

Title: Do You Mind?

Text: "You keep him in perfect peace whose mind is stayed on you, because he trusts in you." Isaiah 26:3

Target: "I'm not so different from you; we all hear voices. We just have to decide which ones we are going to listen to." -A Beautiful Mind.



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I. The _____ on Mental Health: (Proverbs 15:13)

A. Definition: Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. (CDC)

B. Diagnosis (not exhaustive): Depression, Anxiety, Eating disorders, PTSD, Post-partum, Trauma, Addiction, Anger, OCD. *Does not define you!

II. The _____ on Mental Health: (Proverbs 3:7-8, 1 Corinthians 10:13)

- A. 1 in 5 teens and 1 in 5 adults in the United States suffer from mental disorders in a given year
- B. Only 43.8% of adults sought professional help.
- C. Depression/Anxiety is the leading cause of disability worldwide.
- D. 75% of people in a mental health crisis go first to a place of worship before a medical facility.

III. The _____ of Mental Health: (Psalm 34:18)

- A. **Culture:** (only a millennial/Gen Z issue)
 - 1. 15-29 years old highest rate of suicide
 - 2. 80+ is the second highest rate of suicide
- B. **Church:** (Form of weakness, Lack of faith or sin, to be overcome with religious activity)

IV. The _____ of Mental Health (Cognitive Triangle): (Proverbs 23:7)

- A. **(Thoughts) Neuro Pathway:** +/- neural pathway is forged by connected neurons that send/receive messages.
- B. **(Feelings) Amygdala:** Regulates emotions and encodes memories.
- C. **(Behavior) Cognitive Bias:** Tendency of the human brain to process information through a filter of personal experience and preferences.

V. The _____ of Mental Health: (2 Corinthians 10:4)

- A. **Identify the Issue:** Thoughts about yourself.
 - 1. Events & Experiences done TO you.
 - 2. Events & Experiences done BY you.
- B. **Identify the Impacts:** Tendencies about yourself.
 - 1. **Consumed by the Lie** (Never Good Enough/Constant Comparison)
 - 2. **Constrained by a Lie** (Fear of Failure/Labeled for a Lifetime)

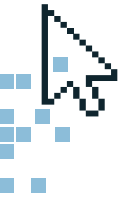
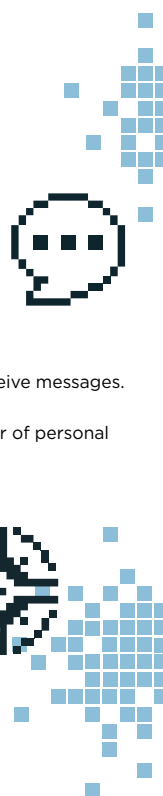
VI. The _____ towards Mental Health: (Romans 8:5-6)

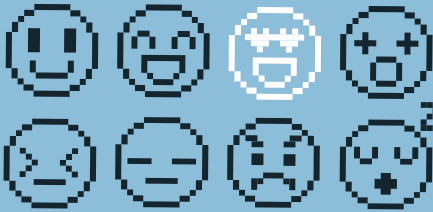
- A. **Take your thoughts Captive:** (2 Corinthians 10:5, Romans 12:2)
 - 1. **Who** - Did someone say/do something to offend you directly/indirectly?
 - 2. **What** - What are you feeling/sensing? (Mad, sad, glad, annoyed, depressed)
 - 3. **When** - When did it start? (Circumstantial/Chemical)
 - 4. **Where** - Go to the Lord to get clarity (Psalm 3:4)
 - 5. **How** - How will I address/deal with this feeling? (Get help, rebuke Satan, confront)
- B. **Call yourself up Daily:** (Philippians 2:5-we have the mind of Christ) I am a child of God; fearfully and wonderfully made; no weapon formed against me shall prosper; all things work together for my good; your plans are to prosper me, not to harm me; you shall supply all my needs; there is no condemnation; I am more than a conqueror in Christ Jesus.

Takeaway: Do not let the enemy punctuate your life with a period but instead let God interrupt your life with a semicolon. (Lamentations 3:21 "But this I call to mind, and therefore I have hope.")

☐ I ACCEPTED CHRIST TODAY

PRAYER REQUEST *We would love to pray for you!* _____






REBOOT

Upcoming Events



YOUNG ADULTS GROUP LINK
AGES 25-35
9.12



WOMEN'S COMMUNITY
GROUP NIGHT
9.14

CBC Care & Support Groups

God desires us to be in community, especially when we are in need. Grace Groups provide a practical and grace-filled small group experience for adults with mental health challenges to grow in their mental and emotional resiliency. Groups are also available for family members. REBOOT for General Trauma is for those seeking recovery from any type of physical, mental or emotional trauma. REBOOT for First Responders supports first responders and their families in facing the unique challenges of their profession.

We invite you to learn more about the Care and Support Ministry and the many resources we have for you to consider. If you are in need of prayer or are seeking immediate help, our CBC Cares team is here to assist you in the lobby. If you have any questions or are in need of care or guidance, please email careandsupport@cbc.email. It is our hope that God will continue to guide you to the next steps toward healing.

More information at cbc.social/events



WE WILL
ALWAYS
REMEMBER
9.11.01

Welcome TO CBC

Sept. 10 & 11

(Please take this card and drop it into your nearest offering box)

Name

Phone

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City/State

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I would like to be contacted