

Mental Health Awareness Month

Pastor Donald Volz-Crossroads Church

Week1-9/3/2023

TRUTHS TO REMEMBER

Struggles with mental health is NOT a sign of weakness, it's a sign you don't understand how your mind is working.

Even strong Christians will eventually deal with anxiety, depression or another area of your mental health.

It's ok for Christians to seek therapy and take meds under a doctor's care.

SIGNS THAT YOU'RE OVERWHELMED AND STRUGGLING IN YOUR MENTAL HEALTH

-Insomnia, chronic worry, persistent depression, indigestion, headaches, frustration and anger issues.

-You find yourself self-medicating (alcohol, smoking, over the counter or illegal drugs and/or food).

Jesus promised us His peace and joy to live an amazing life even in very adverse circumstances.

John 14:27 NIV

"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."

John 15:11 NLT

"I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!"

It's not our circumstances that defeat us, it's our thoughts about our circumstances that defeat us.

Proverbs 24:5-6 ESV

"5 A wise man is full of strength, and a man of knowledge enhances his might, 6 for by wise guidance you can wage your war, and in abundance of counselors there is victory."

Wisdom and knowledge are the keys to fighting this battle in and over our minds.

TALK TO SOMEONE

If we haven't resolved the conflict in several days; days turn into weeks, weeks to months, and months to years.

If you have someone to talk to and pray with you, you can get through anything.

There might be times when conversations and encouragement from a friend aren't enough, we need professional help.

OUR THOUGHTS ARE THE KEY

Psalm 19:14 ESV

“Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.”

Negative thoughts will never produce a positive life.

In every situation I can choose to react in fear or faith. “Why me?” or “God we got this, I'm going to trust You”.

DRAW CLOSER TO GOD (Grow Spiritually)

When you find yourself in frustrating and fearful circumstances, run to God not from Him. There is an aspect of this that stems from the spiritual battle that we find ourselves in.

2 Corinthians 10:3-5 ESV

“3 For though we walk in the flesh, we are not waging war according to the flesh. 4 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. 5 We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ”

Any undisciplined or toxic thought that we do not take captive can become a stronghold for the enemy.

One thought that goes unchecked can bring about a life of crippling anxiety and depression.