

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.

I. The Spectrum 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 Statistics 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 Stigma 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 Science 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 Stronghold 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 Solution 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.*")