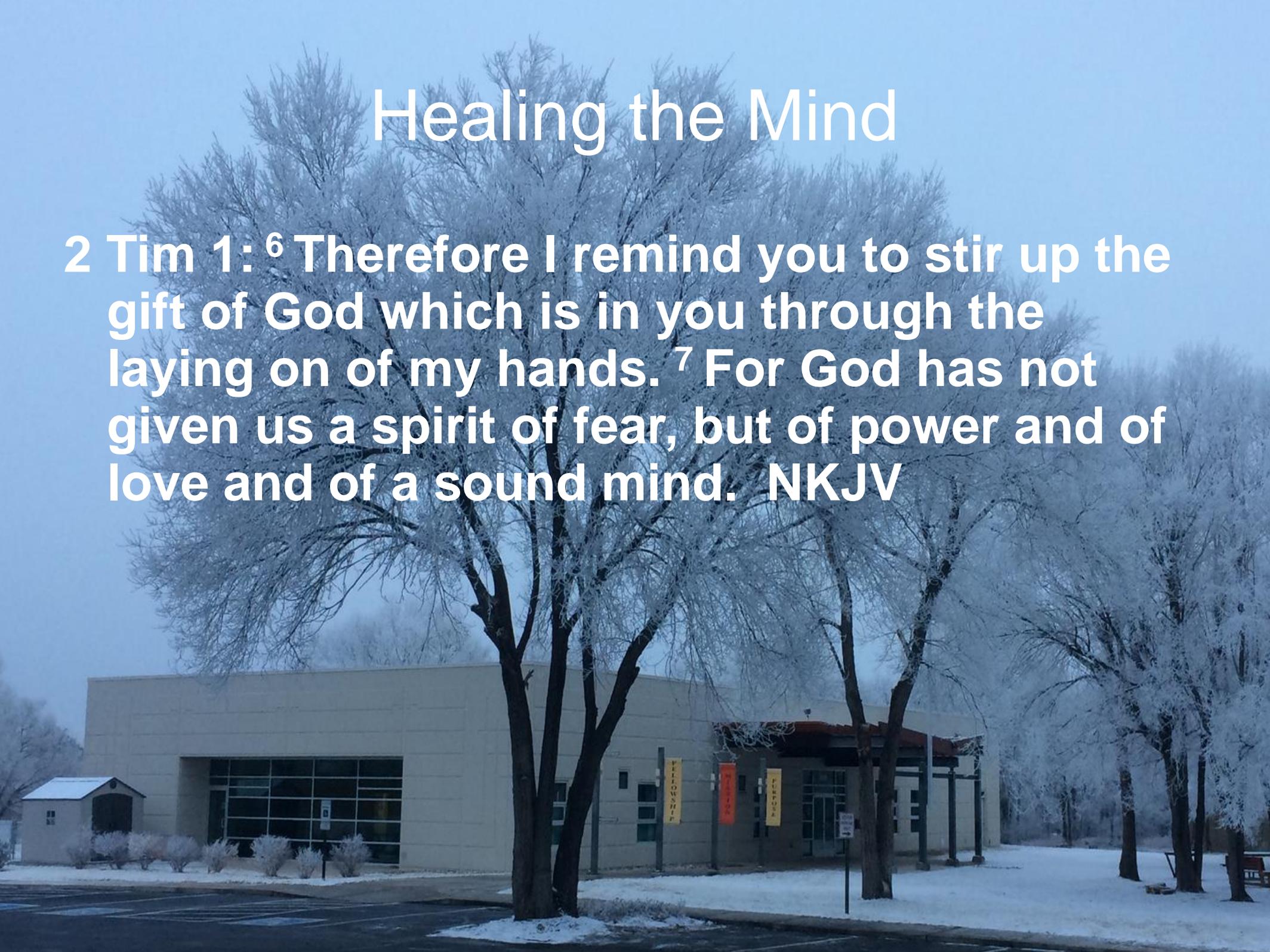




# Healing the Mind

**2 Tim 1: <sup>6</sup> Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. <sup>7</sup> For God has not given us a spirit of fear, but of power and of love and of a sound mind. NKJV**



# Healing the Mind:

**Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community**

## **Five Warning Signs of Mental Illness**

**Long-lasting sadness or irritability.**

**Extremely high and low moods.**

**Excessive fear, worry, or anxiety.**

**Social withdrawal.**

**Dramatic changes in eating or sleeping habits.**

# Healing the Mind

**I am NOT a Psychologist**

**Science of Psychology is fairly new**

**Most counseling is non-directive;**

**You already know what you need to do**

**The counselor's job is to help discover it.**

**Biblical Counseling is different**

**Directive**

**Here is what God's Word says: Apply it!**

**Sermon: 2 parts**

**a. identify the sadness b. Receive guidance**

As the deer pants for  
streams of water,  
so my soul pants for  
you, my God.

<sup>2</sup> My soul thirsts for God,  
for the living God.

When can I go and meet  
with God?

<sup>3</sup> My tears have been my  
food day and night,  
while people say to me  
all day long,

“Where is your God?”

<sup>4</sup> These things I remember  
as I pour out my soul:  
how I used to go to the  
house of God  
under the protection  
of the Mighty One  
with shouts of joy and  
praise among the festive  
throng.

<sup>5</sup> Why, my soul, are you  
downcast?  
Why so disturbed within  
me?

Put your hope in God,  
for I will yet praise  
him,  
my Savior and my  
God.

<sup>6</sup> My soul is downcast  
within me;  
therefore I will  
remember you  
from the land of the  
Jordan,  
the heights of  
Hermon—from Mount  
Mizar.

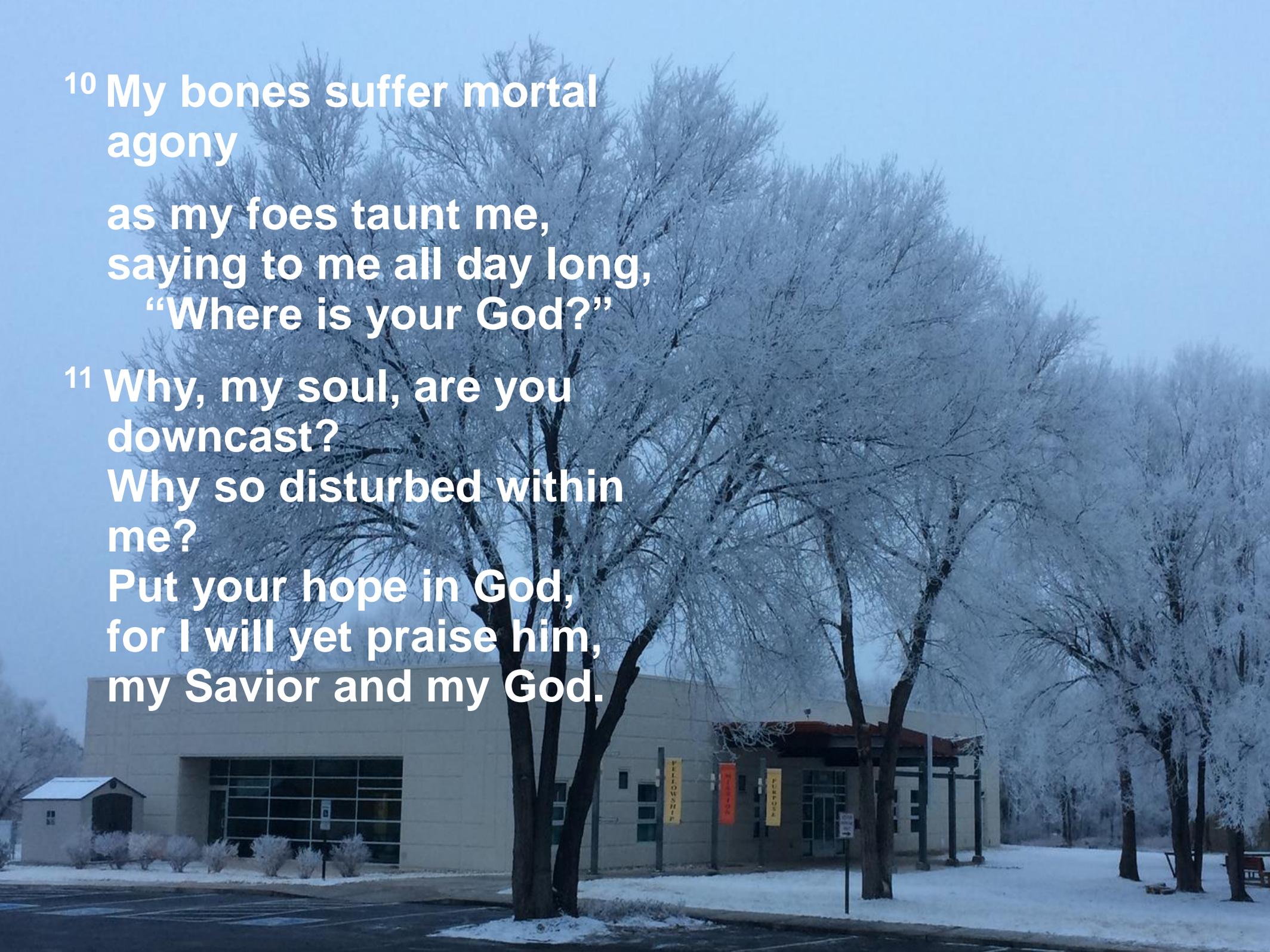
<sup>7</sup> Deep calls to deep in the  
roar of your waterfalls;  
all your waves and  
breakers have swept over  
me.

<sup>8</sup> By day the LORD directs his  
love,  
at night his song is with me  
a prayer to the God of my  
life.

<sup>9</sup> I say to God my Rock,  
“Why have you forgotten  
me?  
Why must I go about  
mourning,  
oppressed by the enemy?”

**10 My bones suffer mortal  
agony  
as my foes taunt me,  
saying to me all day long,  
“Where is your God?”**

**11 Why, my soul, are you  
downcast?  
Why so disturbed within  
me?  
Put your hope in God,  
for I will yet praise him,  
my Savior and my God.**



# Healing the Mind

## 1. Biblical Sadness is a mystery

Vs 5, 11, chapter 43 vs 5

<sup>5</sup> Why, my soul, are you downcast?  
Why so disturbed within me?

3 times for emphasis

Biblical sadness may not make sense to you at all

It is deeper than a bad day; deep cries to deep

“so disturbed within me”

# Healing the Mind

## 2. Biblical Sadness involves suffering

<sup>10</sup> My bones suffer mortal agony

Everything aches

Yet no real pain

It gets worse when people say “I thought you were a Believer! Why are you letting things get to you?”

You thought of them as friends, they don't feel like it

<sup>10</sup> My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?”

# Healing the Mind

**3. You remember happier times, but you cannot recreate them**

**4 These things I remember as I pour out my soul:  
how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng...**

**6 My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.**

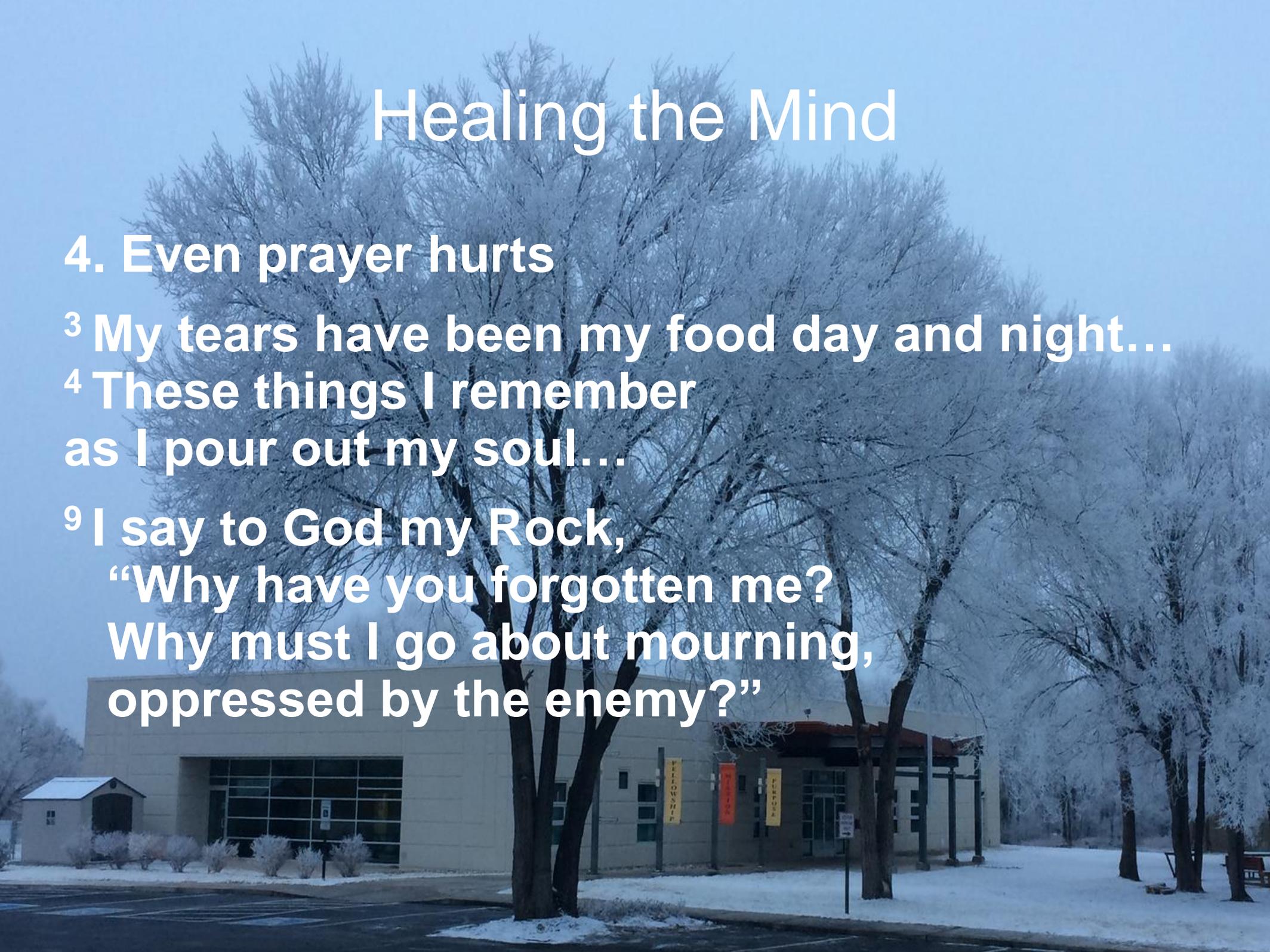
# Healing the Mind

## 4. Even prayer hurts

<sup>3</sup> My tears have been my food day and night...

<sup>4</sup> These things I remember  
as I pour out my soul...

<sup>9</sup> I say to God my Rock,  
“Why have you forgotten me?  
Why must I go about mourning,  
oppressed by the enemy?”



# Healing the Mind

**5. You feel forgotten**

**ignored**

**abandoned**

**God doesn't answer!**

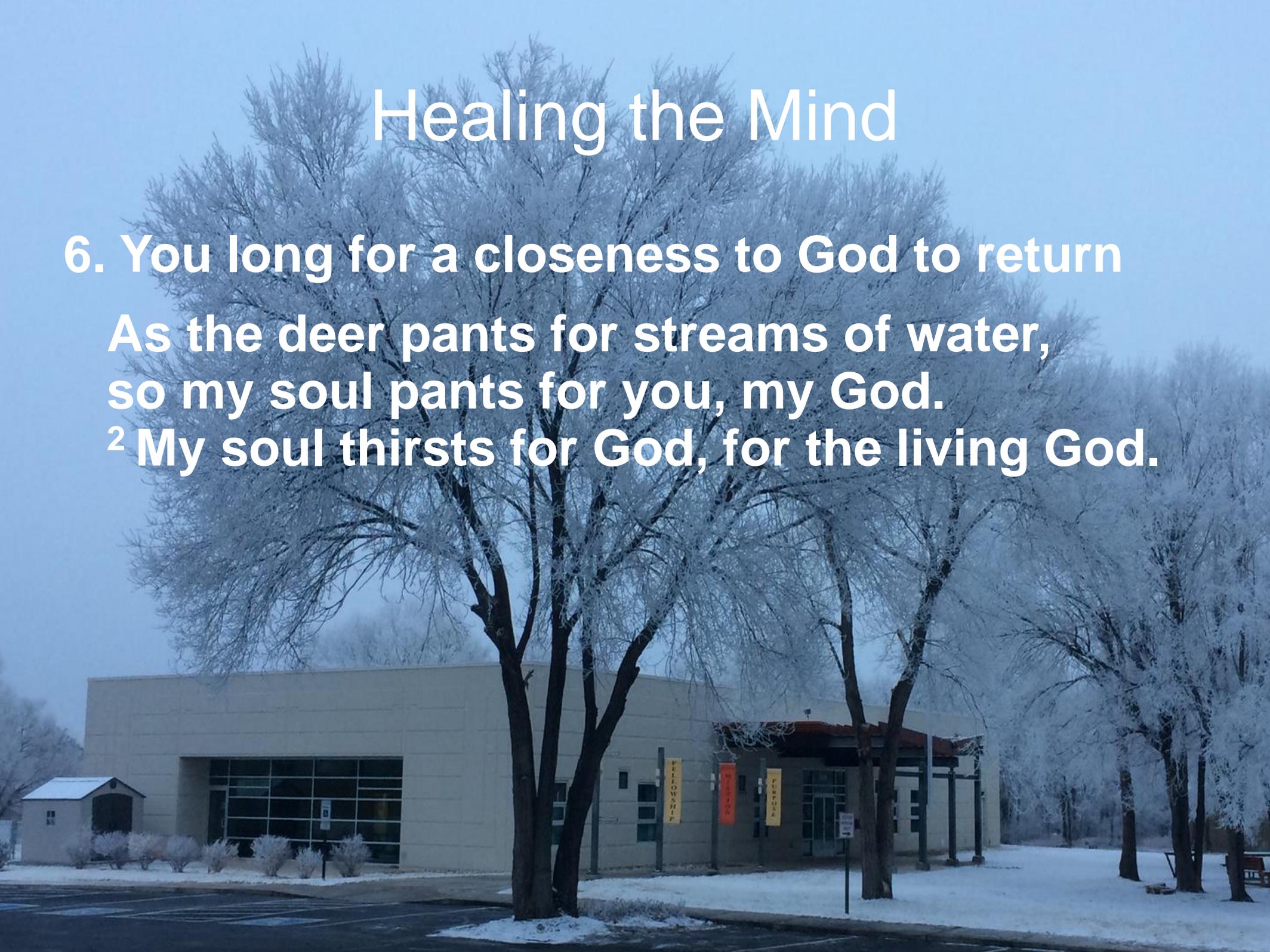
**<sup>9</sup> I say to God my Rock,  
“Why have you forgotten me?  
Why must I go about mourning,  
oppressed by the enemy?”**

# Healing the Mind

6. You long for a closeness to God to return

As the deer pants for streams of water,  
so my soul pants for you, my God.

<sup>2</sup> My soul thirsts for God, for the living God.

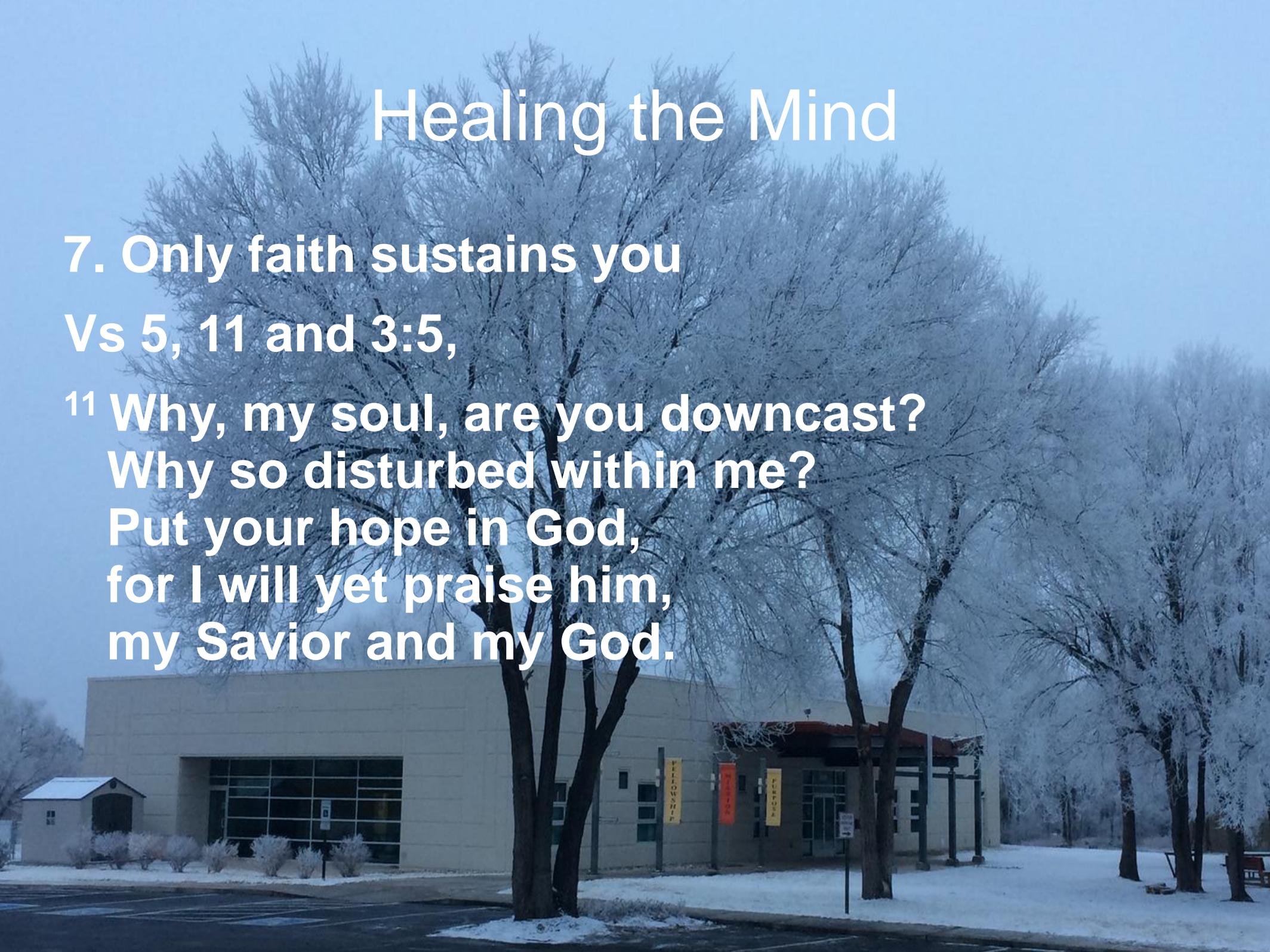


# Healing the Mind

## 7. Only faith sustains you

Vs 5, 11 and 3:5,

<sup>11</sup> Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise him,  
my Savior and my God.



# Observations about Biblical Sadness

The writer of the Psalms understands  
“Faith” and “Hope” are the best friends you’ve got!

Ask God to be your savior TODAY!

to send you a life preserver

to be GOD to you!

When it is hardest to pray; pray hardest

Remember who God has been; and trust God to  
seem that way again.

# Healing the Mind

Jesus died to redeem all of who you are.

Jesus did not die just to redeem your body.

Jesus did not die just to redeem your soul.

The resurrection of Jesus Christ renews your mind.

Rom 12:1-2 12 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

# Healing the Mind: Some direction!

## 1. God wants your mind

Mt 22:37 Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’

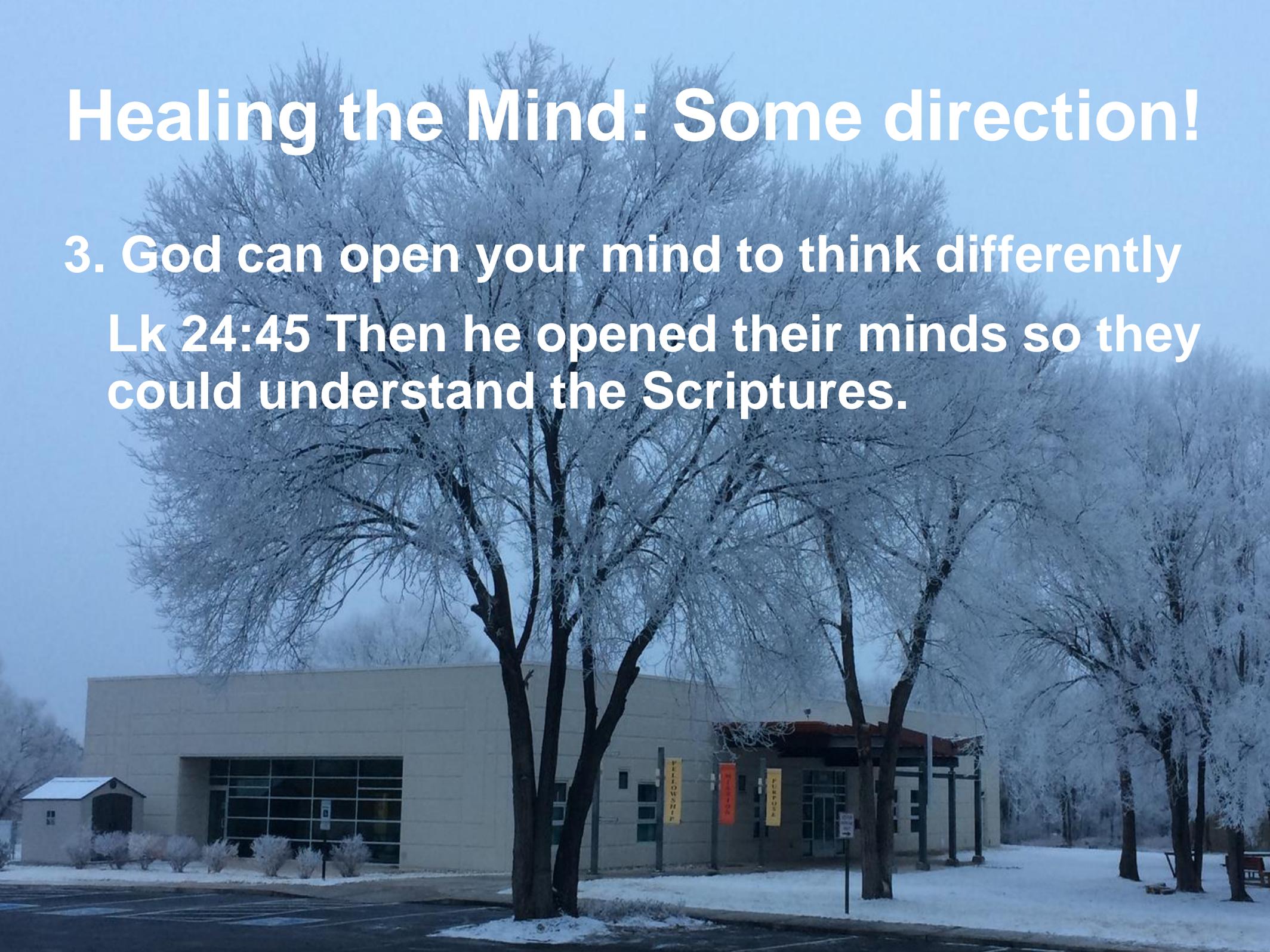
## 2. God can heal your mind

Mk 5:15 When they came to Jesus, they saw the man who had been possessed by the legion of demons, sitting there, dressed and in his right mind; and they were afraid. es.

# Healing the Mind: Some direction!

3. God can open your mind to think differently

Lk 24:45 Then he opened their minds so they could understand the Scriptures.



# Healing the Mind: Some direction!

## 4. Healing the Mind can be done by inviting the presence of God's Spirit

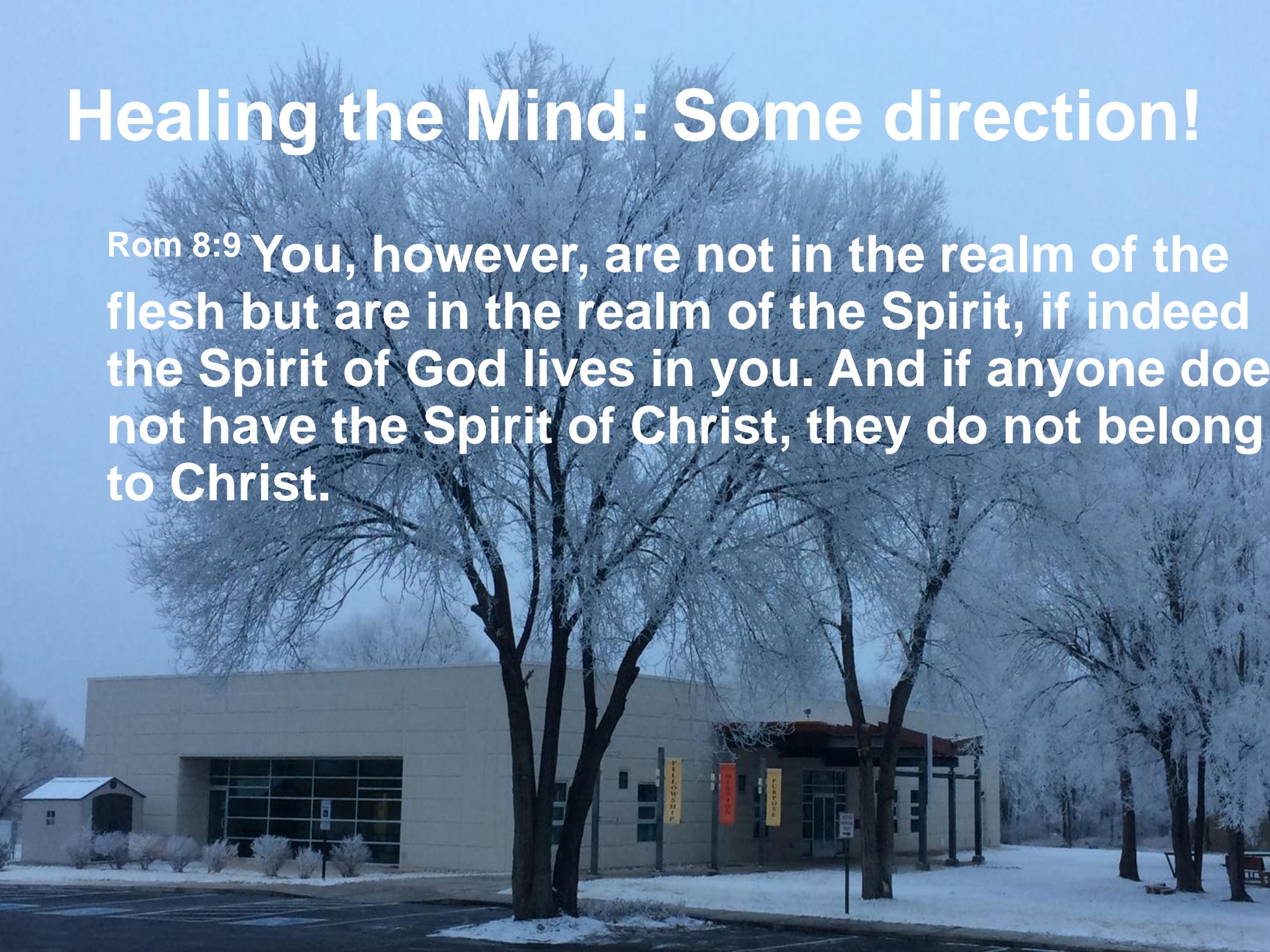
Rom 8:5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accord with the Spirit have their minds set on what the Spirit desires.

<sup>6</sup> The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

<sup>7</sup> The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. <sup>8</sup> Those who are in the realm of the flesh cannot please God.

# Healing the Mind: Some direction!

Rom 8:9 You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ.



# Healing the Mind: Some direction!

1. We fight the battle for our minds not just with psychology, but with spiritual power as well.

<sup>4</sup> The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup> 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.

**HOW ON EARTH DO YOU DO THAT?**

# So What?

Before there was psychology and psychotherapy,

a. there was sadness

b. There was the Bible

It was a deep sadness!

Just as we pray for healing and still use modern  
medicine

We pray for mental healing and still use modern  
psychology

# So What?

God heals

Sometimes through medicine/counseling;  
sometimes through Biblical guidance

Sometimes without counseling through prayer

God created your mind to think rightly

Let God have your mind

Present it to Him

Begin to give God every thought