

The Most Dangerous Myths of Mental Health Peace of Mind — Part 1

1 Thessalonians 5:23-24 NIV

TWO MENTAL HEALTH MYTHS

Myth #1—Christians shouldn't struggle with mental health.

Myth #2—God doesn't care about your mental health.

- **Great wisdom (1 Kings 4:31)**
- **Musical ability (1 Chron 6:33, 16:41-42)**
- **Committed parenting (1 Chron 25:5-6)**
- **Service to king (1 Chron 25:6)**

Ps 88:3-5,13-14, 18 NIV

- **Getting help isn't a sign of weakness. It's a sign of wisdom.**

Matt 22:37

Life is moving in direction strongest thoughts.

Isaiah 26:3 NLT

2 Peter 1:3 NIV

God is my source and my strength. I have everything I need to do everything he called me to do.

John 14:27 NIV

1 Thessalonians 5:23-24 NIV