



Mental Health

AND THE FOLLOWER OF CHRIST

Mental Health and the Follower of Christ

Luke 13:1-5

Questions for this sermon:

- Is Mental Health a *relevant* issue?
- Is Mental Health a *Biblical* issue?
- Is Mental Health a *Church* issue?
- What can we expect from a sermon series on Mental Health?

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**Any number of emotional, behavioral or
cognitive conditions that make typical life
functioning difficult or almost impossible for
the sufferer.**

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(1) Is Mental Health a relevant issue?

- **NAMI (National Alliance on Mental Health) suggests 1 in 5 people afflicted**
- **DSM IV classifies diagnoses according to symptom clusters and informed by **Frequency, Intensity and Duration.****
- **Clinically diagnosed or not ... everyone experiences some degree of difficulty with grief, anger, anxiety, etc.**

(2) Is Mental Health a Biblical Issue?

- Part of a healthy understanding of the theology of the body is that Humanity's "flesh" does fail.
- Rooted in the fall of man!

Luke 13:1-5 "Do you think they were worse sinners...?"

2 Co. 4:16 Our "outer self is wasting away"

1 Co. 15:42-58 "perishable" body vs the "imperishable"

Ps. 73:21-26 Soul, heart, flesh fail but God sustains

(2) Is Mental Health a Biblical Issue?

- **People in Scripture who experience Mental Health issues**
 - **Jonah (Jonah 4:3-4, 8-9)**
 - **Elijah (1 Kings 19:4)**
 - **David (Psalms)**
 - **Saul (1 Sa. 16:14-23)**
 - **Nebuchadnezzar (Dan. 4:30-34)**
 - **Man in the tombs (Mark 5:5)**

(3) Is Mental Health a Church Issue?

Ways the church has been Unhelpful:

Stigma: Only happens to “weak” people

Shame: Sufferers “don’t have enough faith”

Secrecy: Leads to isolation, suffering alone

Medication: Double standard

(1 Tim. 5:23, Ez. 47:12, Is. 38:21)

(3) Is Mental Health a Church Issue?

Ways the church has been Helpful:

Recognition: We live in a Broken system

Awareness: Many of our family struggle

Openness: Publicity kills shame

Encouragement: to seek supports, treatments

(Gal. 6:2 “*bear each other’s burdens*”)

(4) What can I expect from this series?

7/18 Depression/Self-harm

7/25 Anger

8/1 Anxiety

8/8 Grief

8/15 Stress

8/22 Bitterness & Resentment in Relationship

8/29 Addiction

(4) What can I expect from this series?

- *Working Definition/Symptoms**
- *Scriptural Examination/Examples**
- *Principles for Healthy navigating**
- *Gospel Hope for the suffering**
- *Resources**

(4) What can I expect from this series?

How have my beliefs about Mental Health helped or hurt others?

How can I be a Christ-centered support to those who struggle?

How can I stay Christ-centered in the midst of struggle?