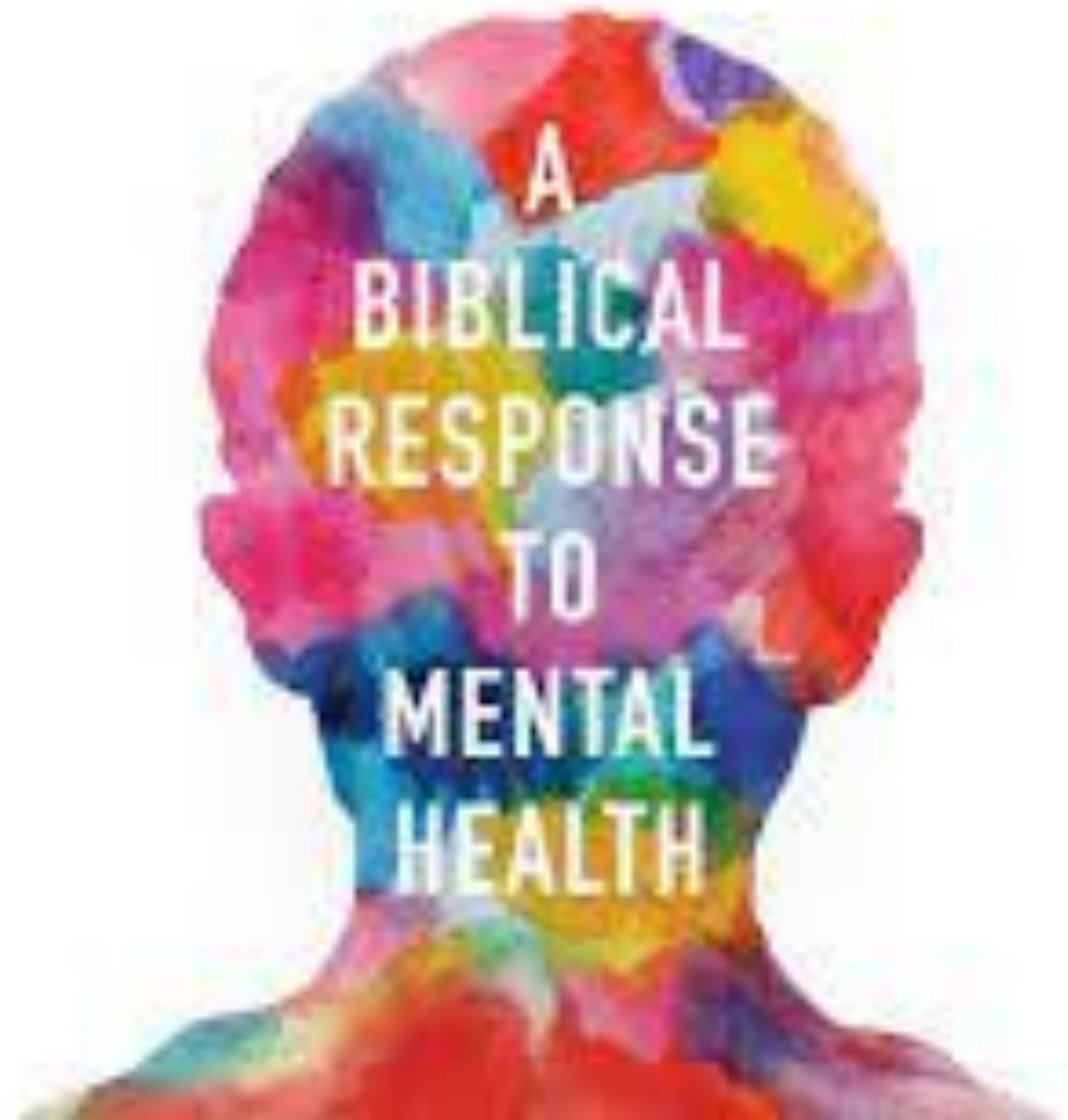


**MENTAL HEALTH:  
A BIBLICAL  
PERSPECTIVE**

Rev. William Washington

Orchard Knob Missionary Baptist Church

1-23-22



# Disclaimers

- I am not a doctor or medical professional. I don't give medical advice, but I do give spiritual guidance from God's Word.
- This study is primarily aimed at Christians and how we handle mental health issues.
- This series will be an introduction to what the Bible says about mental health.

# Mental Health: A Biblical Perspective

- What's the problem?
- How are we made?
- Does the Bible talk specifically about mental illness?
- What do I need to do about suicide?
- What do I need to do about my mental illness?
- What do I need to do about the mental illness of others?
- Can I avoid mental illness?



**Andrea Yates was convicted in 2002 for the capital murders of three of her five children and sentenced to life in prison, where she was to serve at least forty years.**

**I WAS  
BULLIED  
AND  
BATTLED  
DEPRESSION**







Leonardo struggled with OCD as a child, and filming *The Aviator* reawakened the condition. "I remember my makeup artist and assistant walking me to the set and going, 'Oh God, we're going to need 10 minutes to get him there because he has to walk back and step on that thing, touch the door and walk in and out again. It literally drove me nuts a lot of the time. And it lasted for a couple months after filming and still is."



**Amid Winter Olympics, athletes are receiving more mental health resources than ever**



**Osaka openly shared her personal anxieties and mental health concerns last year after being fined and then withdrawing from the French Open for failing to meet the players' media requirements.**





**as** AS.com English

Former Bucs WR  
Antonio Brown talks  
about his mental health



**Simon Martial said he shoved Michelle Go onto the subway tracks 'because of God.'**

Last year, according to the CDC, more Tennessee adults per capita than in ***any other state*** reported experiencing anxiety and/or depression. According to the study, called the Household Pulse Survey, the national average percentage of people who reported anxiety and/or depression is 24.5% and the TN percentage is 28.3%. **This means more than one in four Tennessean adults suffer.**

# Jehovah Rapha – God Our Healer

**Exodus 15:25b-26** - There the Lord made for them a statute and a rule, and there he tested them, 26 saying, “If you will diligently listen to the voice of the Lord your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the **Lord, your healer.**”



# Jehovah Rapha – God Our Healer

All creation in general, the human race in particular is groaning and travailing under the complex burdens which result from sin and the fall.

Those burdens include sickness, birth defects, emotional illness, behavioral dysfunction, death, and a host of heartaches known to man:

alienation, loneliness, famine, bereavement, loss, futility, and everything else contrary to God's design and desire for creation.

## Romans 8:20-25

20 Against its will, all creation was subjected to God's curse. But with eager hope, 21 the creation looks forward to the day when it will join God's children in glorious freedom from death and decay. 22 For we know that all creation has been groaning as in the pains of childbirth right up to the present time. 23 And we believers also groan, even though we have the Holy Spirit within us as a foretaste of future glory, for we long for our bodies to be released from sin and suffering.

## Romans 8:20-25

We, too, wait with eager hope for the day when God will give us our full rights as his adopted children, including the new bodies he has promised us. 24 We were given this hope when we were saved. (If we already have something, we don't need to hope for it. 25 But if we look forward to something we don't yet have, we must wait patiently and confidently.)

**How is a man constituted?**

Dichotomy?

Or

Trichotomy?



**Genesis 2:7** - 7 And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living **soul**.

**Romans 8:16** - “The Spirit himself bears witness with our **spirit** that we are children of God,”

**1 Thessalonians 5:23** - “Now may the God of peace himself sanctify you completely, and may your whole **spirit** and **soul** and **body** be kept blameless at the coming of our Lord Jesus Christ.”

**Hebrews 4:12** - “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of **soul** and of **spirit**, of joints and of marrow, and discerning the thoughts and intentions of the heart.”

# THE THREEFOLD NATURE OF MAN

I. THESS. 5:23

HEB. 4:12

