



A BIBLICAL VIEW ON MENTAL HEALTH

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Created in God's image

Genesis 1:26-27

26 Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."

27 So God created man in His own image; in the image of God He created him; male and female He created them."



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PSYCHIATRY

God is invested in our wellness

3 John 1:2 TPT

Beloved friend, I pray that you are prospering in every way and that you continually enjoy good health, just as your soul is prospering.

We are triune beings- spirit, soul and body

1 Thesalonians 5:23 NKJV

“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”



The Bible & Mental Challenges

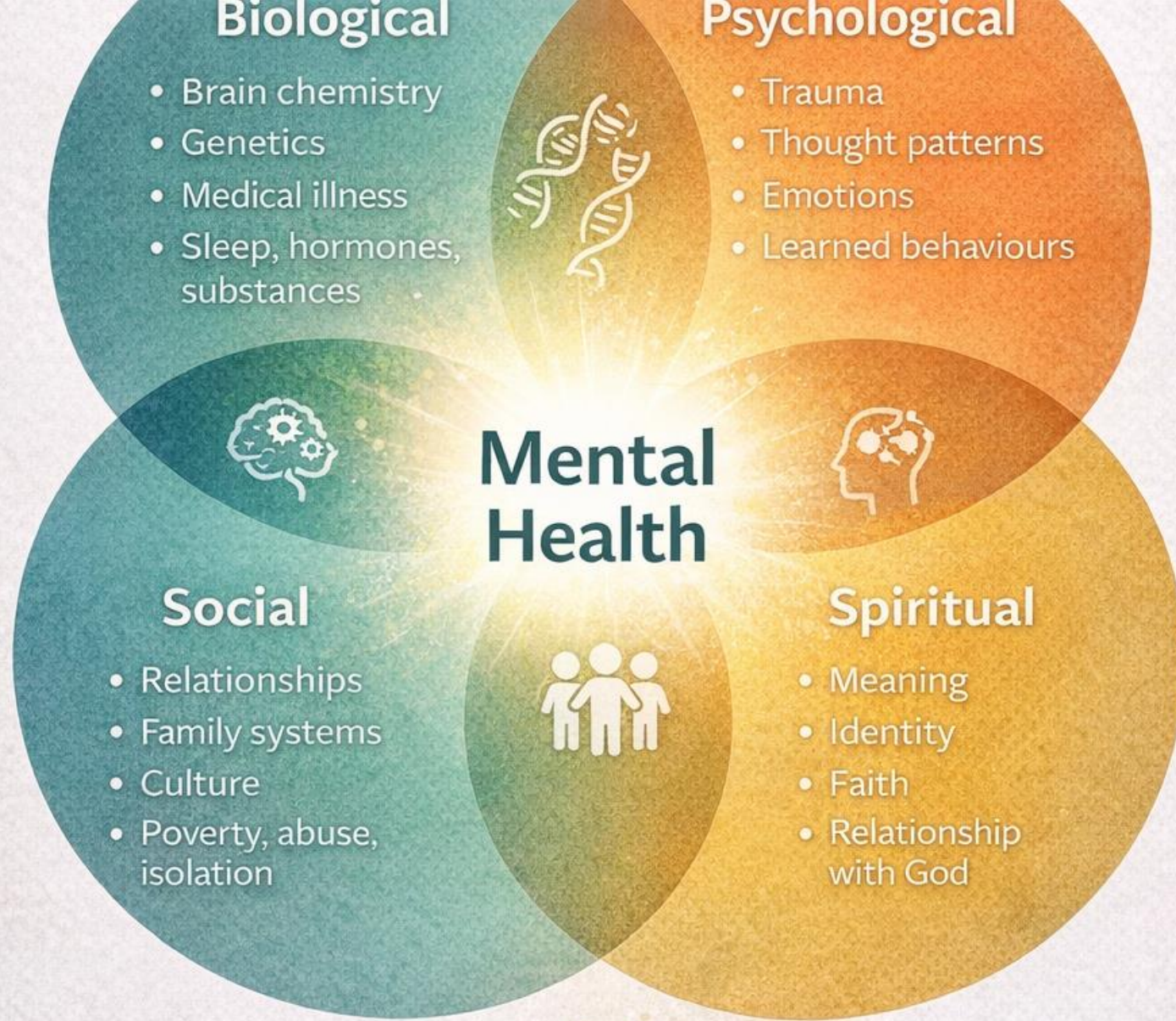
- David – despair, anxiety, depression (Psalm 42)
- Elijah – burnout, hopelessness, suicidal thoughts (1 Kings 19)
- Job – trauma, grief, questioning God
- Jesus – anguish, sorrow, stress (Gethsemane)



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Below the text, there are five small, stylized circular icons arranged horizontally.



Intersection of mental health

Romans 5:3-5 TPT

But that's not all! Even in times of trouble we have a joyful confidence, knowing that our pressures will develop in us patient endurance. And patient endurance will refine our character, and proven character leads us back to hope. And this hope is not a disappointing fantasy, because we can now experience the endless love of God cascading into our hearts through the Holy Spirit who lives in us!"



Addressing Common Myths

Myth 1: “Christians shouldn’t be depressed”

→ Truth: Many heroes of faith were.

Myth 2: “Mental illness = demon possession”

→ Truth: The Bible clearly distinguishes illness from demonic oppression.

Myth 3: “Just pray harder”

→ Truth: Prayer is powerful, but God also heals through people, processes, and medicine.

Myth 4: “Medication means I don’t trust God”

→ Truth: Taking insulin for diabetes ≠ lack of faith. Same principle.

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In the valley

Isaiah 43:2

"When you pass through the deep, stormy sea, you can count on me to be there with you. When you pass through raging rivers, you will not drown. When you walk through persecution like fiery flames, you will not be burned; the flames will not harm you,"

2 Corinthians 12:9

"But he answered me, "My grace is always more than enough for you, and my power finds its full expression through your weakness." So I will celebrate my weaknesses, for when I'm weak I sense more deeply the mighty power of Christ living in me."

Psalms 23:4

"Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me."