Can God Heal My Mental Health?

Message Notes

Intro:

- Celebrating what happened last weekend
- Last weekend we answered the question “Is Eternity Real”, and this weekend we will answer the question “Can God Help My Mental Health”.
- I’ll go ahead and give you the answer to that question.. Yes, He can!

Sermon Intro:

- Mental Health is at a crisis point
  - Covid 19
  - Mass shootings
  - Suicides at all time high (CDC estimates it’s been rising last two decades, especially among young adults and middle aged men)
  - Veterans suicides
- I went for a physical exam for an insurance plan. I felt great about it!
- I have an apple watch that said I was a little below average on something. I hated it!
- **WE ARE ALL ON THE MENTAL HEALTH CONTINUUM**. You are somewhere on there.

Defining Mental Health:

- Mental health refers to your emotional, psychological, and social health.
- What are some key indicators that you are in a dangerous mental place
  - **Chronic sadness** and difficulty managing dark emotions.
  - Feelings of **hopelessness**
  - Lack of **purpose**.
  - High levels of **anxiety** and **stress.**
  - Increased reliance on **substances**
  - Desire for **isolation**
  - Thoughts of **suicide** or **self-harm**.
  - Urges to **harm others**.

Natural Solutions:

1. Physical Solutions:
    1. Exercise - 10000 steps a day

    2. Sleep - 7-9 hours
    3. Sunlight exposure - 30 minutes every other day
    4. Nature - Walk, sitting, hobby
2. Relational Solutions:
    1. Building friendships in the **church community.**
    2. Be intentional about relationships, your family, lifelong friends.
3. Environmental Factors:
    1. Highlight studies showing how staying indoors affects mental health.
        1. Sweden and SAD study
    2. We are creatures of the environment.
        1. Smarter in a coffee shop, listening to classical music.
4. Psychological Solutions:
    1. **Talking to a counselor** - Asking for help is a sign of health
    2. **Journaling** - Something I started years ago
    3. Sometimes **medication** is necessary.

Spiritual Solutions:

- **Mark 5:1–15 (NLT) —** 1 So they arrived at the other side of the lake, in the region of the Gerasenes. 2 When Jesus climbed out of the boat, a man possessed by an evil spirit came out from the tombs to meet him. 3 This man **lived in the burial caves** and **could no longer be restrained,** even with a chain. 4 Whenever he was put into chains and shackles—as he often was—he snapped the chains from his wrists and smashed the shackles. **No one was strong enough to subdue him**. 5 Day and **night he wandered among the burial cave**s and in the hills, howling and **cutting himself with sharp stones**. 6 When Jesus was still some distance away, the man saw him, ran to meet him, and bowed low before him. 7 With a shriek, he screamed, “Why are you interfering with me, Jesus, Son of the Most High God? In the name of God, I beg you, don’t torture me!” 8 For Jesus had already said to the spirit, “Come out of the man, you evil spirit.” 9 Then Jesus demanded, “What is your name?” And he replied, “My name is Legion, because there are many of us inside this man.” 10 Then the evil spirits begged him again and again not to send them to some distant place. 11 There happened to be a large herd of pigs feeding on the hillside nearby. 12 “Send us into those pigs,” the spirits begged. “Let us enter them.” 13 So Jesus gave them permission. The evil spirits came out of the man and entered the pigs, and the entire herd of about 2,000 pigs plunged down the steep hillside into the lake and drowned in the water. 14 The herdsmen fled to the nearby town and the surrounding countryside, spreading the news as they ran. People rushed out to see what had happened. 15 A crowd soon gathered around Jesus, and they saw the man who had been possessed by the legion of demons. He was sitting there fully clothed and perfectly sane, and they were all afraid.

1. Spiritual Solutions: Deliverance
    1. **Understanding Spiritual Warfare:** we have an adversary
    2. **Jesus’ Ministry of Deliverance:** A key part of Jesus’ earthly ministry was to drive out spirits and bring deliverance to those oppressed.

3. Woman in Nepal who had lost her mind.

2. How Can God Help My Mental Health
    1. *Philippians 4:6–7 (NLT) — 6 Don’t worry about anything; instead,* ***pray about everything.*** *Tell God what you need, and* ***thank him for all he has done****. 7 Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*
    2. **Through Prayer:** Try it, try casting your cares on God. Audibly speak out your needs to him. This is specifically true with stress and anxiety
    3. **Through Praise:** Praise has the power to break the spirit of heaviness. Try it! When you are feeling heavy, put on praise.
    4. **Through Purpose**: As you become aware of his mission for your life, there is an excitement.
        1. John 4:34 (NLT) — 34 Then Jesus explained: “My nourishment comes from doing the will of God, who sent me, and from finishing his work.
        2. Samaritan's Purse
    5. **Through Presence**
        1. **Here are four words we all desire.. This is the framework for mental health!**
        2. **Peace:** John 14:27 (NIV) Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
        3. **Hope:** Romans 15:13 (NIV) May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
        4. **Fulfillment (Satisfaction):** Psalm 107:9 (NIV) For he satisfies the thirsty and fills the hungry with good things.
        5. **Joy:** Psalm 16:11 (NIV): You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

Closing:

Jesus is the answer you seek! His face is the light you seek.

Jesus is your way out!

- He was the way out for the maniac
- He was the way out for the woman in adultery
- He was the way out for the father with a demon possessed son.

COME TO JESUS! Make Him Lord