

Most Dangerous Myths of Mental Health

Peace of Mind: Part 1

Nathaniel Sorensen * June 18, 2023 * New Life Vineyard Church

Now may the God of peace Himself sanctify you completely. And may your spirit, soul, and body be kept sound and blameless for the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it.

1 Thessalonians 5:23-24

Mental health entails three things: your emotional, your psychological, and your social well-being.

Your mental health is not _____

1. Mental health struggles = Clinical _____

Mental health is a _____

2. _____ shouldn't struggle with mental health

1 Kings 19 * Psalm 38 * Jeremiah 14 * Lamentations 3

3. God doesn't _____ about your mental health

For I have had enough troubles, and my life is near Sheol. I am counted among those going down to the Pit. I am like a man without strength, abandoned among the dead. I am like the slain lying in the grave, whom You no longer remember, and who are cut off from Your care.

...My eyes are worn out from crying. LORD, I cry out to You all day long; I spread out my hands to You.

...But I call to You for help, LORD; in the morning my prayer meets You. LORD, why do You reject me? Why do You hide Your face from me? From my youth, I have been afflicted and near death. I suffer Your horrors; I am desperate. Your wrath sweeps over me; Your terrors destroy me. They surround me like water all day long; they close in on me from every side. You have distanced loved one and neighbor from me; darkness is my only friend.

Psalm 88:3-5, 9, 13-18

He answered: "Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind; and your neighbor as yourself."

Luke 10:27

Do not be conformed to this age, but be transformed by the renewing of your mind.

Romans 12:2

Your life is always moving in the direction of your strongest _____

You will keep the mind that is dependent on You in perfect peace, for it is trusting in You.

Isaiah 26:3

God's divine power has given us everything required for life and godliness through the knowledge of Him who called us by His own glory and goodness.

2 Peter 1:3

"Peace I leave with you. My peace I give to you. I do not give as the world gives. Your heart must not be troubled or fearful."

John 14:27

"Come to Me, all of you who are weary and burdened, and I will give you rest. All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves."

Matthew 11:28

** All scriptures from HCSB unless otherwise noted*