

Sunday Service Sermons

19 September 2021

The Ministry of Christ to Mental Health

Mental health, how is your mental health?

It has been challenged this last year or so.

We were created to live in community.

We get our value from the community.

At least from those around us.

I do have my Bachelors in Psychology.

So I know a little about mental health.

I know my weaknesses and I know my strengths.

The biggest threat to health, mental or physical, is stress.

We are not well equipped to handle stress.

I have shared my formula for handling stress.

I will remind you, I do my best and let it go from there.

It works well for me.

But I do always have to do my best.

That is all I have to give.

I ran my tree shaking business that way.

I told a new customer that if they did not like my work and sent me on down the road in an hour there would be no charge.

I am sure you want to know if anyone took me up on the offer.

Yes, one person did.

The nuts were not coming off of the trees and he figured that by the time they knocked the rest they would have the ones I was getting.

It is said that many people are breaking under the stress of today's problems.

Not just the COVID mess but life in general.

Life has enough stress then you add the COVID threat and response and you have more than some can handle.

It is also said that rising numbers of people are being diagnosed with mental disorders, and more than ever are being treated with drugs and spending time in mental hospitals.

In addition to this many people are not receiving the treatment they need due to the expense or the stigma attached to mental problems.

Christ is the Great Physician, who came to help the sick, ministers to our mental as well as our physical health.

We can overcome anxiety through faith.

If anyone had grounds for anxiety the apostle Paul did.

He faced limitations of physical health, suffered night and day from a thorn in his flesh, and was brutally mistreated.

He was imprisoned, shipwrecked, beaten, stoned, and dragged out of the city for dead.

Yet he told of the secret of God's peace.

"Have no anxiety about anything, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God." *Phil. 4:6*

We might be able to quote this but can we live it?

We can overcome inadequacy through divine strength.

Many people suffer from such an appalling sense of inadequacy that they cover their feelings with a crust of pride.

Others turn to daydreaming and live in a world of make-believe.

The Bible says, "But as many as received him, to them he gave the power to become the children of God." *John 1:12*

God gives us strength to face our weaknesses and overcome them.

Roy Rogers once confessed that he had been plagued by a terrible inferiority complex.

He was haunted by inadequacy, lived in fear, and could not speak in public.

His life changed when he surrendered to Christ.

We can overcome resentment through love.

People get stung by the circumstances of life and turn to bitterness.

They become bitter because they have not received as much ability as others, or have not been loved by their families, or have faced too many hardships.

There is a practical reason why the Bible tells us to love: the basic cause of resentment is our failure to love.

It is for want of love that the personality disintegrates.

Bitterness imprisons; love releases life.

Bitterness paralyzes; love empowers.

Bitterness sickens; love heals.

Bitterness blinds us to life; love opens our eyes to the needs of those around us.

We can overcome aimlessness and depression through the guidance of Christ.

Paul stated: "For God has not given us the spirit of fear; but of power, and of love, and of a sound mind." *2 Tim. 1:7*

Christ gives his people mastery over evil impulses and destructive moods.

He saves us from an aimless life by giving us something to live for.

Being a Christian does not solve all our problems, but Christ always provides inner strength so we can triumph over them.

We can overcome guilt through the forgiveness of Christ.

Psychologists tell us that behind many nervous breakdowns, emotional maladjustment, and mental disorders lies a sense of guilt.

We cannot push guilt out of our hearts.

We cannot argue it away.

We cannot simply thrust it out of our minds and forget it.

There is only one healthy way to rid ourselves of guilt; through confession, repentance, forgiveness, and a new start with Christ.

The psalmist said, "Blessed is he whose transgression is forgiven". *Ps 32:1*.

Christ brings happiness and health to those who follow him.

David counseled his soul with:

Praise the Lord, my Soul;

all my inmost being, praise his holy name.

Praise the Lord, my soul,

and forget not all his benefits;

Who forgives all your sins,

and heals all your diseases,

Who redeems your life from the pit

and crowns you with love and compassion,

Who satisfies your desires with good things

so that your youth is renewed like the eagle's.

Psalms 103:1-5

We would do well to follow David's advice and praise the Lord for his provision, for our health, and our forgiveness.

Can we say that if you are overcome with your problems you are not overcome with God?

Give it all to God and watch him do for you what you can never do for yourself.

To save one's life one must give it away.

For only God holds life in his hands.

To take it is to lose it.

To give it is to have it forever!

Why not give your life to God, it belongs to him in the first place and will be determined by him in the last place.

It is not yours that is why to save it is to lose it.

And to give it is to save it forever.