

*Psalm 139:13-14 NIV - 13 For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*

The truth is that you are a child of God and He loves you and wants to see you whole and healthy.

*What is the gift God has offered us?*

*John 14:27 NIV - 27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

## WRAP-UP

We find from a study of scripture that God desires health in our whole being, including our minds. But maintaining a healthy mind requires us to break down barriers and stigmas that surround the label of mental illness. We must cooperate with God to allow Him to be Lord, even in our thoughts and emotions at the deepest level. That includes the work of tearing down strongholds and capturing thoughts. When we recognize God for who He is and ourselves as His children we begin the journey of healing and receiving the peace of mind He wants for all of us.

## Memory Verse

*Now may the God of peace make you holy in every way and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.*  
- 1 Thessalonians 5:23

## PRAYER (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: \_\_\_\_\_

Pray for your group members' needs: (see back for more space)

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*Challenge- If you know someone struggling with mental illness, reach out to them to pray, encourage and support them this week.*

## “Mentally Healthy”

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### INTRODUCTION

What would you call someone who is not mentally healthy? The term “mental illness” produces a strong response in most of us. Despite our best intentions to be informed and compassionate there are still many negatives associated with mental illness that color our response. As Christians we need to be well informed about what the bible teaches us on the subject of our mental health.

### Ice Breaker (Optional—8 min)

What is your favorite way to relax, renew and refresh yourself?

### STUDY QUESTIONS (45 MIN)

#### 1. Why We Resist

*List some words that describe a person who is in a mentally healthy state.*

There is a good chance that the word peaceful was on your list.

The bible actually has quite a bit to say about our peace of mind.

*Philippians 4:6-7 NLT - 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

From what we've just read, we find that maintaining a healthy peaceful mind involves action on our part. In the above passage, Paul doesn't just say “Don't be anxious or worried.” he tells us what our part is.

*What does Paul tell us to do instead of worrying? How often do you think that will be necessary? How does this help to guard our minds?*

*1 Thessalonians 5:23-24 NLT - 23 Now may the God of peace make you holy in every way and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. 24 God will make this happen, for he who calls you is faithful.*

The Greek word here used for soul is psyche. The concept encompasses the seat of the feelings, desires, affections, and aversions. God intends His peace to penetrate all of these areas in our lives.

*What assurance does Paul give us that God can make this happen?*

## **2. Not Just Savior, but LORD and Savior**

So, there is a two-way relationship in this process of maintain a healthy mind. God does the work, but we must cooperate to allow Him to do His work. There are many things we can do that either grant God access to those areas or not.

The first step in this process is your relationship to Jesus.

*What is the difference between those who make Jesus Lord and those who don't in Luke 4:46-49?*

*Luke 6:46-49 NLT - 46 "So why do you keep calling me 'Lord, Lord!' when you don't do what I say? 47 I will show you what it's like when someone comes to me, listens to my teaching, and then follows it. 48 It is like a person building a house who digs deep and lays the foundation on solid rock. When the floodwaters rise and break against that house, it stands firm because it is well built. 49 But anyone who hears and doesn't obey is like a person who builds a house without a foundation. When the floods sweep down against that house, it will collapse into a heap of ruins."*

Jesus doesn't say no storms will come, but that we will be able to stand against them. So, the next step is admitting that we are facing a storm and in need God's help.

*What are some of the reasons people give for not dealing with their unhealthy thoughts and emotions?*

*Have you experienced storms of your thoughts and emotions that God was faithful to see you through?*

## **3. Purpose in our struggles**

We might wonder why God would allow pain, suffering and struggles in our lives. One reason is that making Jesus our Lord means denying control to our sinful nature, and that require struggles.

*How does Romans 8:5-6 describe the struggle for control of our thoughts and mind?*

*Romans 8:5-6 NLT - 5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.*

There is a battle over control of our thoughts, and if we want the Spirit to have control, we must deny control to our sinful nature.

The control of our minds involves choosing to believe God's truth rather than the lies that can dominate our thoughts.

*2 Corinthians 10:5 NIV - 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

Demolishing a stronghold means tearing it down by force, and the battlefield is your mind.

Some of those strongholds might involve anxiety, lust, addiction, anger, depression or any of a long list of diagnosis. Confront such things can surface feelings of shame or worthlessness.

*How does Psalm 139 address the lie that we are worthless or somehow God made a mistake when He created us?*