

**Christians & Health: Mental Health?**  
**07-23-17AM**

I. Introduction: Is Mental Health Real?

A. Most of us have a pre-assumption:

1. *"No, it is just being emotional"*
2. *"Yes, it is absolutely real"*

B. These decisions are too often based on our experiences

C. Christians need to ask (as with all things): What does the Bible teach?

II. The Bible Reveals

A. People struggled with emotional health

- Cain – Genesis 4:5
- Job – Job 16:16
- Hannah – 1 Samuel 1:18
- David – Psalm 42:5-6
- Nehemiah – Nehemiah 2:2
- Jesus – Matthew 26

B. Mental Health, Physical Health

1. Mental health is real per Scriptures
2. Therefore, Scriptural principles apply:
  - a. Obligation to restore the temple
  - b. Discernment in treatment
  - c. Spiritual and physical applications

III. Three Part Approach

A. Need to Care for the Heart

1. Scriptures command us to:
  - a. Guard our hearts – Proverbs 4:23
  - b. Lift our countenances – Genesis 4:5-7
  - c. Prevent our heart's falling – Luke 21:34

B. Discernment is Necessary

1. Christians struggle because this issue:
  - a. Can be caused by uncontrollable factors
    - Job: tribulation and grief
    - Hannah: barren womb
    - David: persecution by Saul
    - Jesus: imminent death
  - b. Can be caused by behavioral issues
    - More often the case
    - Necessitating an honest self-exam
    - It does not exclude a medical treatment
2. Examples of behavioral causes
  - a. King Saul - 1 Samuel 16,18
    - Pride
    - Envy
    - Paranoia
    - Victimization

b. King Ahab - 1 Kings 21

- Covetousness
- Self-pity

C. Spiritual & Medical Help

1. As a genuine affliction we can obtain aid
2. Spiritual: prayer AND discernment
  - a. Spiritual Remedies
    - Proverbs 12:25, 17:22
    - Transforming our behavior & mind
  - b. Medical: medication AND therapy
    - Exerting GREAT caution
    - Danger of medicines
    - Danger of worldly advice
3. Without spiritual treatment, nothing changes

III. Conclusions

- A. Scriptures teach mental health is real
- B. We need honest self-examination
- C. We need to be careful in treating it