

WHAT DOES THE BIBLE SAY ABOUT: MENTAL HEALTH

SEPTEMBER 13, 2026

...and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written: "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor." (Luke 4:17-19)

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion— to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor. (Isaiah 61:1-3)

Jesus wants us to be healthy and free.

The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full. (John 10:10)

Jesus wants to heal every part of our lives.

Then Levi held a great banquet for Jesus at his house, and a large crowd of tax collectors and others were eating with them. But the Pharisees and the teachers of the law who belonged to their sect complained to his disciples, "Why do you eat and drink with tax collectors and sinners?" Jesus answered them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance." (Luke 5:29-32)

What is dead must become alive.

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. (Ephesians 2:1-2)

God has a plan for our healing.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2)

We need to reject our old thinking.

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. (Ephesians 4:22-24)

God is the source of our healing.

How good it is to sing praises to our God, how pleasant and fitting to praise him! The Lord builds up Jerusalem; he gathers the exiles of Israel. He heals the brokenhearted and binds up their wounds. (Psalm 147:1-3)

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (James 5:16)

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ. (Galatians 6:1-2)

Find a person you can trust.

Find a person that is wise and has fruit in their lives.

Listen to advice and accept discipline, and at the end you will be counted among the wise (Proverbs 19:20)

The way of fools seems right to them, but the wise listen to advice. (Proverbs 12:15)

Move me toward truth or away from truth?

Encourage responsibility or excuses?

Strengthen healthy relationships?

Deal truthfully with sin and forgiveness?

Contradict what God has revealed in Scripture?

Am I using this person for the wrong role in my life?

