

WHOLEHEARTED

Faith, Mental Health, & The Whole Person

A Whole Person: Sanctification & Mental Health

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So, the deepest question isn't "How do I change this behavior?" It's "What kind of person am I becoming?"

1. THE AWAKENED SELF (*Psalms 42–43*)

- a. Their struggle didn't mean God had abandoned them. They were people in process.
- b. **Psalm 42:5** (NIV)
"Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."
- c. Spiritual maturity is not the absence of struggle. It's learning, again and again, where to turn with it.

2. BE TRANSFORMED (*Romans 12:1–2; Ephesians 4:22–24*)

- a. **Romans 12:2** (NIV)
"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- b. Paul knew we are embodied persons.
- c. **Ephesians 4:22–24** (NIV)
²²"Put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness."
- d. We are saved, and we are being saved. We are sanctified, and we are being sanctified.
- e. Transformation is God's work and our participation.

3. HOLY ATTENTION (*Philippians 4:6–9; 2 Corinthians 10:5*)

a. **Philippians 4:8** (NIV)

"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

b. Learned, received, heard, seen, practiced.

c. **2 Corinthians 10:5** (NIV)

"We take captive every thought to make it obedient to Christ."

d. Taking a thought captive means catching it and bringing it into the presence of Christ.

4. WE NEED EACH OTHER (*John 11*)

a. Relationships can be where God heals us.

b. Jesus gives the life. The community helps Lazarus live it.

5. TO WHAT END? (*Romans 12:2; 2 Corinthians 12:7–10*)

a. **Romans 12:2** (NIV)

"Then you will be able to test and approve what God's will is—His good, pleasing and perfect will."

b. **2 Corinthians 12:9** (NIV)

"My grace is sufficient for you, for My power is made perfect in weakness."

c. But holy love doesn't have to wait.

d. Sanctification doesn't make us less human. It makes us fully alive.

Philippians 1:6 (NIV)

"He who began a good work in you will carry it on to completion until the day of Christ Jesus."

"Lord, renew our minds by Your truth. Heal our loves by Your grace. Strengthen our wills by Your Spirit. Meet us in our weakness, and perfect Your love in us, trusting that You who began a good work in us will be faithful to complete it. Amen."