

Lesson 9
Mental Health
Instructor:
Carlie Terradez

VIDEO OUTLINE

Note: All scriptures used in this lesson are quoted from the *New King James Version*.

- I. What we think in our hearts affects who we become, how we act, what we say, what we experience, and how we feel. It affects our health.

For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you.

Proverbs 23:7

- A. Health is linked to mental prosperity. Health is linked to our soul prospering. As we start to think healthy, we'll start to be healthy.

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

3 John 2

- B. If we are constantly speaking out negative words, we'll see the fruit of those words in our flesh. It'll affect our health. Negative words come from negative thinking.

Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks.

Matthew 12:34

- II. If we want to change what we see on the outside, we have to first take a look at what we're seeing on the inside.

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do

not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Romans 12:1-2

- A. When we go through renewing our mind to the Word of God, it's not necessarily a comfortable experience.
- B. There is a growth process when we go through that metamorphosis.
- C. We need to take a long hard look at ourselves and examine what's in our hearts. When we are mentally healthy and have our opinions and our belief systems formed by the Word of God, we're going to have Word of God results. Mental health and physical health are intrinsically linked.
- D. The fear of sickness will motivate people to reach for healing. Unfortunately, fear will only take people so far. It is a horrible motivator. Fear is the opposite of faith.

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1:7

- III. There are many influences in the world today. They come to choke the Word and stop it from becoming fruitful. We get distracted by living in a busy world.

And the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.

Mark 4:19

- A. If we're not careful, our ways and our thought processes will be more influenced by the world than by the Word of God.
- B. Doubts come from the heart. Faith will overshadow doubt in our hearts when we release it. When we speak words of faith, they will crush thoughts of unbelief.

So Jesus answered and said to them, "Have faith in God. For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.

Mark 11:22-23

- IV. We can actually change what we are thinking by changing what we are speaking.
- A. The only way to remove a lie, a negative thought system, or a wrong belief is to replace it with the truth.
 - B. If we want to experience mental freedom—that means freedom from depression, anxiety, fear, worry, distress, and confusion—we need to start speaking the Word of God over our lives.
 - C. If we want to find our purpose, we need to make sure that we are speaking the Word of God over our lives. We can actually guide our hearts.
 - D. Our feelings follow our thoughts. What we're thinking upon produces feelings and physical responses. If we entertain thoughts for long, what we think on produces feelings. When we entertain those feelings, we'll start to act out what we feel.
 - E. We cannot expect to walk in health and healing without first changing our thinking.
- V. Fear and mental anguish are bondage. We entangle ourselves with a yoke of bondage. Having once become free, we can step back into bondage if our minds are not renewed and if our old patterns of thinking have not been changed.

Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.

Galatians 5:1

- A. It's what we meditate on that matters, and our job is to stop negative thoughts from landing.

For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled.

2 Corinthians 10:3-6

- B. Abundant life comes from renewing your mind to the Word of God. Word of God results come from Word of God thinking.

- C. If we want to pull down the strongholds in our lives once and for all, and be mentally healthy, there's only one way to do it effectively—through God.
- D. Measure thoughts by the John 10:10 rule. If those thoughts are coming to kill, to steal, or destroy, then they're not good and they're not from God.

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

John 10:10

- E. If we want to see transformation in our lives, we cannot be passive and neglect our mental health.
- F. The devil will use fear to keep you in bondage. That is the yoke of bondage for which Christ has set you free. But if we do not renew our minds and have our opinions of ourselves, and our futures, determined by the Word of God, they will be determined by something else. We'll find ourselves slipping back into that yoke of bondage, slipping back into fear.

Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage.

Hebrews 2:14–15

- G. We have to decide to get the Word of God out and use it like a weapon against the thoughts of the enemy when those thoughts come.

VI. Peace is the antidote to fear.

You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

Isaiah 26:3

- A. We're not trying to get something from God that we haven't already got. One of the fruits of the Spirit is peace. We have received the Prince of Peace. He's the antidote to fear.

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

Galatians 5:22-23

VII. We need to break patterns of wrong thinking and renew our minds to what the Word of God says.

A. We need to spot where wrong thinking has become a stronghold. How do we do that? The Holy Spirit is our helper.

B. If we need peace in our lives, one way to renew our minds is to respond in faith.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Philippians 4:6-9

C. Keep the Word of God before you day and night. Meditate on these things, and they will make your way prosperous.

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."

Joshua 1:8-9

D. The power of the spoken Word of God over your life is life-transforming. The words of our mouths will alter the doubts; they'll crush the doubts that arise in our hearts. When the Word of God comes out of our mouths, God rejoices.

My son, if your heart is wise, My heart will rejoice—indeed, I myself; Yes, my inmost being will rejoice When your lips speak right things.

Hear, my son, and be wise; And guide your heart in the way.

Proverbs 23:15-16 and 19

- E. If we want to advance in life in a healthy, productive way, if we want to see progress in something, we need to be calling our lives blessed.
- F. If you don't know what to think, just speak the Word of God. You can't go wrong with the truth of the Word. The Word of God is so powerful, even unbelievers will start responding to it.
- G. A heart that's left unprotected is a heart that has been left without leadership. We need to be leading our hearts, guiding our own hearts.
- H. Speak the desired end result of your life, of your kids, of your body, of your situations.
- I. Follow the pattern of sound teaching, which you have heard.

Hold fast the pattern of sound words which you have heard from me, in faith and love which are in Christ Jesus. That good thing which was committed to you, keep by the Holy Spirit who dwells in us.

2 Timothy 1:13-14

- J. Take the Word of God. Take the treasure and use it to guard your heart and mind in Christ Jesus.