



MADE WHOLE

A SERIES ON MENTAL HEALTH



EVERY NATION
CHURCH · MALAYSIA





A SERIES ON MENTAL HEALTH

WHOLENESS IN GOD



WHY THIS SERIES?

Mental health challenge is one of the
greatest battlefields in the 21st century

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. ²⁴ **He who calls you is faithful; he will surely do it.**

1 THESSALONIANS 5:23-24 (ESV)

2 EXTREME VIEWS ON MENTAL HEALTH DISORDERS

- **Over-Spiritualized**
- **Over-Naturalized**

Both perspectives over-simplify something that is complex.

BLIBICALLY

- No exact term for “Mental Health Disorder”
- “Madness” or “Insanity”
- 19x in the Old Testament
- 8x in the New Testament - “Mainomai” in Greek. Root word for “maniac”.

EXPRESSIONS OF 'MENTAL HEALTH' CHALLENGES

BIBLICAL REFERENCE

**Depressed, downcast, sorrow, despair of
spirit / soul, the pit**

**Psalms 42:5
40:2**

Hearts fail us, heart overwhelmed

**Psalms 40:12
1 John 3:2**

**Waves overwhelmed, weary with crying,
walk through fire**

**Psalms 69:1-3
Isaiah 43:1-4
Luke 4:46-49**

**Brokenhearted, crushed in spirit, afflicted,
mourning, fainting spirit**

**Psalms 34:18
Isaiah 61:1-3**

Deeply grieved to the point of death

Matthew 26:38

BIBLICAL VIEW ON MENTAL HEALTH DISORDERS

- 1. We are fearfully and wonderfully made, created in the image of God.**

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- 2. We are holistic beings (Mental, Physical, Spiritual, Relational).**

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- 1. We are fearfully and wonderfully made, created in the image of God.**
- 2. We are holistic beings**
- 3. Sin corrupts everything including our minds, not just our spirits.**

OUR MINDS IN A FALLEN WORLD:

- Weakened Minds (Psalm 73:26)
- Defiled Minds (Titus 1:15)
- Blinded Minds (2 Corinthians 4:3-4)
- Futile / Useless Minds (Ephesians 4:17-18)
- Depraved / Evil Minds (Romans 1:28)
- Rebellious Minds (Romans 8:7)


BIBLICAL VIEW ON MENTAL HEALTH DISORDERS

- 1. We are fearfully and wonderfully made, created in the image of God.**
- 2. We are holistic beings**
- 3. Sin corrupts everything including our minds, not just our spirits.**
- 4. God restores every aspect of creation.**



MENTAL HEALTH
DISORDER IS A
PART OF THE COMPLEX
FALLENNESS OF
GOD'S CREATION.

THUS, IT IS ALSO A
PART OF GOD'S
REDEMPITIVE PLAN.



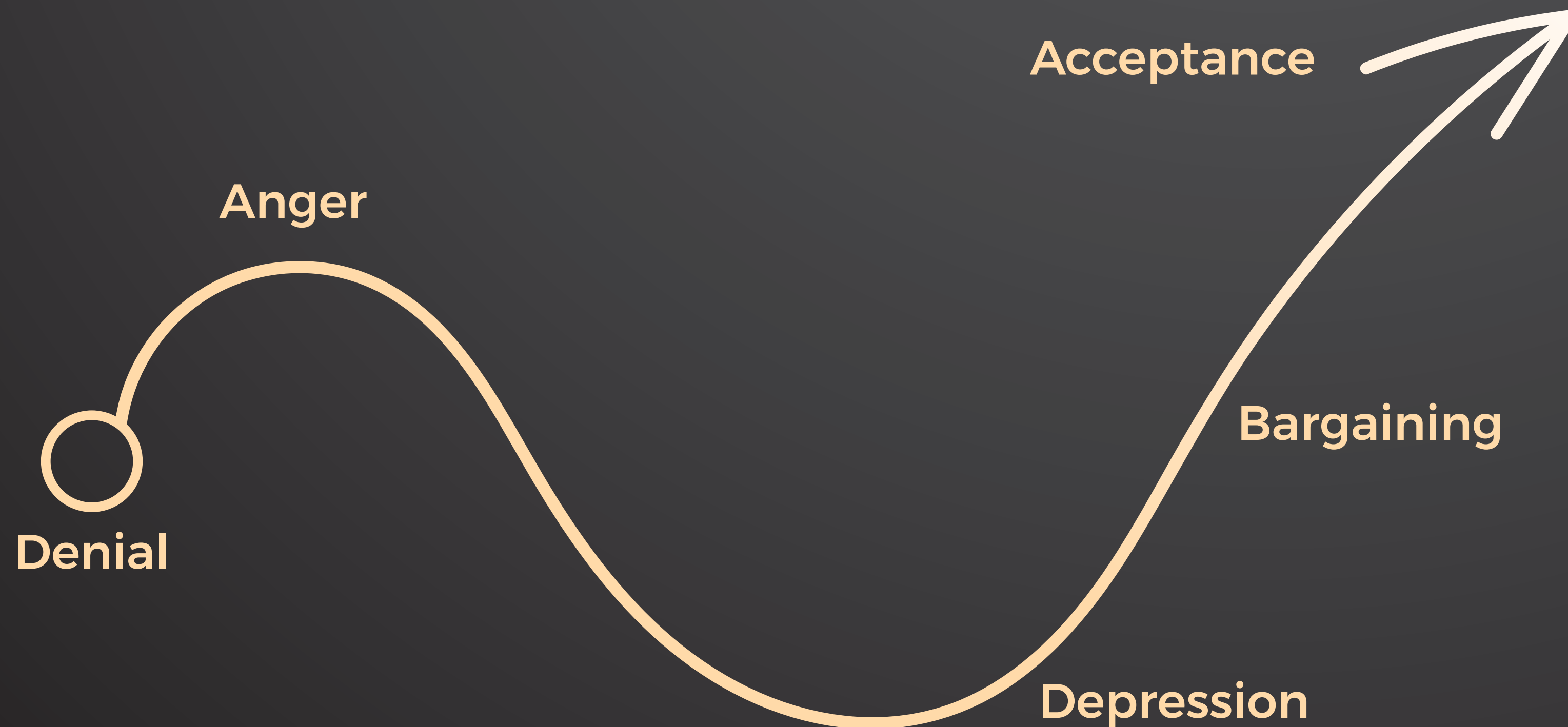
WHAT DO WE
DO WHEN WE
GO THROUGH
MENTAL HEALTH
ISSUES LIKE PAIN,
GRIEF, AND
DEPRESSION?

⁹ Be gracious to me, O Lord, for I am in distress; my eye is wasted from grief; my soul and my body also. ¹⁰ For my life is spent with sorrow, and my years with sighing; my strength fails because of my iniquity, and my bones waste away.

PSALM 31:9-10

HOW GRIEF IS EXPLAINED IN PSYCHOLOGY:

THE EXPERIENCE YOU EXPECTED:



HOW GRIEF IS EXPLAINED IN PSYCHOLOGY:

THE EXPERIENCE YOU GOT:



Be gracious to me, O Lord

PSALM 31:9

GOD'S GRACE THROUGH IT ALL

PAUL'S THORN AND OPPRESSION

⁷ So to keep me from becoming conceited because of the surpassing greatness of the revelations, **a thorn was given me in the flesh, a messenger of Satan to harass me**, to keep me from becoming conceited. ⁸ Three times I pleaded with the Lord about this, that it should leave me.

2 CORINTHIANS 12:7-8

⁹ But he said to me, “**My grace is sufficient for you, for my power is made perfect in weakness.**” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. ¹⁰ For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. **For when I am weak, then I am strong.**

2 CORINTHIANS 12:9-10



GOD'S GRACE
THROUGH
IT ALL

SILENT SUFFERER:

Why me?

Does God care?

Is there something wrong with my faith?

What would people think?

SILENT SUFFERER

Know that:

- 1. You are in Christ**
- 2. You are not alone**
- 3. You are in a journey of healing and recovery**

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. ²⁴ **He who calls you is faithful; he will surely do it.**

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