

PEACE of mind

The Most Dangerous Myths of Mental Health

Pastor Mitchel Mershaw - June 25, 2023

May God himself, the God of peace, sanctify (change & cleanse you) you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.

1 Thessalonians 5:23-24

Mental Health Includes:

- Emotional
- Psychological
- Social well-being

DE-Bunk - 3 MENTAL HEALTH "MYTHS"

Myth #1—Christians shouldn't struggle with mental health.

Struggling Doesn't mean you're not a Good Christian, it Means your Human.

Myth #2—God doesn't care about your mental health.

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Psalms 23 NIV

I am overwhelmed with troubles and my life draws near to death. I am counted among those who go down to the pit; I am like one without strength. I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care... But I cry to you for help, Lord; in the morning my prayer comes before you. Why, Lord, do you reject me and hide your face from me? ... You have taken from me friend and neighbor—darkness is my closest friend.

Psalms 88:3-5,13-14, 18

Getting Help isn't a sign of weakness... It's a sign of Wisdom!

- Craig Groeschel / Life Church

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'Love the Lord your God with all your heart and with all your soul and with all your mind.'

Matthew 22:37 NLT

Life is always moving in the direction strongest thoughts.

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Isaiah 26:3

Samak (sawmak) — to Prop, to Lay, to Rest your full weight on an object.

Myth #3 — I can fix this on my own.

Inertia — The tendency to do nothing — to remain the same, unchanged.

"From the moment John stepped onto the scene until now, the realm of heaven's kingdom is bursting forth, and passionate people have taken hold of its power."

Matthew 11:12 TPT

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7Then 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.

Philippians 4:6-7

Peace I leave with you; my peace I give you. I do not give to you as the world gives...

John 14:27 NLT