

Sermon Notes

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.”*)

Key Things to Remember for Your Community Group Time

1. Pray before your group meets and ask God to direct the conversation, that He will give you the words He wants you to say, and ask the Holy Spirit to lead your group.
2. Not every group will have questions, concerns, or comments about each week's sermon, so be sensitive to the leading of the Holy Spirit. (And encourage the group to listen to the entirety of Pastor Ed's message prior to your meeting. That will help remove any possible confusion on the topic and what was said.)
3. Remember to be sure and listen to the person with the question, concern, or comment.
4. Ask good & clarifying open-ended questions to see if they can or will share the story behind their thoughts. The more you know about the story, the better your approach can be to answering.
5. Always and accurately use bible verses that take into account the whole heart of God.
6. Remember it is ok if we don't all see things the same way. The important thing is to listen, respect, and honor one another with the conversation.
7. It is ok to say you do not know the answer to the question. Appropriate responses are, "Let's set up a time and look through bible verses together to find the answer." Another response "That is great. Let me get with one of our CBC Pastors and get back to you on the answer."

8. It is not our job to change someone else's mind, but rather to talk through the situation and the truth from God's Word and let the Holy Spirit lead each person.
9. Utilize the resources listed below if someone needs help beyond what your group can provide.

Discussion Questions:

1. In the beginning of the message, Pastor Ed talked about the statistics of those who battle mental health challenges (depression, anxiety, eating disorders, PTSD, post-partum, trauma, addiction, anger, OCD). Knowing this, how can we more effectively "love our neighbor" as Christ calls us to do? (Mark 12:30-31)
2. In times of stressful situations, what tends to be your first coping method? Isolation, social media, prayer, God's Word, biblical community?
3. As we discussed "calling ourselves up" from the principles of God's Word, what specific verses encouraged you from this weekend's message? Why? (Phil. 2:3-5, Romans 12:1-2, Lamentations 3:21, Psalm 34:18)
4. When the "weeds" of life pop up, how can active participation in a biblical community play a role in maintaining positive mental health?

Additional Resources:

CBC Care & Support (210-253-5971)

- **CBC Care & Support:** [website](#)
- **Professional Counseling Referrals:** [list here](#)
- **The Landing (CBC Care Ministry for Students):** [website](#). A student ministry geared towards Jr. High and HS age students. The Landing provides a safe place for our students to process life and the struggles that accompany it, provide tools to help them live emotionally and spiritually healthy lives, and point them towards the freedom found in Jesus Christ.
- **Jeanie Postell** - C&S Pastor and Director, Staff counselor, 210-477-1748 or jeanie.postell@cbc.email
- **Frank Kirby** - Director of Marriage Ministries, 210-253-5979 or frank.kirby@cbc.email

- **Denise Espino** - Director of Mental Health Support Groups and CBC Cares, 210-237-4942 or denise.espino@cbc.email
- **Carolyn Powell** - Director of Prayer Ministries and Support Groups (DivorceCare & GriefShare), 726-262-5363 or carolyn.powell@cbc.email
- **Lisa Guerra** - Clinical Counselor, 210-848-5170 or lisa.guerra@cbc.email
- **Melli Melgoza** - Director of Recovery Groups, 726-215-8127 or melli.melgoza@cbc.email
- **Brian Madtes** - Director of Leadership and Spiritual Development, 210-253-5977 or Brian.Madtes@CBC.email
- **CBC Care & Support Lay Counseling:** 210-477-1742 Ext. 1179

Additional Resources:

- **“Facing Anxiety”** - by Jonathan Pokluda ([Right Now Media link here](#))
- **“Live Free from Anxiety”** - by Jeanie Allen & Sadie Robertson ([Right Now Media link here](#))
- **“Mental Health and The Church: A Ministry Handbook for Including Children and Adults with ADHD, Anxiety, Mood Disorders, and Other Common Mental Health Conditions”** - by Stephen Grcevich MD ([Amazon link here](#))