

WHOLEHEARTED

Faith, Mental Health, & The Whole Person

A Whole Story: The Myths of Mental Health

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MYTH #1

Christians shouldn't struggle with mental health.

Even heroes of the faith struggled

- Elijah: 1 Kings 19:3-5
- David: 1 Samuel 13:14, 17:45, and Psalms 13:1-2
- Jeremiah: Jeremiah 20:14-18

MYTH #2

Faith alone should fix mental health.

Mark 12:30-31 (NLT)

³⁰ "And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength."

³¹ The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these."

MYTH #3

God doesn't care about your mental health.

♥ The book of Psalms holds verses of both praise/inspiration and grief/despair.

♥ God is not afraid of our honesty.

♥ God understands our pain. (*Hebrews 2:17-18 NLT*)

MYTH #4

Mental illness is caused by weakness, spiritual
inferiority, or failure.

MYTH #5

Mental illness is just a cover-up for demon
possession.

♥ Spiritual warfare is a real thing. So is mental illness.

1 Thessalonians 5:23-24 (NIV)

²³“May God Himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.²⁴The one who calls you is faithful, and He will do it.”