

THE WORD OF GOD AND OUR MENTAL HEALTH

Romans 8:1-17

INTRODUCTION: Our world is moving away from God and from faith in His Word. It is important for us to understand that in our changing world, we serve a God who does not change: Malachi 3:6; Hebrews 13:8. Also the Word of God claims that it never changes: Isaiah 40:8. We as a Church do not make up what is right and wrong or create new solutions to today's problems. God has given us the truth in His Word. Mental health in our sick society is another hot button issue. No matter where we are on the mental health spectrum, if you are a child of God this is what God says about you: Psalm 139:14. The Scriptures are full of people that God used in great ways that were mentally not healthy. King David: Psalm 38:4. Elijah: 1 Kings 19:3-4. Job: Job 3:24-26. Jeremiah: Jeremiah 20:14-18. Many of our heroes of the faith were men and women who struggled with their mental health just as we do. Many of our heroes of history also struggled with their mental health. We are not defined by our diagnosis. Mental health problems are common to mankind. Mental health problems are not new. Mental health problems need not be permanent. Our Lord Jesus cares about our minds: Matthew 22:37-39; Psalm 34:17-18. Today's key verse: Romans 8:6.

I. A LIFE TRANSFORMED BY GOD!

A life transformed by God begins with a heart that has been changed and a mind that is being renewed. Jesus wants both your heart and your mind and then He will begin to renew each of them: Romans 12:1-2. Life transition begins when we align our thoughts with God's thoughts. We need to choose which mindset we want for our lives: Romans 8:7-8; Romans 8:11. Our God longs to fill our hearts with His peace: Isaiah 26:3-4.

II. RENEWING OUR MINDS!

We are to pursue the mindset of the Spirit of God. The strongholds of our mind can prevent us from having the peace of God in our hearts: 2 Timothy 1:7. Our God is a God of healing and hope: Galatians 5:1. Jesus came to set us free not only for eternity but now. When our minds are renewed in the Spirit we will think God's thoughts and those thoughts will move us toward God's peace and joy.

III. DEMOLISHING STRONGHOLDS!

The battle for the mind is as old as mankind. It has never been a mental battle but it has always been a spiritual battle. As we learn how to battle in the Spirit of God we will experience the power of God to set us free: 2 Corinthians 10:3-5. We need to learn how to take our thoughts captive to make it obedient to Christ. Our Lord lays out the sequence needed to gain mental health. First we take our thoughts captive to Christ then we can obey Christ. We need to learn to discern the voice of Christ and the voice of the world, the flesh, or the devil that all seek to lead us astray. Romans 12:2. When our mind is renewed, discernment is being developed. We are to think on the right things and reject the negative thoughts: Philippians 4:6-8. Our mind and our thought life is important to our God: Matthew 22:37. We need to isolate our identity. A big part of renewing our mind is to remember who we are in Christ and how Christ would have us think: Philippians 2:5. Think on this: I am a child of God. I am fearfully and wonderfully made. No weapon against me shall prosper. God works all things together for those who are called according to His purpose. God has plans to prosper you and not to harm you. I am more than a conqueror through Christ Who strengthens me!