

# THE BIBLE AND MENTAL HEALTH: PT 1a

9 October 2023

Those of us who are of a sound mind (2 Tim. 1:7) can recognize a wave of insanity flowing over the people of this world. It is important that we let the bible instruct us in matters of mental health so that we don't get swept up into the madness and become another mindless statistic.

## 1. ALL WE NEED IS THE BIBLE (Isaiah 8:20)

- The bible is truth (John 17:17, Psa. 119:120). We must rely upon the bible to instruct those that oppose themselves and help them to acknowledge the truth so they may recover (2 Tim. 2:25-26).
- People (especially Christians) ought to trust what the bible says more than they trust a professional head doctor (psychologist, psychiatrist, secular counselor).
- The majority of these worldly counselors reject what the bible says. Why would you trust them?
  - Why would you take a mind-altering pill that they prescribe? They don't know how to give you the care that you really need. The prescription pad is their go-to remedy.
  - Why do people believe everything a psychiatrist tells them (You're bipolar, you have a chemical imbalance, you "need" this drug to "normalize" you, etc.)? Why would you trust them with your child's mind?
- They convince you that you are abnormal. Are you going to accept that diagnosis from somebody who thinks LGBTQ is normal?
- We do not negate the cases of real mental anguish and despair resulting from a tragedy. But when you feel that you can't deal with life, it is important to try. Taking a pill is what you do when you have given up.

## 2 PETER 1:1-3

**1-2** Grace and peace comes **"through the knowledge of God, and of Jesus our Lord."** If you don't have peace of mind, you need to learn more about God. Bible knowledge will give you peace.

- The more knowledge you obtain from TV, music, the internet, and video games, the more corrupted your mind is going to be. That is knowledge, but it is harmful.
  - The psychiatrist wants to shut down our thinking. God wants to change our thinking.

**Vs 3** God has given us **"all things that pertain unto life and godliness, through the knowledge of him..."**

- Whatever you face in this life (anger, fear, depression, grief, etc.), God has instructions for dealing with that situation.
  - The bible doesn't offer instant solutions. God gives us a disciplined approach to controlling our mind based on the knowledge of Jesus Christ and bible truths. It will take time and effort to achieve the desired results.

## 2 Peter 1:16-20, "A more sure word of prophecy."

- The word of God is more sure than eyewitness accounts. It can shed light upon the darkest of situations.
- The word of God is the first place you should seek for answers, not the last resort. The answers are there, but you must diligently search for the answers you seek in the bible.
  - Don't give up too easily and turn to God-denying men for a quick fix.