

# MENTAL HEALTH

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UNDERSTANDING  
THE IMPORTANCE OF  
WELL-BEING



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The view of mental health has changed so drastically in this world.

- Mental health issues and illnesses used to be viewed as a horrible thing to happen to someone. People were sent to asylums and shock therapy. They were viewed as weak, less than, and broken people.
- Today, mental health is a widely accepted topic. Treatment for mental health is easily accessible and people are much more willing to share their struggles with others because they are usually met with understanding and support.

So where does the church fit into the topic of mental health?

- Are we immune to mental health issues and illnesses because we live for God?
- If we are struggling with our mental health, is it because we lack a faith or trust in God?
- Is the body of Christ a safe place to ask for help for mental health issues and illnesses?
- How are we, as a church, going to reach and witness people that have mental health issues and illnesses?

**The discussion of mental health in the church is a topic that is very important.**

Throughout life, many struggle with mental health. It starts with fears and belief systems established as children and experiences out of their control. This fear turns into anxiety of everything bad or wrong that could happen. This anxiety turns into shame for struggling with mental health. This shame turns into depression and hopelessness with a belief system that there was no way out. Thinking they are broken, weak, and bad Christians, because a good Christian wouldn't struggle with what they are struggling with.

This path of struggling with mental health can lead to the dark places of not feeling good enough, questioning the existence of God, self-harm, and eventually, not wanting to live anymore.



## We as the church must know about mental health.

- If you are struggling with your mental health, you are not alone.
- 1 Corinthians 10:13, "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."
- If you are struggling with anxiety, fear, depression, hopelessness, anger, suicidality, self-harm, and so on, you are not struggling with anything that is not common to man.

This means, that you are not the only one struggling. You are not the only one that has questioned God's existence because of the pain you've endured. You are not the only one that struggles with anxious thoughts and fears. You are not the only one that struggles with having faith because that makes you feel like you have a lack of control.

## You are not alone.

- There is nothing wrong with you or abnormal about you. You are a child of God created in His image and nothing you struggle with changes the fact that Jesus died to on the cross to save you.
- God knew we would struggle with our mental health, so He wrote about it in His book

There are many scriptures in the Bible that discuss mental health, so here are two to think about:

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

*Philippians 4:6-7*



So, on the topic of anxiety, God did not just say, "Hey, don't be anxious. Okay, bye!"

He says in this scripture, "Don't be anxious about anything, but pray and ask for what you need!" Then, if you follow His word, He says that, "the peace of God, which exceeds your understanding with guard your heart and mind."

Scripture is not condemning you for being anxious; it is telling you what to do when you are anxious. Then, it gives assurance of what God is going to do: He is going to guard your heart and mind with a peace that exceeds all understanding!

*Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*

*Isaiah 41:10*

### **He says:**

- Fear not. Why? Because I am with you!
- Be not dismayed or distressed. Why? Because I am your God!

And as if that wasn't enough, He sprinkled in some more promises: "I will strengthen you. I will help you. I will uphold you with my righteous right hand."

In these scriptures, God provided truths for us to stand on when we do struggle with our mental health!!

As we can see from these scriptures, God knows that we will struggle with our mental health, but He also knows that He provides the answers, the healing, and the way out!

### **Talk to someone:**

We as a church are called in Galatians 6:2 to "Carry each other's burdens, and in this way you will fulfill the law of Christ."

- So, if you are currently struggling with your mental health, I am asking you to talk to someone because we are called to carry each other's burdens!
- Don't wait and face it alone.



1 Corinthians 12 describes that we are all a part of the body of Christ. This chapter says that every part of the body of Christ is important and needed; therefore, everyone in this room is important and needed!

The chapter goes on to say, "If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it."

1 Corinthians 12 is essentially saying we are all in this together.

- If the Church is the body of Christ like it is called to be, then we are called to suffer with you and rejoice with you.
- Speaking as a part of this body of Christ, what you are struggling with is important to me because I am called to suffer and rejoice with you, I am called to carry your burdens with you.
- So, if you are struggling with your mental health, talk to someone.

### **Be the person someone can talk to:**

As Christians, we understand that we can struggle with mental health, but we also have something the world doesn't have: We have the truth of God as our foundation!

John 15:12 commands us to love each other as God loves us. So, when you are helping or witnessing to someone with mental health issues or illnesses, remember that you are called to love that person just like God loves you!

- That means as the church, we need to respect what people are experiencing as we share what God's word says about taking care of and protecting our mental health.
- When we are faced with hard questions, we can say more than "just trust God and everything is going to be rainbows and butterflies". We can be real! We can share the hard times in our lives and how we overcame them with God.

As a church, we cannot adopt the mentality of the past and explain away mental health issues and illnesses as a lack of faith or trust in God, but we are called to share in each other's burdens and love each other as God loves us.

