

Mental Health and Jesus!

Anderson First Church of the Nazarene

Presenter: Greg Schad, lls-w-s, imft-s

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Jesus is God (not liar, not lunatic)

Therefore, He was mentally / emotionally / spiritually / relationally healthy

He had perfect perspective. He perceived things as they truly were.
He experienced a full range of human emotions
He related perfectly with others

Us - not God. Made in God's image, but then sin happened

We don't have perfect perspective
Hearts are deceptive. Our emotions are not reliable
We don't handle our relationships perfectly
Struggling with mental health issues is not:
a) a sin
b) because you aren't spiritual / have enough faith

Jesus helps us with our mental health - generally and specifically, but we can still experience mental illness.

Aspects of Jesus' Mental Health...

SECURITY

Defined - freedom from insufficiency, danger, rejection or destruction

How it looks in us fallen humans

We seek security in the created
We place trust in ourselves or folks around us (marriage / job are a popular idols)
We compare ourselves with others
Mental Health struggles lead us to feeling WAY vulnerable / not OK

Demonstrated in Jesus (Matthew 4:1-10)

Provision - "command these stones to become bread"
Security - took Him to a high place "throw yourself down"
Significance - showed Him the world's kingdoms "worship me & they are all yours"

Jesus' offer to us

Provision John 6:35; Matthew 6:25-27

Security John 16:33; Hebrews 6:19-20a; John 14:1-3

Significance Romans 8:11; Mark 8:34; John 14:12

IDENTITY

Defined - Who a person is (and/or who they think they are)

3 Components:

1. Sense of self (physical self as well as characteristics, values, beliefs, etc.)
2. Context of self (family, ethnicity, geography, history, relationships, etc.)
3. Purpose (motivations, actions, accomplishments, avoidances, etc.)

How it looks in us fallen humans

We are image bearers

We have been in search of our identity since the fall

We seek identity in what we do, who we're with, what we like, and what we're not

Mental health struggles try to hijack our identity AND then reduce our value

Demonstrated in Jesus

Luke 2:41-51

1. He was aware of and comfortable with who He was
2. Submissive to authority because not threatened by it
(and his mother treasured up all these things in her heart)

John 8:14

John 2:23-25

There was no identity crisis in the life of Jesus Christ. He knew who He was. He knew where He had come from, and why he was here. And he knew where He was going. And when you are that liberated, then you can serve. — Howard Hendricks

Jesus' offer to us

To have a true perspective on self (Romans 12:3)

To be re-united with God (John 1:12, John 15:15, Galatians 2:20)

To be a new creation (2 Corinthians 5:17)

What people say about you gives you information about them!

What people say about you to other's is none of your business!

BOUNDARIES (Justice / anger)

Defined - Saying "yes" and saying "no"; accepting limitations

Justice - the administration or execution of what is right (vs wrong), what is "fair"

Anger - the motivational energy needed to set or protect boundaries

How it looks in us fallen humans

We say "yes" when we should say "no" and "no" when we should say "yes"

Anger problems because we expect and/or won't accept

Accept bitterness instead of pressing into forgiveness

Mental Health issues encourage us to be reactionary - too hot or too cold

Demonstrated in Jesus

Mark 4:35-36 Jesus uses His "yes" and "no"

(How many times are we compelled because of our co-dependency instead of our God-dependency?)

Mark 11:15-17 He accepts an external limit Mark 6:5-6 (Could do work b/c of others)
John 21:1-19 Forgives - Jesus restores PETER - one of his best friends who denied Him

Jesus' offer to us

John 16:5-15, Matthew 5-7 (Truth)
Matthew 26:28; Luke 17:3-4; Colossians 1:13-14; Ephesians 1:7 (Forgiveness)
Luke 6:41-42; Matthew 18:6-35 (Godly boundary setting)
Ephesians 4:26 (Be angry, don't sin)

HERE and NOW [handout]

LOVE

Defined - Love is who God is. (Ha! You probably didn't see that coming!)

How it looks in us fallen humans

It's a commodity (trade, possession, consumption)
Desire and lust
Law

Demonstrated in Jesus

Love expressed
John 4:1-26 (Woman at the well)
Mark 10:17-22 (Rich young ruler)
Mark 8:2-3 (Compassion on the crowd - fed the 4000)
Matthew 11:28-30 (Come to me. I will give you REST)
Matthew 23; 23:37-39 (Love demonstrated in restraint. He didn't wipe them out!)
John 10:1-18 (Love acting sacrificially)

Jesus' offer to us

Recognizing expressions of love (1 Cor 13:4-8a, John 15:13, 1 John 4 esp. v18)
1 Corinthians 16:14 "Let all that you do be done in love"
HIMSELF! Love changes US!!!

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.

(Romans 12 is a great concise description of what mental health looks like in a believer!)