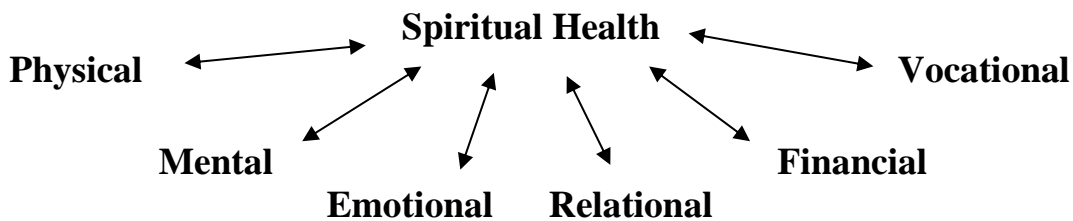




Date 10/17/2020

Transformed Series **Mental Health**



“soul” (Gr. *psyche*) - is mentioned between 100-800 times in the Bible.

What is Mental Health?

Dr. Daniel Morehead, HIM Mental Health Conference, 2021

Spirit ↔ Soul/Mind ↔ Body

- Spirit is purely metaphysical, intangible
- Body is purely physical, tangible
- Soul/mind is *both* metaphysical and physical

Proper Perspective of Mental Illness

- **Physical** causes:
 - Brain injury from accident
 - Tumor, cysts, growths
 - Substance abuse
 - Stroke
 - Biological - chemistry or circuitry, genes, infections
 - Disorders – psychosis, schizophrenia, ADD

- **Psychological and Environmental** causes:
 - Childhood abuse,
 - Loss of parent
 - PTSD
 - Prolonged pressures, stresses, disappointments, perceived hopelessness.

There is HOPE!

Helping Others with Mental Health

*A person doesn't need to be crying external tears to be hurting.
Those tears can be internal. – Kerwin Lum*

Elijah (1 Kings 17-19)

- ✓ Powerful Prophet (1 Kings 17-18)
- ✓ Collapsed (1 Kings 19)
 - He left his servant behind, was all alone. Felt SO ALONE.
 - Was mentally exhausted. Distorted thinking.
 - Felt that he was no good.
 - Wanted to die.
 - Elijah could not see reality accurately

To minister to Elijah, the Lord ...

- provided sleep (19:7)
- provided nourishment (19:6-8)
- poke in a gentle whisper (19:12)
- gave hope and purpose (19:15-16)
- told him encouraging truth (19:18)

What can (should) the Church do?

- **Acknowledge**
- **Acceptance**
- **Support**

Every broken person *is Jesus* to you and me.
Matthew 25:34-40

Your Spiritual Responsibility for Mental Health

Trellis (Daily Rule), Ken Shigematsu, *God in My Everything*

- The word "**rule**" comes from the Greek word for **trellis**. A trellis is used for a healthy vine to grow up and off the ground.
- A **trellis** is essential for optimal quantity, quality and health of a vine's fruitfulness and a gardener's purposes (ex. grapes; archway, or blind). Constant trimming keeps the vine on-purpose.
- The **trellis** provides an anchoring structure to enable the vine to grow where it otherwise cannot.
- A **trellis** allows both guidance and flexibility. A vine *rarely* follows the trellis *exactly*, but it *always* follows the trellis *approximately*.
- The **trellis** serves the vine, so the vine can serve the master. The vine does not serve the trellis.
- A **trellis** frees you to not do something, and do something else! (break fixations, avoid distractions, demands by others)
- Thus, a **rule** enables one to be *anchored in God* rather than being controlled and tossed to and fro by unstable, or lack of, anchors.

My affirmations below are rooted in God's Word.

Morning Rule

■ Wake up

■ Live in G.R.A.C.E.: God Resupplies All Creatures Equally

Matt. 5:43-48 (love and bless everyone like our perfect Father does)

Matt. 6:26-30 (The Father provides for birds and flowers. He will provide for you)

Psa. 143:8 – Let the morning bring me word of Your failing love...Show me the way I should go.

Psa. 118:24 – This is the day the Lord has made; let us rejoice and be glad in it.

Psa. 139 – O Lord, You have searched me and You know me.

Psa. 103 – Bless the Lord o my soul... forget not all His benefits...

Lam. 3:22-23 – because of the Lord's great love we are not consumed...His mercies new every morning!

Jn. 1:16 – From the fullness of His grace we have all received one blessing after another.

Isa 6:3 – Holy, Holy, Holy is the Lord Almighty ... The whole earth is filled with His glory.

Isa. 41:10 – so do not fear, for I am with you...I will strengthen, help, & uphold you.

Isa. 43:18-20 – I am doing a new thing! Do you not perceive the way in the desert and streams in the wasteland?

Isa. 61:1-3 - (Jesus) will preach good news to the poor, bind up the brokenhearted, proclaim freedom for captives, release for prisoners, the Lord's favor, comfort those who mourn, provide for the grieving, crown of beauty instead of ashes, gladness instead of mourning, praise instead of despair, oak of righteousness to display His splendor, rebuild the ruin, restore the devastated, renew the ruined.

Zech. 4:6 – Not by might, not by power, but by my Spirit, says the Lord.

Phil 1:6 – He will complete His work in you!

Phil 4:19 – and my God will meet all your needs according to His glorious riches in Christ Jesus

2 Cor 12:9 – My grace is sufficient for you, My power is made perfect in weakness.

Matt 6:33 – Seek first His kingdom and righteousness, all these things will be given you as well.

Heb1:3 – The Son is the radiance of God's glory, and the exact representation of His being, sustaining all things by His powerful Word.

Col 1:15-17 – The Son created everything in the universe, and in Him all things hold together.

Jer 32:17 - Ah, sovereign lord, you created (the universe) ... is there anything too hard for you?

Psa 30:5,11-12 His anger last only a moment, but His favor a lifetime; turns mourning to dancing.

Ja 2:13 Mercy triumphs over judgment

■ **Live in CHRIST** 2 Cor 5:17:

- I am a NEW creation in NEW age.
- I fix eyes on Christ! - spiritual habits
- You have a fruitful future! – (Perceive Already & Not Yet Col 1:27-9, Jn 15:5-7)
- I am loved! (Rom 8:38 Nothing can separate us from the love of God that is IN CHRIST Jesus)
- God in me is the Greatest! (1 Jn 4:4 greater is He who is IN ME than he who is in the world.)
- God lifts me up! (Psa 3:3 You are a shield around me, my glory and the lifter of my head)

■ **Counter ANTs** (Automatic Negative Thoughts), **OCD**, & **free-floating anxiety** with truth, prayer, scripture; 2-3 witnesses; clear conscience; reason (2Co10:4-5).

■ **Counter Other People's Expectations** with Clarity of God's purpose & call. (Josh 24:15)

■ **I Believe I'm Forgiven, and I Forgive Others!** I am Washed!, slate wiped Clean! Guilt chains broken! (1 John 1:9, John 20:23); I Release the debts and transgressions of others (Eph 4:32, Col 3:13)

■ **Serenity Prayer** 🙏 (Reinhold Niebuhr)

Lord grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Living one day at a time, enjoying one moment at a time;

accepting hardship as a pathway to peace, taking as Jesus did this sinful world as it is, not as I would have it, trusting that you will make all things right if I surrender to your will;

so that I may be reasonably happy in this life, and supremely happy with you in the next.

■ **Put on the Armor of God**

Courage, Fortified spirit,

Accuracy of thoughts,

Wisdom in tactics

■ **RESPOND:**

- Prayer Hand -ACTSS
- Music
 - * For the Beauty ... Earth
 - * How Great Thou Art
 - * This is My Father's World
- Trust → God will empower and provide (Phil 4:13 19); You will have success (Josh 1:9), be blessed (Jer 17:5,7)
- Trust → God will give you a future that is bright beyond comprehension! – (2 Cor 4:16, Eph 3:20.)

Transformed Series

Mental Health

Opening

Last month I read in Crosswalk.com this comment.

“Secondary Pandemic”

“Almost two years after the pandemic started, there is a new epidemic creeping to the surface. It was silent at first but has grown louder as time has gone on, and frustration with COVID is at an all-time high.”

We have seen articles like this more frequently.

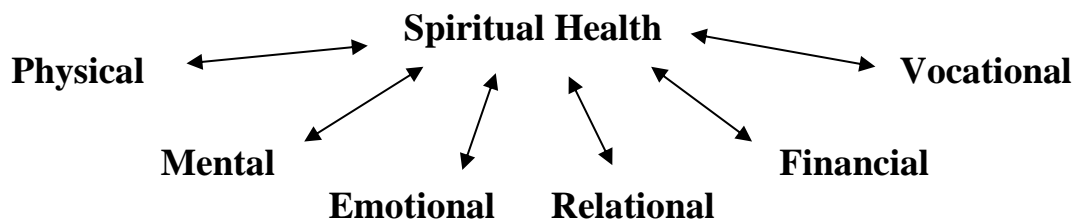
So the question is,

As followers of Christ, what do we do?

(Pray)

Transition

- Notes, handouts
- Review:



Last week, Physical Health – modern society does not support good Physical Health.

➔ Intentionally compensate to Care for our Bodies that God owns.

Modern society has detrimental effects on our **Mental Health** as well.

This All-church topic is your chance to go deeper than before.

Dr. Ilardi speaks of how our bodies haven't changed, but our lifestyles have. And it's not good for Mental Health.

Video Clip: 25:30-26:35

<https://youtu.be/7HDFEbsGR1A>

Body

What is Mental Health?

Psychiatrist Daniel Morehead said at the past HIM Mental Health Conference.

- **Spirit ↔ Soul/Mind ↔ Body**
 - Spirit is purely metaphysical, intangible
 - Body is purely physical, tangible
 - Soul/mind is *both* metaphysical and physical
- Example from stress
 - Physical symptoms – loss of appetite, increase appetite after stressor is gone
 - Mental symptoms – moody, irritable, worry, negative
 - Spiritual Symptoms – disconnection from God, pessimism.

While I will touch on physiological aspects we all should know for Mental Health (Dr. Ilardi's video)

Today I want to cover the spiritual responsibilities that affect Mental Health.

Health in both the Spiritual and Physical realms

(see other handout page)

Your Spiritual Responsibility for Mental Health

Trellis

Daily Rule (trellis) Ken Shigematsu, *God in My Everything*

- The word "**rule**" comes from the Greek word for **trellis**. A trellis is used for a healthy vine to grow up and off the ground.
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Accuracy of thoughts,

Wisdom in tactics

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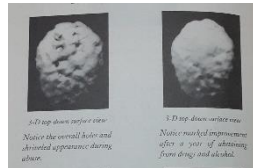
- Prayer Hand -ACTSS 🙏👑
- Music 🎵
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- Trust → God will empower and provide (Phil 4:13 19); You will have success (Josh 1:9), be blessed (Jer 17:5,7)
- Trust → God will give you a future that is bright beyond comprehension! - 2 Cor 4:16, Eph 3:20. 🙌

Proper Perspective of Mental Illness

Difficulty functioning. Sense that something is not right.

- **Physical** causes:

- Brain injury from accident
- Tumor, cysts, growths (at 57 my dad died of brain cancer)
- Drug or alcohol abuse



- Stroke
- Body chemistry or circuitry.
 - Disorders – psychosis, schizophrenia, ADD

- **Psychological & Environmental** causes:

- Childhood abuse
- Post-Traumatic Stress Disorder
- Learned self-preservation responses
- Prolonged stress, grief, perceived hopelessness

Very complex, but there is HOPE!

Dr. Daniel Amen, *Change Your Brain, Change Your Life*
Pages 197-9

Helping Others toward Mental Health

A person doesn't need to be crying external tears to be hurting.
Those tears can be internal.

Elijah

- 1 Kings 17-19
- Powerful Prophet – Miracles - prophesied a drought, fed by ravens, provides food for a widow, great victory over prophets of Baal.

- 1 Ki 19 - Collapse of faith, mental strength, couldn't think accurately.
 - He left his servant behind, was all alone. Felt SO ALONE.
 - Was mentally exhausted. Distorted thinking.
 - Felt that he was no good.
 - Wanted to die.
 - Elijah could not see reality accurately
 - They put your prophets to death.
 - (but Elijah just killed 450 of prophets of Baal)
 - I am the only one left. Paranoia, isolation
 - you yourself hid 100 of the Lord's prophets!
- **The Lord's ministry to Elijah**
 - Provided sleep – 19:7
 - Provided nourishment – 19:6-8 – food and water
 - God spoke in a gentle whisper – 19:12 (not wind, earthquake or fire)
 - God gave him hope and purpose – 19:15-16
(anoint Hazael king. Anoint a successor and a mentee.
 - God Told Elijah encouraging truth – 19:18 - reserved 7000
 - There are many **others** with you, on your side.
You are not alone.

Model for how the church can minister to the needs of one another.

1. Acknowledge the reality of the other person's mental illness.

It's a real thing! Don't say it's all in your head. (made up)

Dr. Stephen Ilardi,

Video Clip: 36:25-37:45

<https://youtu.be/7HDFEbsGR1A>

2. Acceptance – You are my brother/sister, you are part of the church family. Affirm his/her belonging to the community.

3. **Support** like the LORD does

Provide sleep,

nourishment,

empathic, not harsh,

impart a hope and purpose,

we are on your side. You are not alone.

Invite them to join you.

Every caregiver has limits. You are not the Savior.

But to some degree, we can help.

Every broken person is Jesus to you and me.

Read Matthew 25:34-40

I can do everything through Him who gives me strength.