

# Things we would rather not talk about...Mental Health

## Don Williams- October 30, 2022

John 16:33

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Romans 3:23

"We have all sinned and come short of the glory of God."

### **4 Categories of Sin**

- **Sin by us**
- **Sin against us**
- **Satan's Strategies**

Ephesians 6:12

"our struggle isn't against flesh and blood but against rulers, authorities, powers of this dark world and spiritual forces of evil in heavenly places."

- **Sin in the world**

Romans 8:22

"We know that the whole creation has been groaning as in the pains of childbirth right up to the present time."

### **Bible people with mental health issues:**

- Elijah

1 Kings 19:4

"I have had enough, Lord," he said. "Take my life; I am no better than my ancestors"

- David

Psalm 6:6-7

"I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes."

### **Encouragement for Mental Health**

#### **1) Encourage you to come out of the shadows**

Galatians 6:2

"Carry each other's burdens..."

#### **2) Encourage you to engage Body, Soul and Spirit**

[www.Focusonthefamily.org](http://www.Focusonthefamily.org)

#### **3) Encourage you to take your medicine**

James 5:14

"Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord."

#### **4) Encourage you to speak the name of Jesus**

Matthew 4:23

"Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good

news of the kingdom, and healing every disease and sickness among the people."

Philippians 2:9-11

"Therefore God exalted him to the highest place and gave him the name that is above every name,

<sup>10</sup> that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,

<sup>11</sup> and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father."

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