

The Bible and Mental Health

You Asked For It | Week 3 | Romans 8:6

INTRODUCTION

NOTES

Everyone has mental health, in the same way each of us has physical health and spiritual health. We're all on the spectrum, but where we are on the spectrum varies from person to person. Some of us are mentally healthy today, and praise God for that! But for some of us, if we're being honest, we aren't mentally healthy right now. And that's okay because God has a word for us today no matter where we are. So as we continue our series answering some of the biggest questions our church has been asked over the past year, we're going to dive into what the Bible has to say about mental health.

KEY POINTS

1. Misconceptions regarding mental health

- Mental health problems are uncommon.
- Mental health problems are new.
- Mental health problems are permanent.

2. Your thoughts will ultimately determine your destiny.

- The science
- The strongholds
- The solution

3. Truths to dwell on when to renew your mind:

- I am a child of God.
- I am fearfully and wonderfully made.
- No weapon against me shall prosper.
- All things work together for the good of those who love God and are called according to his purpose.
- You have plans to prosper me, not to harm me.
- You shall supply all my needs in Christ Jesus.
- There is no condemnation to those who are in Him.
- And I am more than a conqueror...Why? Because I am in Christ Jesus.

All In with Jordan Easley

Gender, Identity, and Sexuality (Part 2)

You Asked For It | Week 2 | Genesis 1:27

QUESTIONS TO CONSIDER

1. Where are you with your mental health right now?
2. Which misconception about mental health have you believed in the past?
How has your perspective changed after listening to this sermon?
3. Which truth from point #3 do you want to meditate on and commit to memory this week?
