

# THE BIBLE AND MENTAL HEALTH: PT 2a

23 October 2023

God gives us light from His word (Isa. 8:20) so that we can live victorious lives. God wants us to live according to the bible and ignore things that contradict the bible. He gave us all things that pertain to life and godliness (2 Pet. 1:3), so every Christian has available to them the tools to live a successful life.

Everyone goes through pains and struggles in life.

**The world's answer:** medicate it and pretend it isn't there.

**God's answer:** find out the cause of your problem and correct it according to biblical instructions.

**1 Corinthians 10:5** The bible instructs us to govern every thought that might enter our mind whether by our own imagination or by outside influences. We are to cast down all harmful thoughts.

## MENTAL TROUBLES MENTIONED IN THE BIBLE

**Genesis 26:34-35** **GRIEF.** This word describes the feeling of sorrow that accompanies the loss of a loved one.

- The actions of children often bring parents to grief.
- It is not wrong to feel grief when warranted. But don't let it stop you from living for God. Cast those cares on Jesus Christ (1 Pet. 5:7).

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**Deut. 28:64-67** **ANXIETY.** No ease, no rest, a trembling heart, sorrow of mind, fear day and night, none assurance of thy life (vs. 65-66).

- Anxiety results from spending years of your life disobeying God. God has turned you over to a reprobate mind and He isn't helping you anymore.
- Before you consult psychiatric help and begin medicating your anxiety, ask yourself, "*Am I walking in obedience to the word of God?*"
  - The psychiatrists can only medicate and cover what you're feeling. It's not a cure.

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**Proverbs 21:27** **A WICKED MIND.** When terrible crimes are committed, the world tries to excuse it by a diagnosis of mental illness. A wicked mind is a mind that is mentally ill, but the cure is not medication or counselling.

- The cure is to cleanse your mind of all the wickedness you've allowed in. This is done by the washing of water by the word (John 15:3, Eph. 5:26).

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**Daniel 5:20-21** **THE HARDENED MIND.** If you harden your mind because you are too proud to repent of your sin and honor the God of heaven, you may become mentally ill.

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If people who have these conditions of the mind would consider the possibility that the cause of their mental problems might be their relationship to God, they could begin to recover until fully cured.