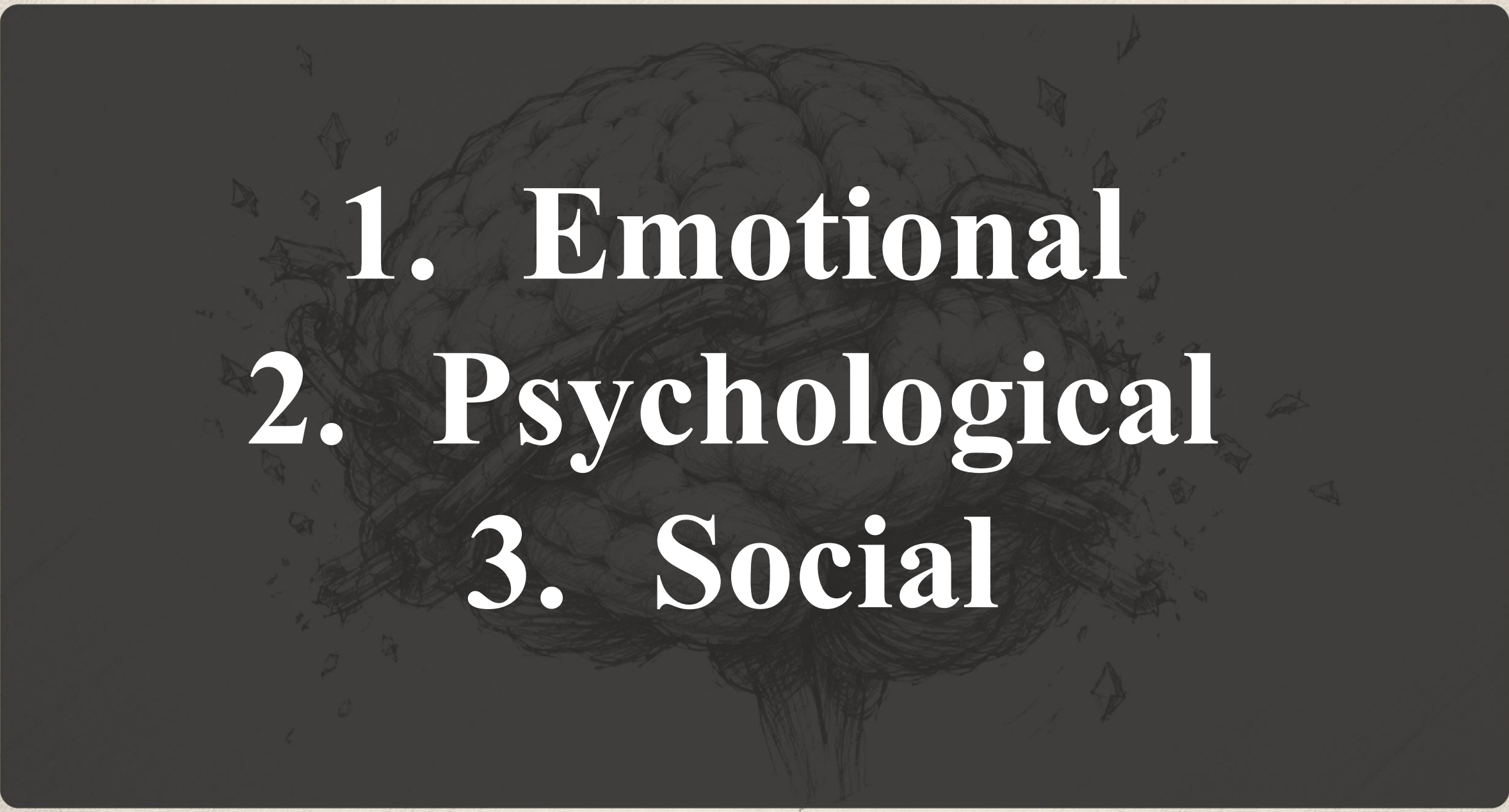
¹¹ For I know the plans that I have for you,’ declares the LORD, ‘plans for prosperity and not for disaster, **to give you a future and a hope.** ¹² Then you will call upon Me and come and pray to Me, and I will listen to you.

Jeremiah 29:11-12 (NASB)

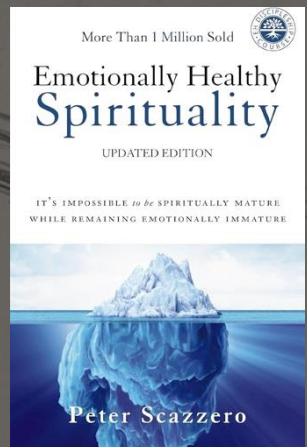


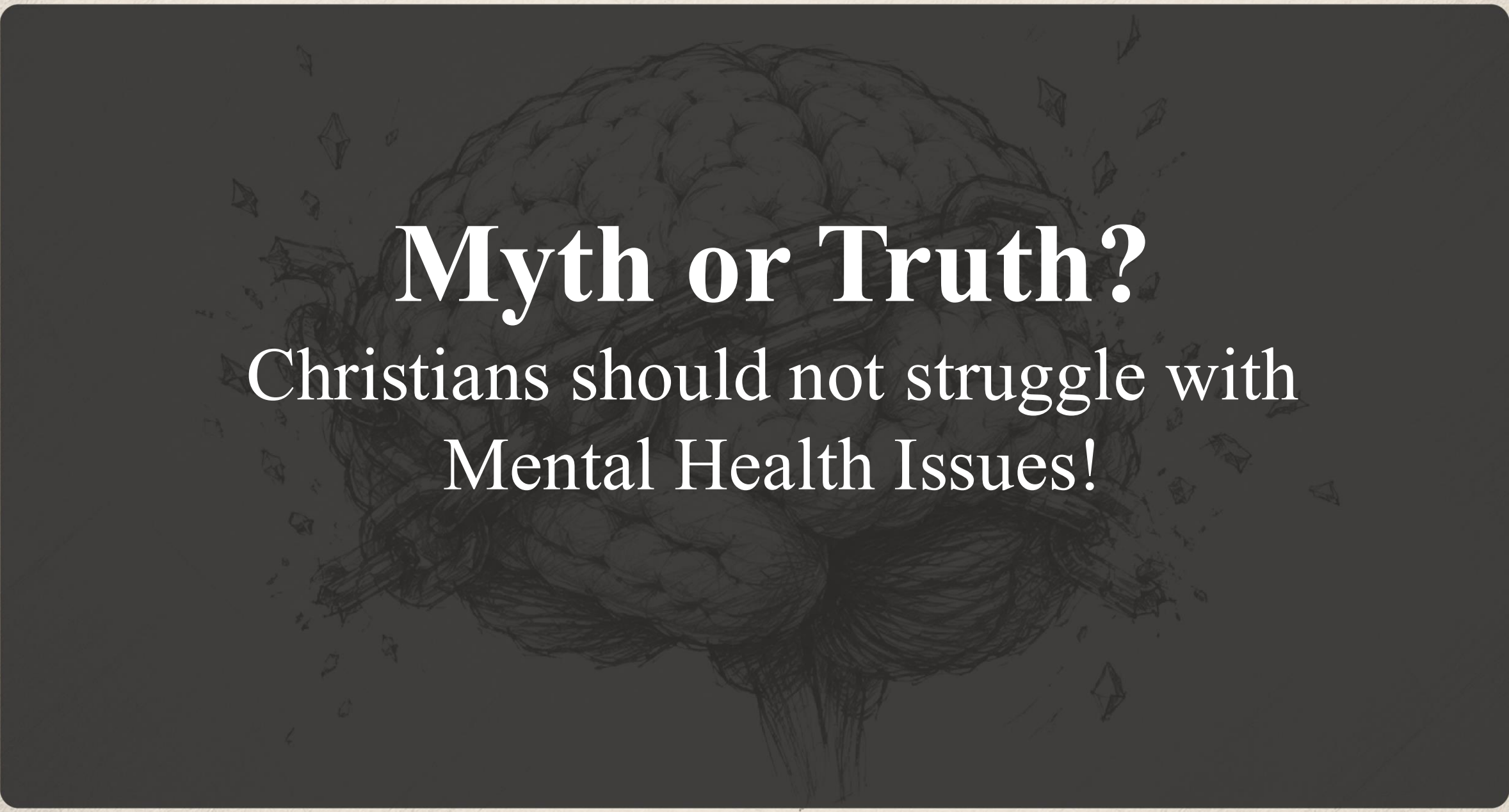


Statement:
Your mental
health is worth it!

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1. Emotional
 2. Psychological
 3. Social

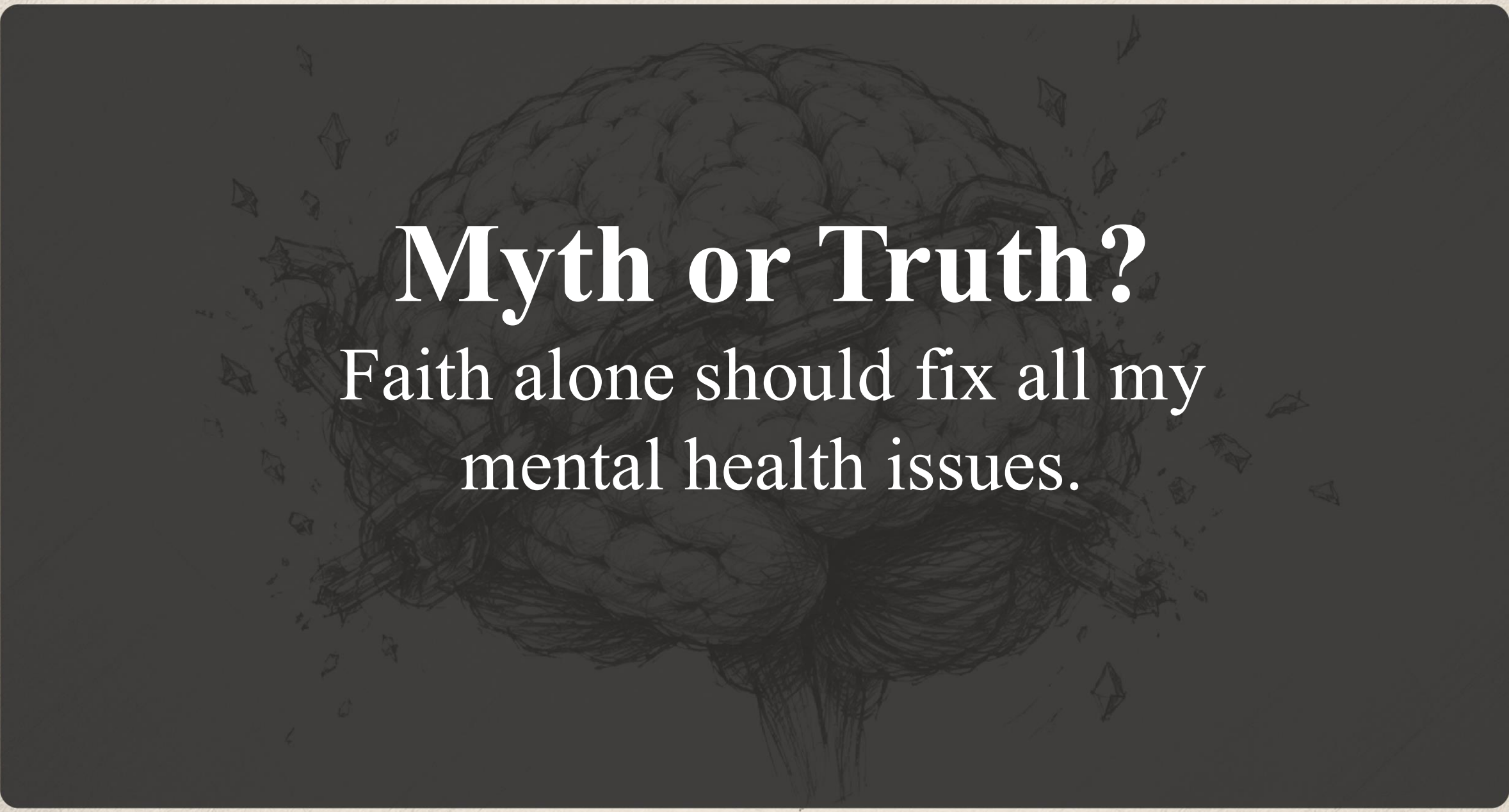
- Naming, recognizing and managing our own feelings.
- Identifying with and having compassion for others.
- Breaking free from self-destructive patterns.
- Being aware of how our past affects our present
- Developing the capacity to express our thoughts and feelings clearly.





Myth or Truth?

Christians should not struggle with
Mental Health Issues!



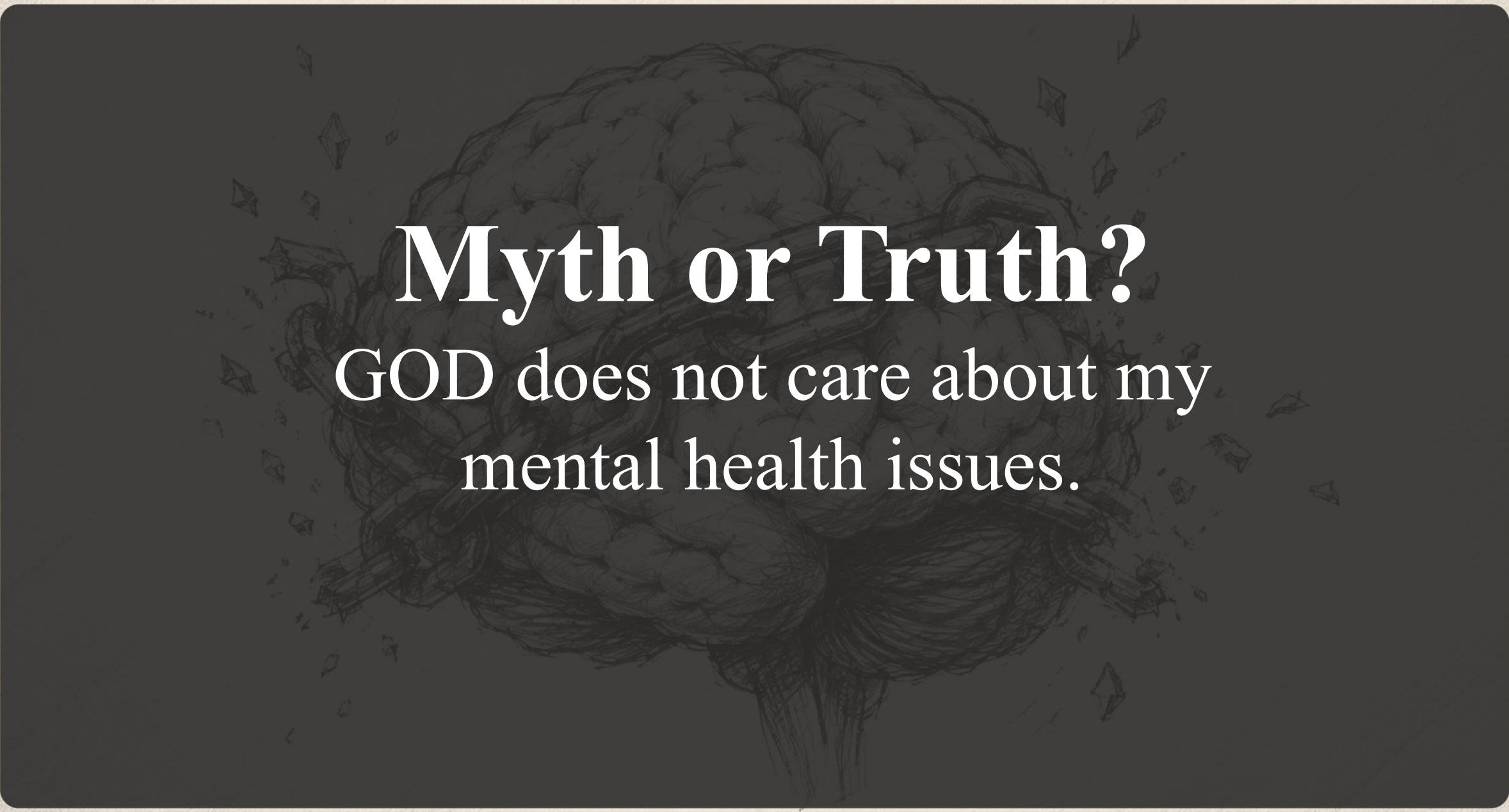
Myth or Truth?

Faith alone should fix all my
mental health issues.

² And do not be conformed to this world, **but be transformed by the renewing of your mind**, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Romans 12:2 (NASB)





Myth or Truth?

GOD does not care about my
mental health issues.

² I have sunk in deep mud, and there is no foothold; I have come into deep waters, and a flood overflows me. ³ I am weary with my crying; my throat is parched; My eyes fail while I wait for my God.
Psalm 69:2-3 (NASB)



39 And He went a little beyond *them*, and fell on His face and prayed, saying, “**My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You *will*.**”

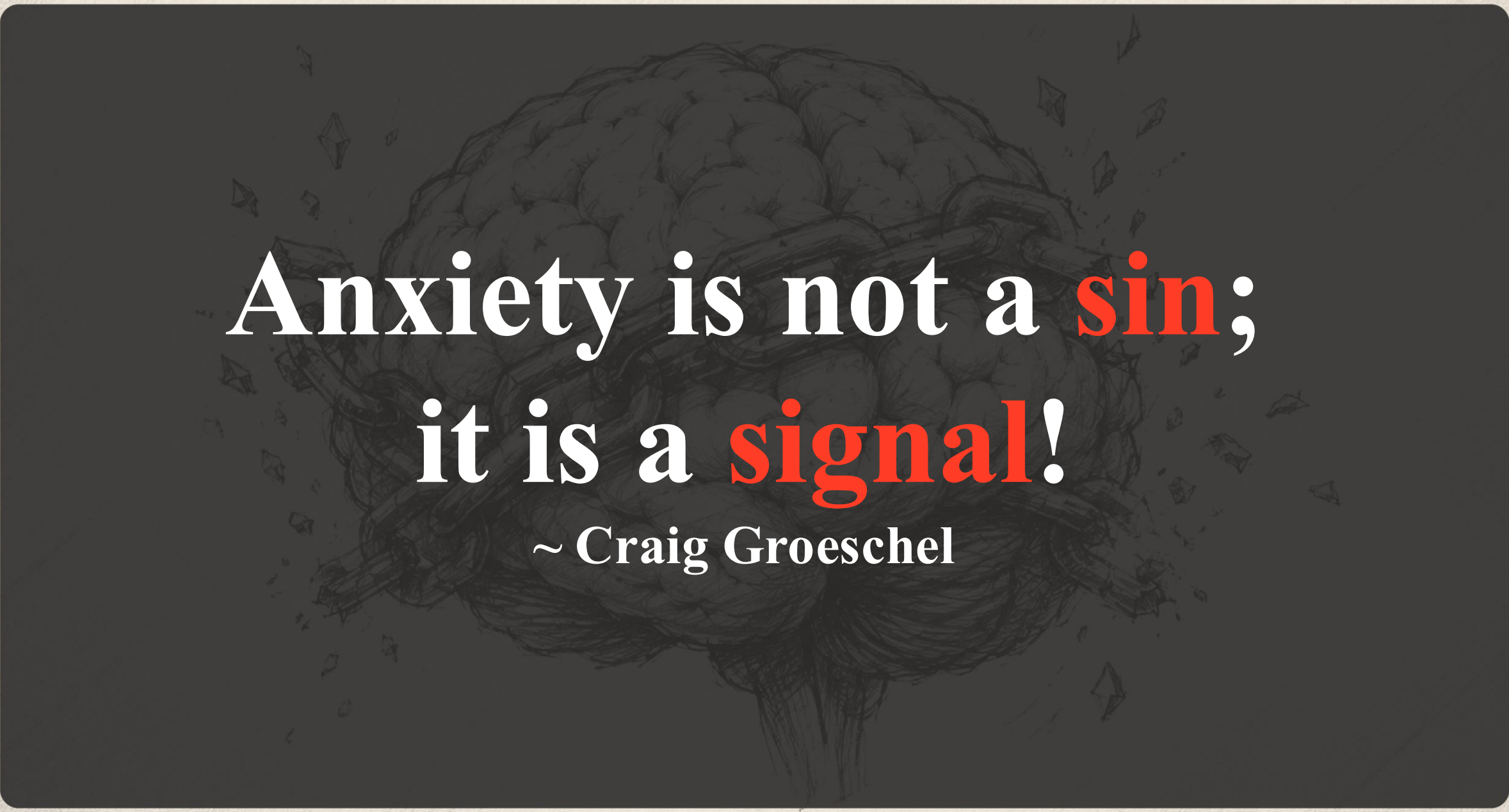
Matthew 26:39



⁴² saying, “Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done.” ⁴³ Now an angel from heaven appeared to Him, strengthening Him. ⁴⁴ **And being in agony,** He was praying very fervently; and His sweat became **like drops of blood**, falling down upon the ground.

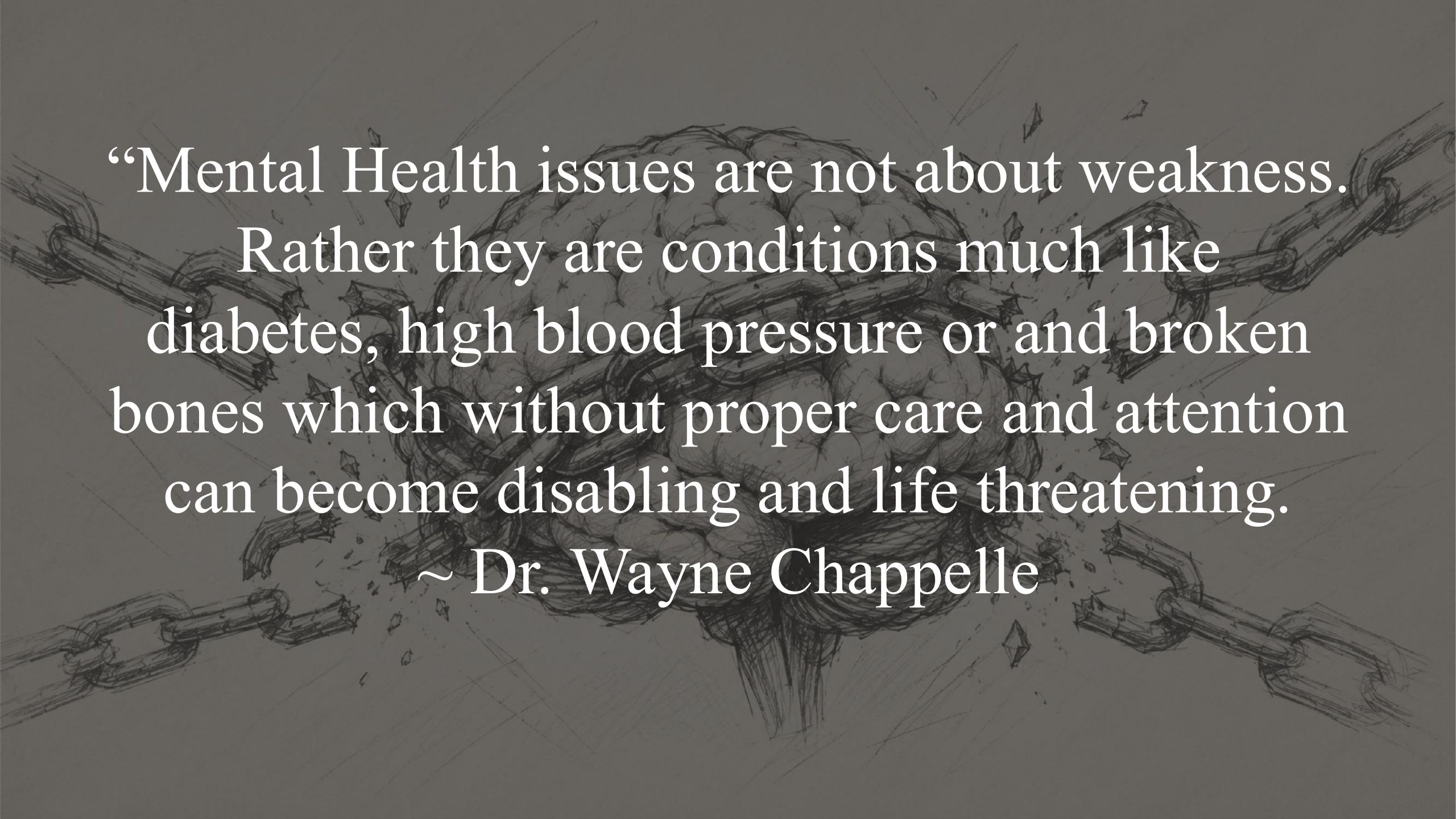
Luke 22:42-44





Anxiety is not a **sin**;
it is a **signal**!

~ Craig Groeschel



“Mental Health issues are not about weakness.
Rather they are conditions much like
diabetes, high blood pressure or and broken
bones which without proper care and attention
can become disabling and life threatening.

~ Dr. Wayne Chappelle

Now it came about after this, that the sons of Moab and the sons of Ammon, together with some of the Meunites, **came to make war against Jehoshaphat.** ² Then some came and reported to Jehoshaphat, saying, “A great **multitude is coming against you** from beyond the sea, from Aram; and behold, they are in Hazazon-tamar (that is Engedi).” ³ Jehoshaphat was afraid...

2 Chronicles 20:1-3 (NASB)

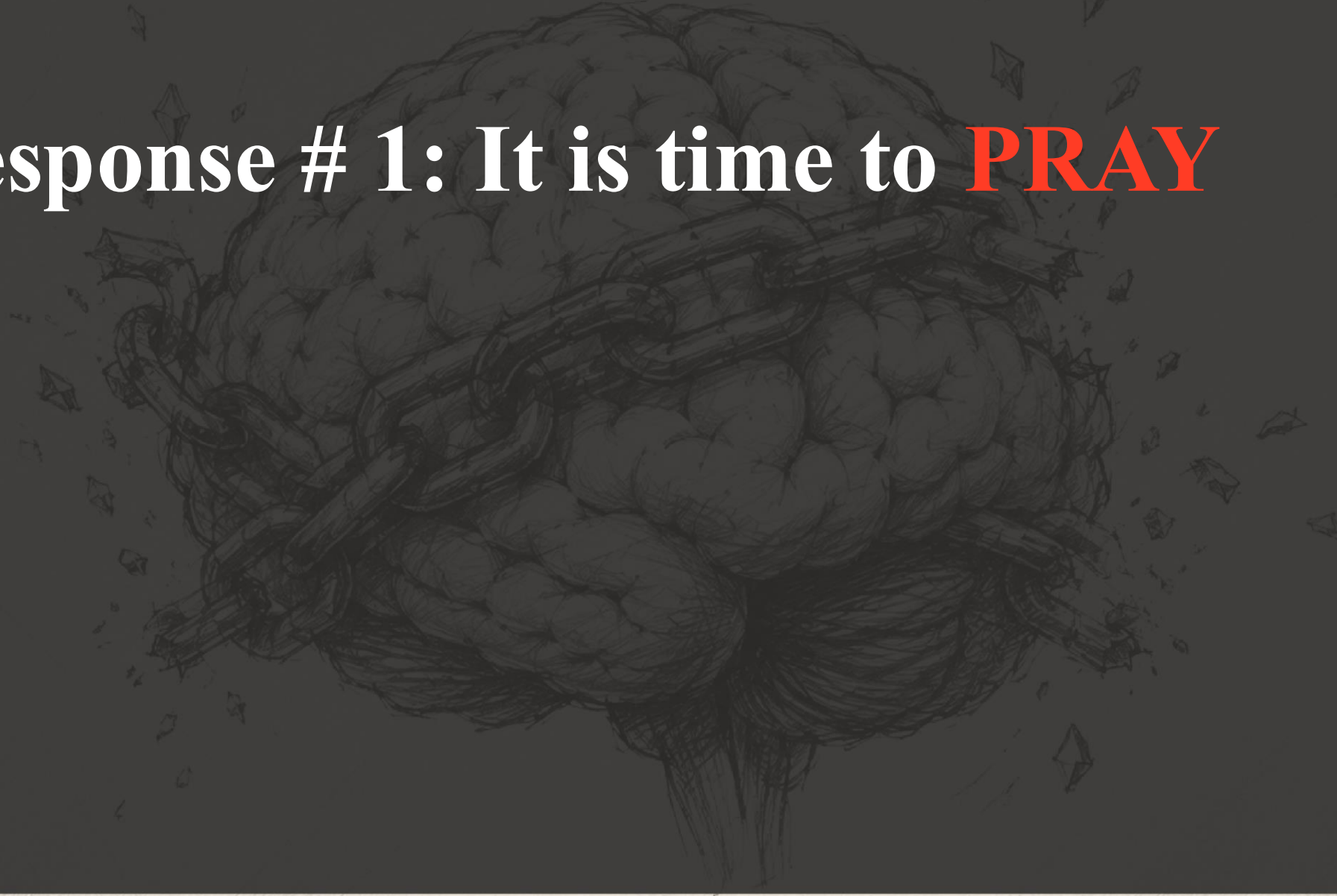


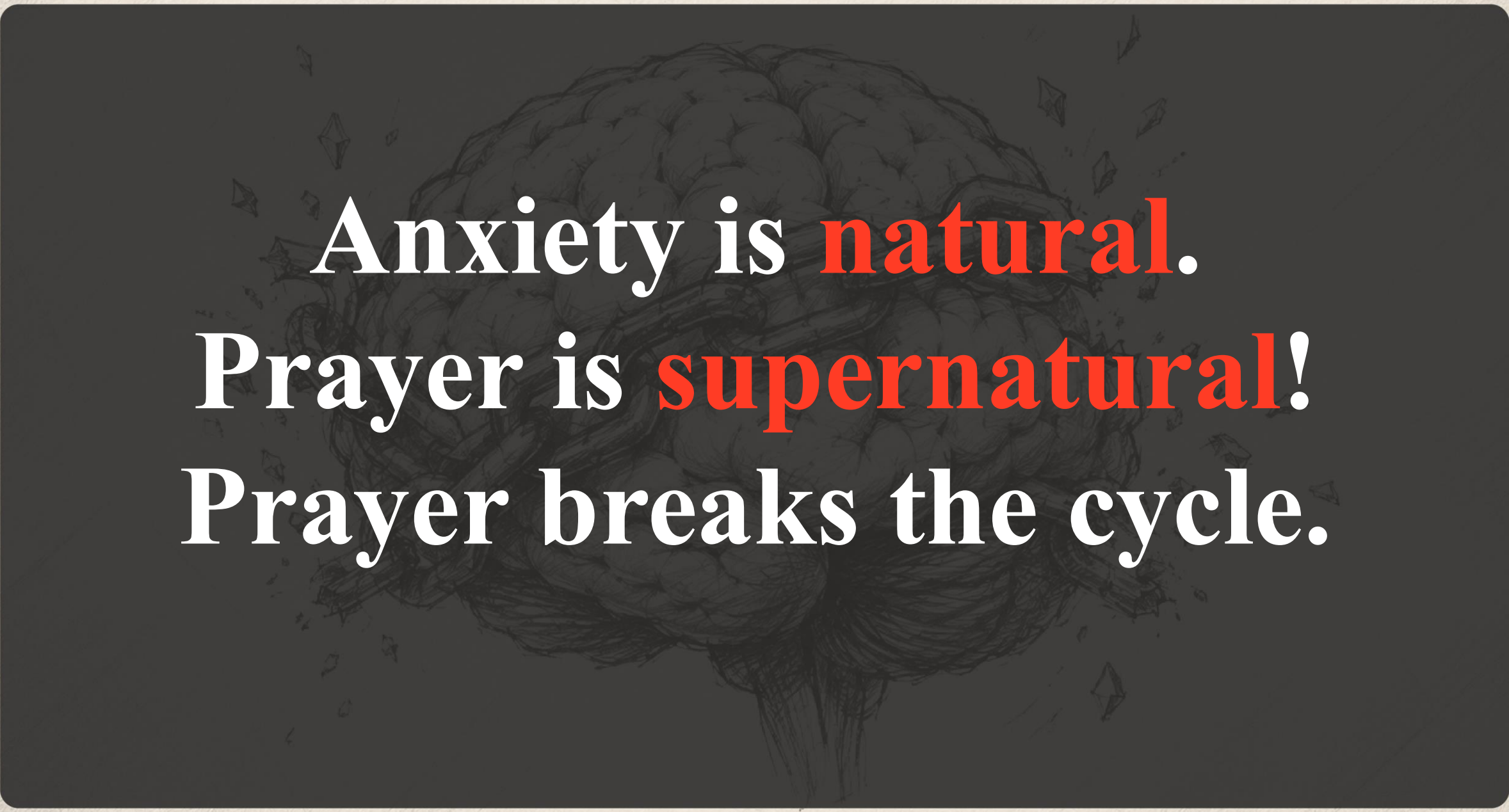
³ Jehoshaphat was afraid and **turned his attention to seek the LORD**; and he proclaimed a period of fasting throughout Judah. ⁴ So Judah gathered **together to seek help from the LORD**; they even came from all the cities of Judah to seek the LORD.

2 Chronicles 20:3-4 (NASB)



Response # 1: It is time to **PRAY**



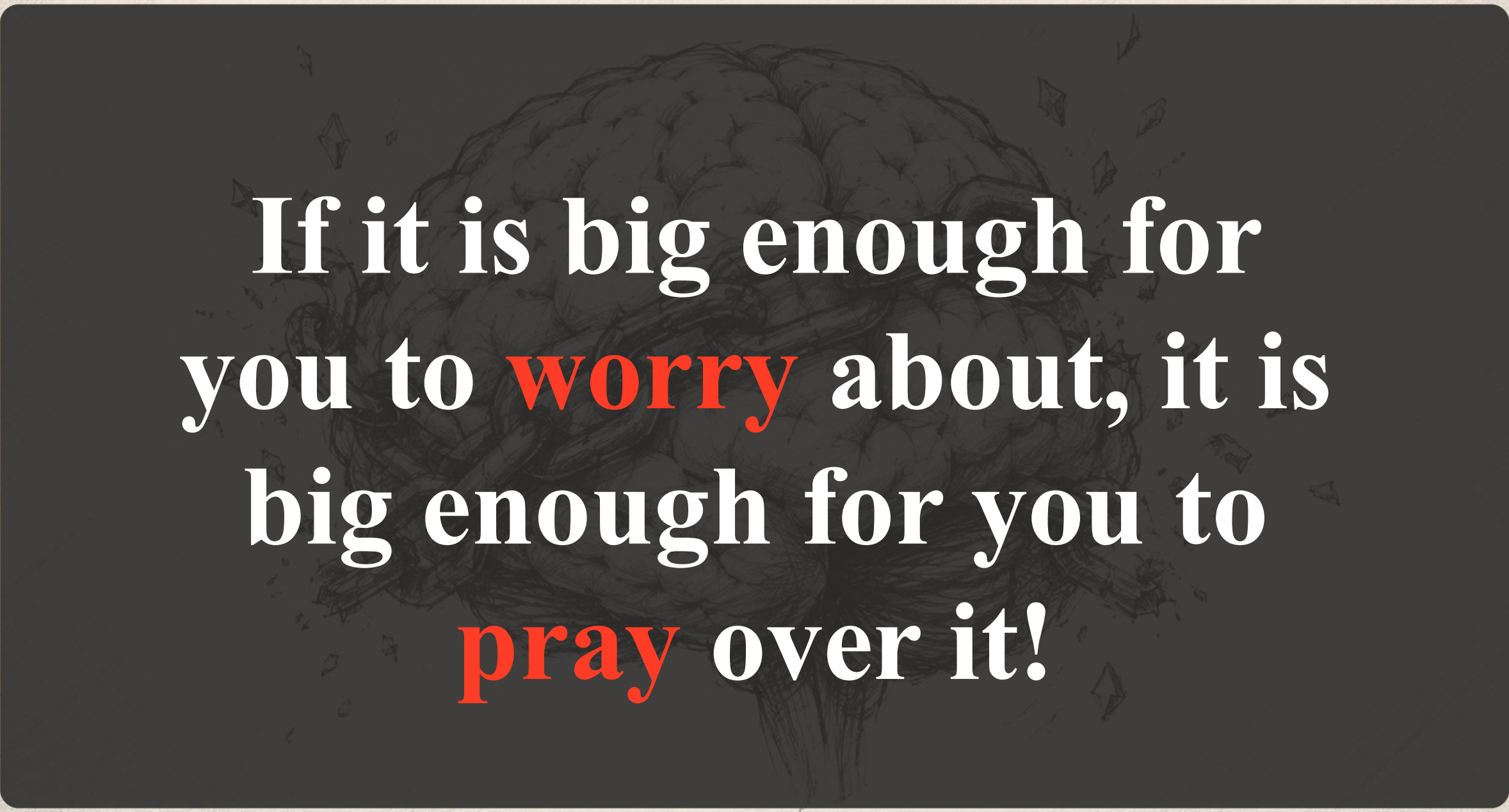


Anxiety is **natural**.
Prayer is **supernatural**!
Prayer breaks the cycle.

⁷ having **cast** all your anxiety on
Him, because He **cares** about
you.

1 Peter 5:7 (NASB)





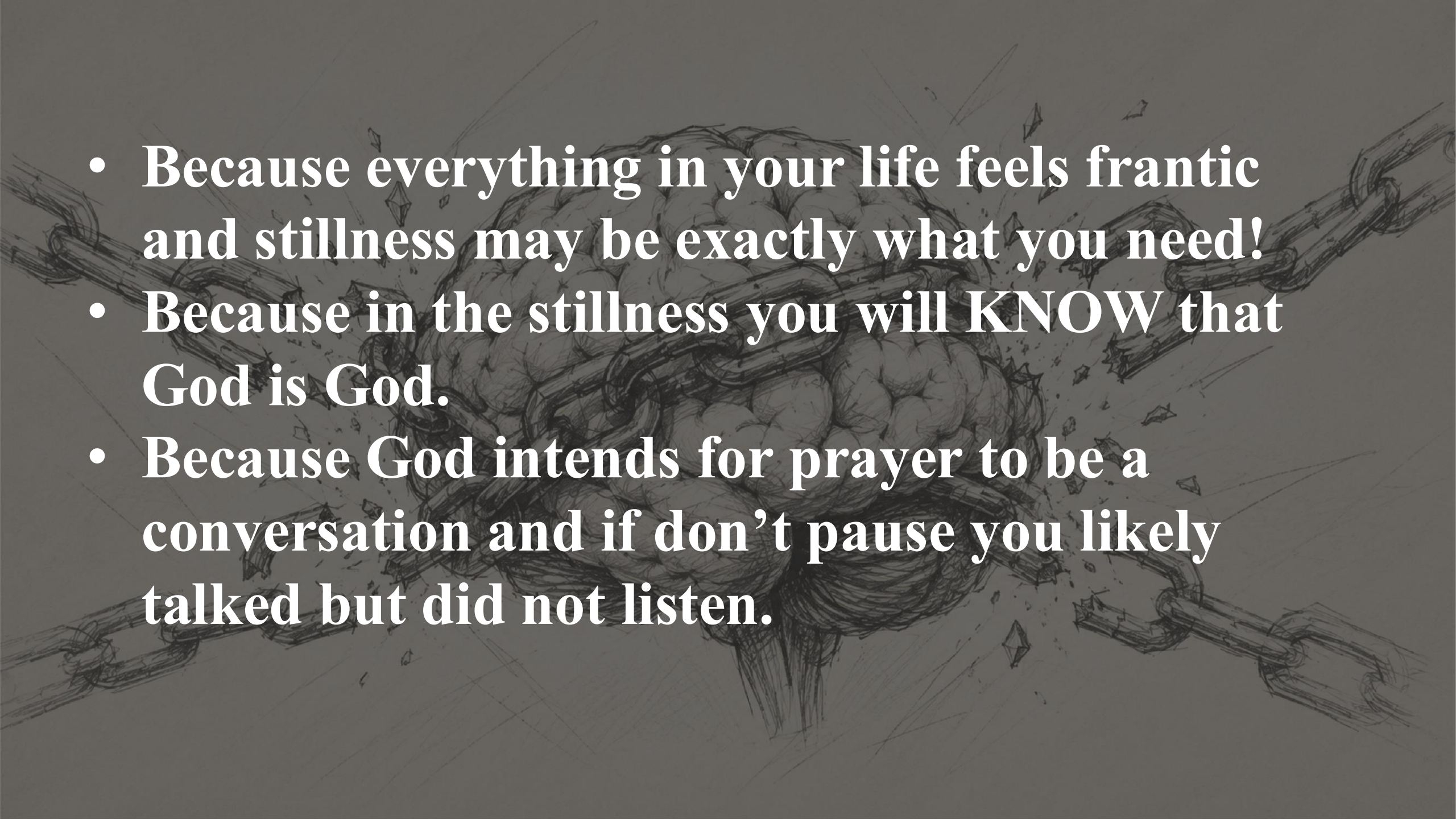
If it is big enough for
you to **worry** about, it is
big enough for you to
pray over it!

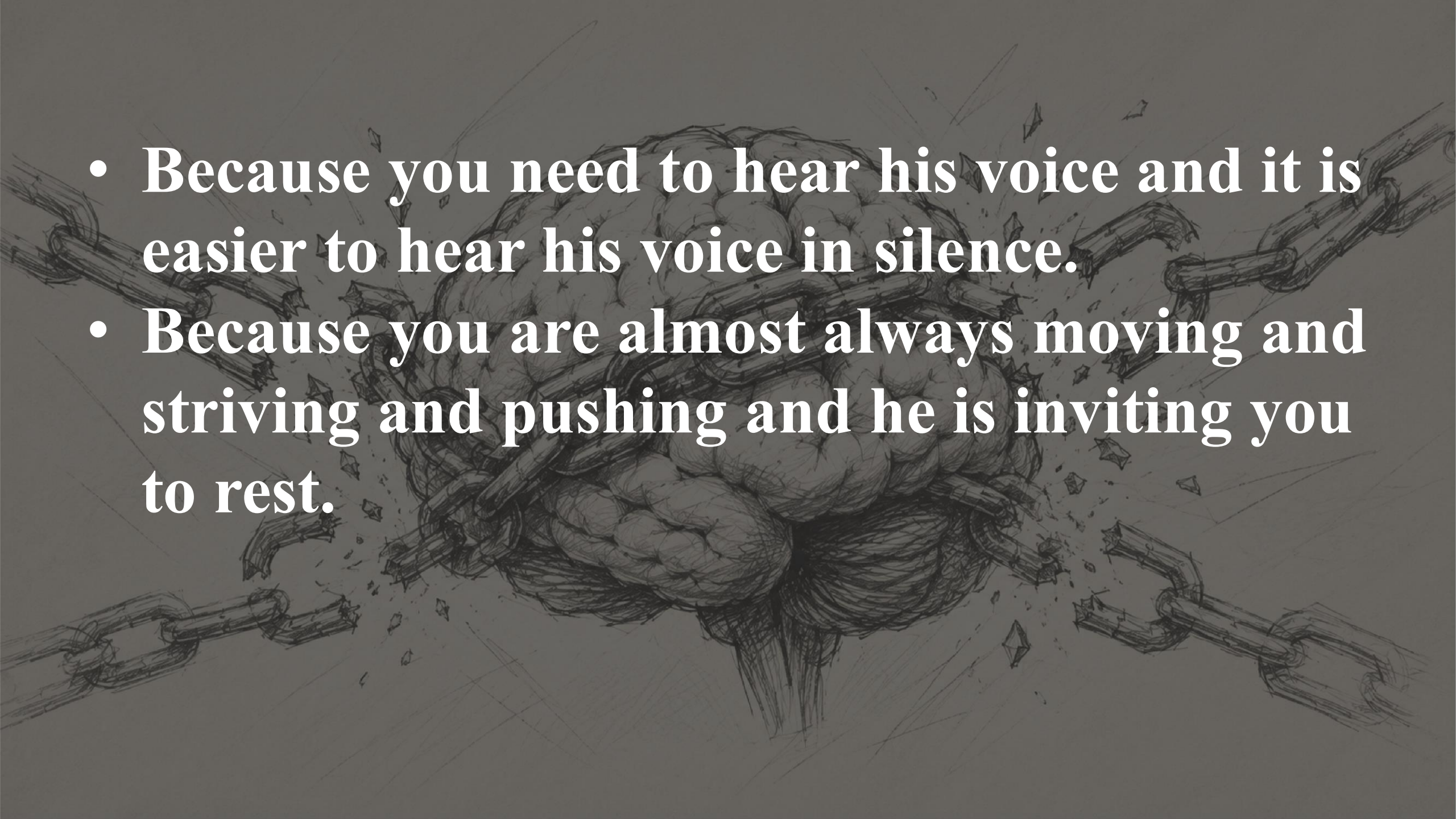
¹² Our God, will You not judge them? For we are powerless before this great multitude that is coming against us; nor do we know what to do, but our eyes are on You.”

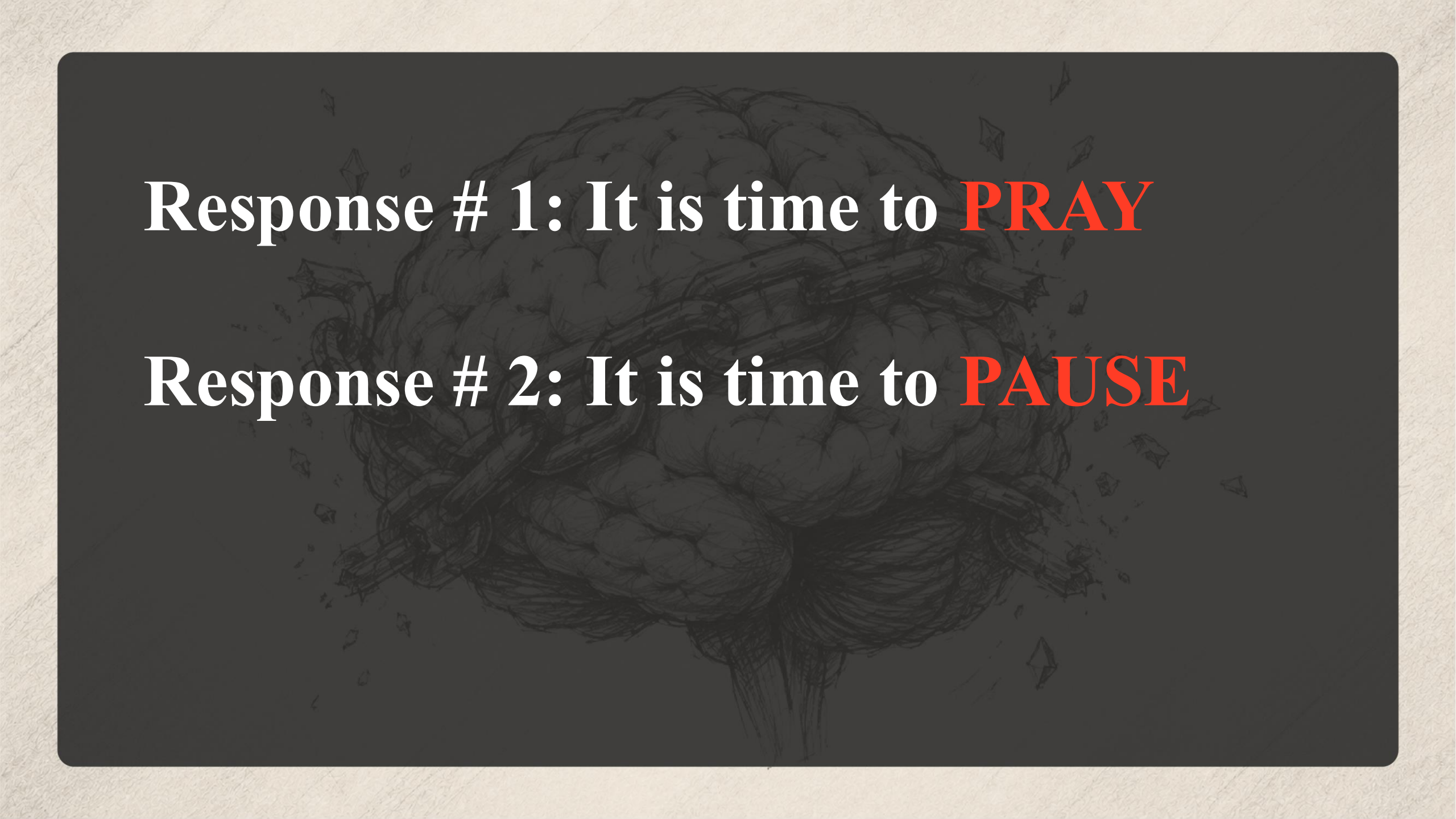
¹³ **All Judah was standing before the LORD,** with their infants, their wives, and their children.

2 Chronicles 20:12-13 (NASB)



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- Because everything in your life feels frantic and stillness may be exactly what you need!
 - Because in the stillness you will **KNOW** that God is God.
 - Because God intends for prayer to be a conversation and if don't pause you likely talked but did not listen.

- 
- Because you need to hear his voice and it is easier to hear his voice in silence.
 - Because you are almost always moving and striving and pushing and he is inviting you to rest.



Response # 1: It is time to **PRAY**

Response # 2: It is time to **PAUSE**

²⁰ They rose early in the morning and went out to the wilderness of Tekoa; and when they went out, Jehoshaphat stood and said, “Listen to me, Judah and inhabitants of Jerusalem: Put your trust in the LORD your God and you will endure. **Put your trust in His prophets, and succeed.**” ²¹ When he had consulted with the people, he appointed those who sang to the LORD and those who praised *Him* in holy attire, as they went out before the army and said, “**Give thanks to the LORD, for His faithfulness is everlasting.**”

Chronicles 20:20-21 (NASB)

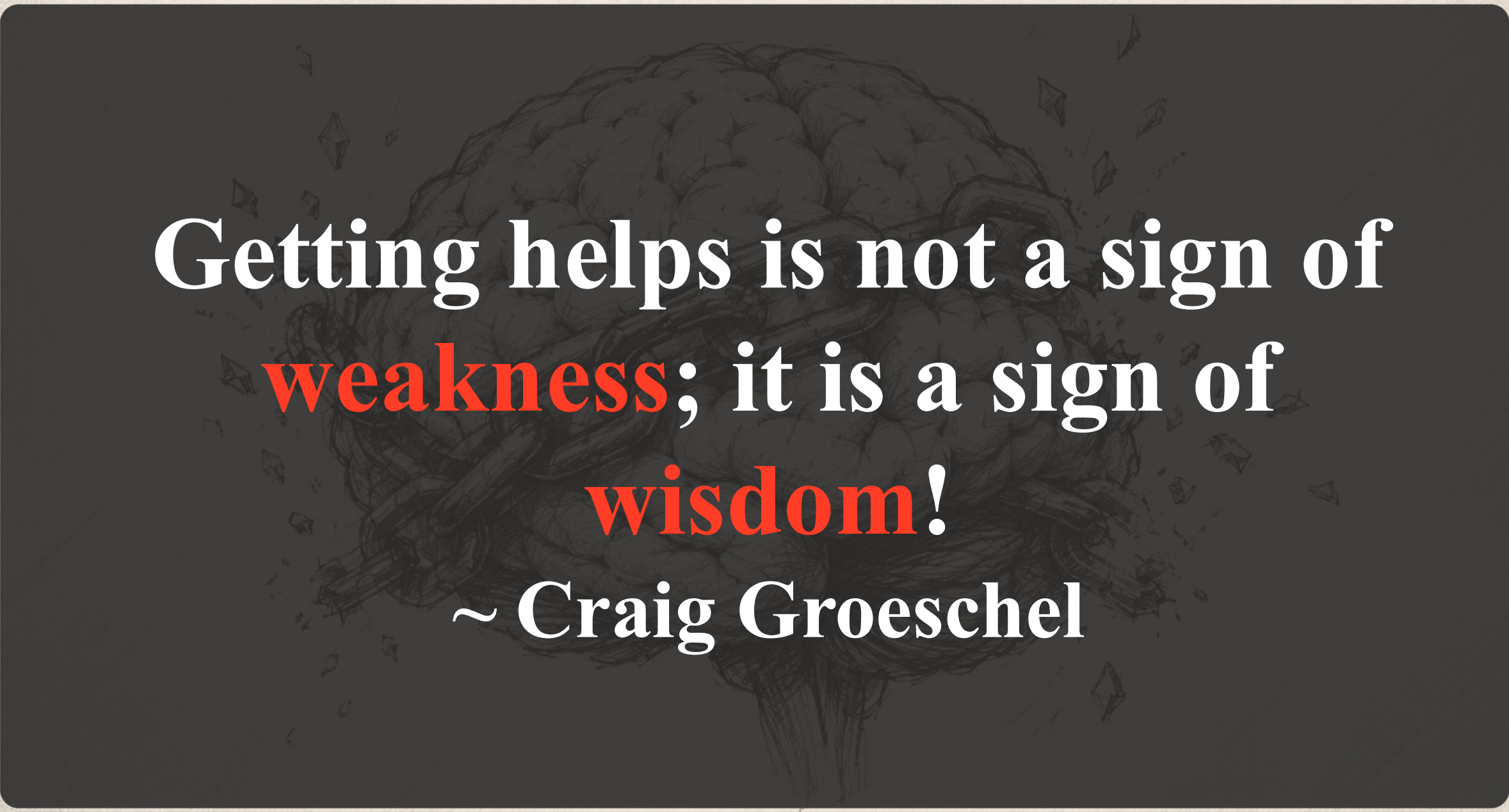




Response # 1: It is time to **PRAY**

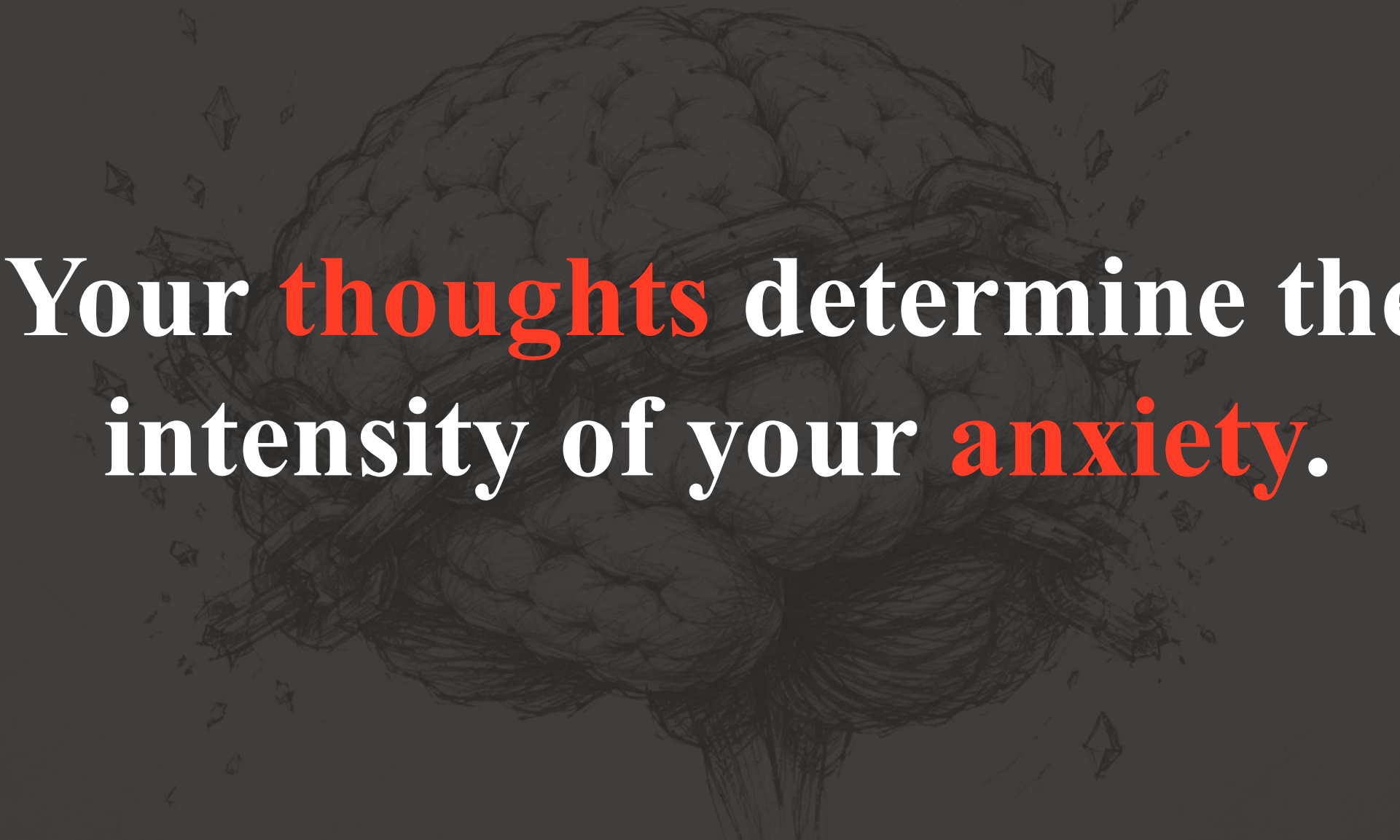
Response # 2: It is time to **PAUSE**

Response # 3: It is time to **PRAISE**



Getting helps is not a sign of
weakness; it is a sign of
wisdom!

~ Craig Groeschel



Your **thoughts** determine the
intensity of your **anxiety**.

²³ Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be kept complete, without blame at the coming of our Lord Jesus Christ. ²⁴ Faithful is He who calls you, and He also will do it.

1 Thessalonians 5:23-24





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