

THE BIBLE AND MENTAL HEALTH: PT 4a

20 November 2023

Mental illness is promoted and encouraged in our society today. The bible teaches us that we don't need to suffer mentally. If we will do what the bible instructs us to do concerning the mind, we will not need medication or psychiatric care.

Elementary schools are recommending medication for uncontrollable students. Parents put their children on mind-altering drugs because nobody will use proper discipline techniques to control the child and teach him to behave.

- Students 50 years ago were just as disorderly as kids today. There were no mind-altering prescription drugs back then. Kids were *disciplined* by teachers or principals and by their parents, and were cured of their misconduct.

2 Tim. 1:7 **“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”**

- Believers ought not to be fearful or anxious. God didn't give us the spirit of fear.
- God gave us a sound mind. That is a mind that is capable of functioning properly in this evil world.
 - If you don't believe that God gave you a sound mind, then the sound mind God gave you will not benefit you.

Luke 8:26-35 This account of the devil-possessed man who met Jesus shows how rapidly God is able to transform a person that He delivers.

- This man, being controlled by devils, is not in his right mind.
 - And yet he still acknowledges that Jesus Christ is the Son of God (vs 28).
 - They also believe in future punishment in torments (vs 28).
 - Men in pulpits deny that Jesus is the Son of God, and they say there is no hell. Devils are smarter than they are.
 - The man tolerated the devils living in him, but the pigs would not (vs 33).
 - Very soon after Jesus commanded the devils to leave the man, he was found to be clothed and in his right mind (vs 35).
 - He was ready to follow Jesus anywhere, not looking back, not letting his old life prevent him from moving forward.
 - Paul: **“Forgetting those things which are behind...I press toward the mark!”** (Philippians 3:13-14). He chose to put the terrible past events of his life behind him and not dwell on them.
 - Stop telling yourself you're broken. Start using the sound mind that Jesus Christ gave you and move forward in your life.
 - Get your instructions and advice for life from the bible, not from worldly people who call evil good and call good evil (Isaiah 5:20).

1 Cor. 2:16 We have the mind of Christ if we're saved. Learn to use it and you will do well.

- Be patient and follow the bible. Don't expect instant spirituality.

Matt. 15:18-19 Evil thoughts lead the list of things that defile a man. It is those evil thoughts that lead to murders, adulteries, fornications, thefts, etc. God wants us to have right thoughts.