

Mental Health Awareness Month

Pastor Donald Volz - Crossroads Church

Week 2- 9/10/23

**“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline”
2 Timothy 1:7 NIV**

Anxiety-the number one mental health challenge.

One study found that 50-90% of doctor visits were stress related.

DIS-EASE: Not being at ease brings illness.

It ranges from worrying too much, to anxiety disorders, phobias, social anxiety disorder, agoraphobia (not wanting to leave one’s home), panic attacks, generalized anxiety disorder and PTSD. Many suffer in silence and the number of cases are often unreported, meaning fewer people seek help.

Matthew 6:31-34 ESV

“31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

1. Ultimately make a choice (it is ours to make), I am going to trust God.
2. DO NOT spend one minute worrying about things you cannot control.
3. Realize that God already has a plan to lead you out of the situation causing your anxiety.

Re-learn how to relax, calm your mind and take breaks from your hectic schedule.

Philippians 4:4-6 NIV.

“4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near.”

Make a choice to make your life a celebration.

“6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

PRAY FIRST

Psalm 46:1 ESV.

“God is our refuge and strength, a very present help in trouble.”

“In every situation” we talk to God and ask for His help. This is where your power is.

GRATITUDE SECOND- “With thanksgiving”

Studies have shown that gratitude reduces anxiety (depression, too) in part by optimizing the functioning of the autonomic nervous system as well as those same neurotransmitters involved in anxiety. The brain can’t respond to anxiety and gratitude at the same time, which means it’s one or the other.

PRESENT YOUR REQUESTS THIRD

We can pray about it or worry about it.

Philippians 4:7-8 NIV.

“7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

This is such a priceless promise that far too often goes unclaimed. We are conditioned to worry about stuff.

“8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Paul was encouraging us to focus on those things that are excellent and praiseworthy.

Our thoughts determine our state of mind and the direction of our lives.

Philippians 4:9 NIV.

“9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

Paul’s final encouragement is to “put it into practice”. To get victory and to overcome requires practice.