

# Mental Health

## Part 2: By Erica

## Jermanus

Are you struggling with mental health or mental illness?  
This book is for you! Stay tuned for more!

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## Introduction

In this book, I talk about fear and why we fear the future or the unknown and uncertainty in our lives. I also talk about doubt and unbelief and why we doubt God and ourselves. I talk about why we believe the lies of the enemy about God and ourselves. I talk about unbelief and how to know God is real and exists. In addition, I talk about grief and losing loved ones, jobs, or homes. I talk about how to cope with loss. Lastly, I talk about hopelessness, sadness, loneliness, and depression and how to overcome it. If you are interested in reading this book, then stay tuned for more!

## Chapter 1: Fear and anxiety

So many of us struggle with fear and anxiety. We all have something that we are afraid of or we have at one time. That fear can be of the future, death, heights, enclosed spaces, flying, or even people. Whatever it is, God can help us to overcome our fears when we face them head-on. We may not overcome until we actually are faced with that fear again. The more comfortable we get with facing that fear, the more we will overcome it. For example, if you are afraid to go live on YouTube to do a video, go right ahead and do it. It may be scary at first. But once you do it, you will be most glad you did. It will get easier with time.

You may be afraid of the dark or dark, enclosed spaces. You may be used to sleeping with a light on. Try turning off the lights in your home and sleeping in the dark. Ask God to help you to overcome that fear of the dark. Ask the Lord to deliver you from your fears. You may need to go to a place that is dark and enclosed to overcome that fear. For others, it may be a fear of driving or flying. So you may need to get in a car and drive or go on an airplane and fly to overcome those fears.

When we struggle with fear, it is because we have not been perfected in God's love yet. 1 John 4:18 says, "There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. When we know the love of God and walk in it, we will not fear or be afraid. Why? Because there is no fear in God's love. God is not fearful, nor does he make people afraid. Fear is of the devil. The devil is the one that wants people to be scared and afraid, even if it is to be afraid of God. The Lord is loving, merciful, gracious, and compassionate. He is always a God of wrath, judgment and justice.

When you know who God is and his character, you will not be afraid of him. You know that he only wants the best for you. Jesus Christ is cheering you on as his son or daughter. He may not approve of our sins, and he does want us to confess and repent when we have stumbled and fallen. But he is not holding our past against us when we truly come to him with a repentant heart. When we fear God, it is not to be afraid of him, but to reverence and respect him for who he is. To have a fear of God is to have a godly fear.

So we do not have to be afraid of God or of hell. Hell is a place that many Christians are afraid of going to when they die. But you can know for certain where you will spend eternity because the Holy Spirit will reveal that to you while you are alive on earth. You can know whether or not you are saved and have life. The Holy Spirit will convict you of your sins and also show you the path that you are on, if it is heaven or hell. So we do not need to fear. If we are right with God and are keeping his commandments, we can know that we have eternal life.

When we are pleasing the Lord with our lives and living a holy lifestyle, we can be sure of where we will spend eternity. When we have confessed and repented of our sins and we are continuing to walk with Christ, we are on the straight and narrow path. 1 John 5:13 says, "These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God."

Many are afraid of death or dying. People associate dying with pain and suffering. Many do not want to suffer or be killed. Most people do not want to die a

gruesome death. The majority of people want a peaceful passing, such as passing away from old age or in their sleep. No one wants to die from sickness, disease, or murder. But we can know that when our time does come, we have a better place waiting for us on the other side of death for those who are true born-again believers, have repented of their sins, and have put their faith and trust in Jesus Christ. Death may be painful, or it may not; it just depends on the kind of death you die. But it will be worth it if you are dying for Christ because you know your reward is in heaven with Jesus Christ.

We all will face death one day. That is a guarantee. No one is exempt from facing death and judgment at the end of their life. No one knows exactly when their last day will be unless the Holy Spirit reveals that to you. Many die before their time is up due to wrong choices in their lives. But you do not have to fear if you are taking good care of your body's temple and if you have a relationship with Jesus Christ and the Holy Spirit. You can know that he is keeping and preserving you for his heavenly kingdom. He ultimately has a plan and purpose for your life on earth. So if it is not your time

yet, that is because God still has work for you to do on earth.

John 5:24 says, “Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.”

1 John 3:14 says, “We know that we have passed from death unto life, because we love the brethren. He that loveth not his brother abideth in death.”

So we do not have to fear condemnation or judgment because we believe or obey Jesus Christ and keep his commandments. When we are walking in love, we can know that we have life and not death. We can know that we are saved because of the love that we have for God and for one another. Jesus Christ said in John 14:15, “If ye love me, keep my commandments.” So we do not have to fear death if we keep God’s commandments and do the things that are pleasing to him.

## Chapter 2: Worry

I want to talk about worry in this book because it is a sin that so easily entangles Christians. Many Christians



today are worried about the future and what is to come. Many Christians are worried about end-time events. Many are worried about what is happening in the world today, whether that be the natural disasters, food shortages, sicknesses, etc. These things have gotten a grip on people today. Many have lost their jobs, finances, children, or marriages. These people are worried about how they are going to survive. But what may seem a difficult situation and circumstance is nothing with God. God can handle anything that comes his way because he is sovereign and omnipotent. He is all-powerful. He has the universe in his hands. We are just a speck in the eyes of God from above, but we still matter so much to him. We are valuable and have a purpose on earth.

You can trust that God is taking care of your situation, and you can put it in his hands. You do not have to try to control or manipulate a person or thing. You do not have to try to take matters into your own hands. You can trust that God would not have you go through something if he didn't have a reason or purpose for it. We can trust that God is ultimately in control of the future and the end-time events to come. When we have Jesus Christ in our lives and we are living for him and

serving him with our lives, we do not have to worry. We know that he will take care of all our needs. We know that he is watching over us and keeping us for his heavenly kingdom.

During those end-time events, God will still make a way possible for us even when it seems like there is no way at all. You may feel stuck in your situation like you will never get out, but I want to encourage you to continue to hold on to the faith and to Jesus Christ. He will always provide a way out of your situation. Keep trusting in him even when it gets difficult. Don't give up fighting for what you believe in. 1 Timothy 6:12 says, "Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses."

We do not have to worry because we know that God is in control of our situation and circumstance. When we know that God is working all things out for our good, we will be able to trust him more. When we know that God is providing for our every need, we can know that he will not fail us. We know that he will not let us down. God is a faithful Creator. He is our life sustainer. He is

the lifter of our heads. We can trust that God is on our side when we are living holy and righteous lives.

When we give our worries to God, we can know that he is taking care of our situation and us. We can know that he will always come through for us. It may not be in the way that we want or expect. But we can trust that he will show up for us right on time. We may just need to trust him and his timing. We may even need to wait on him in prayer. Just know that his timing is perfect. He is never late. So whatever you are waiting on God for, just know it is going to come, but at the proper time. 1 Peter 5:7 says, "Casting all your care upon him; for he careth for you."

### Chapter 3: Doubt and unbelief

Doubting is something that happens to most Christians. We all struggle with doubt from time to time. It is a tactic of the enemy. The enemy wants us to doubt God and what he can do in our lives or what we can do through him. The enemy wants us to doubt our purpose and what we are called to do for the kingdom. Whenever these doubts creep in, bind and rebuke them. Keep doing what God has called and created you

to do. Keep standing firm in the faith. Keep serving our faithful Creator, Jesus Christ.

There are times when Christians struggle with unbelief because they believe a lie about God. The Christians may have dabbled in a cult or a false religion, and it may have led them astray from the truth. Maybe these people were deceived by a false prophet or teacher and believed something about God that was not true. So they went astray in their hearts. Also, there may be times when a Christian is walking with Jesus Christ, but then they stop, and they fall away. This has happened to me before. Christians may get so consumed with this world that they get so busy they completely leave God out of their lives and eventually walk away from the faith and from Jesus Christ.

Many Christians do not believe that God is real or that he exists. I don't know if I would call them a Christian or a believer. A believer believes that God is real because of experience or encounter. Not only that, but because God has revealed himself to them by the things that he has created. So these people are without excuse for not knowing that Jesus Christ is real. God reveals himself through nature and creation. Look at the birds

of the air, the sunsets, the clouds, the flowers, and the babies formed in mothers' wombs. Look at how intricate the human body is and how it was created by God. There has got to be an explanation for God existing.

Romans 1:19-20 says, "Because that which may be known of God is manifest in them; for God hath shewed it unto them. For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse."

#### Chapter 4: Grief and loss

Many are going through a grieving process right now. They may have lost something or someone in their lives. I want you to know that this grieving process does not last long. It is for a time and season. With grieving comes healing. There is a healing process with grief. A person may have lost a loved one and may need to heal from that loss. Healing may take years, depending on how close you were with that person that you lost. Matthew 5:4 says, "Blessed are they that mourn: for they shall be comforted." God is our greatest comforter.

Ecclesiastes 9:5 says, "For the living know that they shall die: but the dead know not any thing, neither have they any more a reward; for the memory of them is forgotten." We may say that we will never forget our loved ones, but the truth in the matter is that loved ones will be forgotten over time. The only time our loved ones will not be forgotten is when they are in heaven and we meet them there when we die, and we end up seeing them again if we are Christians and believers.

You may have lost a job, finances, or a home. Maybe you lost a friendship, a child, or a marriage. You may be homeless on the streets right now. I want you to know that God will still provide for you and make a way out of your situation. The Lord knows the hurt and pain you are going through. He sees the tears you have cried. He is with you through it all. He will help you get through it when you continue to seek him even during the most difficult times. He is your help and strength in your greatest time of need. Continue in your relationship with Jesus Christ. Don't give up fighting the good fight.

It may be good that you lose a job, friendship, or relationship because it was not meant to be. It may not have been in God's will for your life. God is closing that door and opening new doors. He is opening up a new door to a new friendship, relationship, or job. We just have to trust him and know that he is working it out for our good. He has our best interest at heart. The Lord wants us to be in his will. That is the safest place to be. When you are in the will of God, you are on the straight and narrow path to life.

## Chapter 5: Hopelessness, sadness, loneliness, and depression

So many in the world today are without hope because they are without Jesus Christ. If you have Jesus Christ, you have hope and the hope of eternal life. So many are going through hurt, pain, and disappointment. These people feel down, out, and depressed because they are not where they want to be in life. Maybe they have allowed the enemy to lie to them and tell them that they cannot do something, and so they feel hopeless. They feel unworthy of God and his love for them. They feel like their life does not matter. They feel like no one loves or cares for them.

Those are all lies of the enemy, Satan. Bind and rebuke the lies and stand in the truth of who you are in Christ and who your identity is in him. Take authority over the enemy. Take back your right because it belongs to you. Don't allow the enemy to deceive you into thinking you can be used by God for his glory. Because you can! You have a purpose and call on your life. God has a will and plan for your life. We may have believed the enemy's lies for so long that we feel hopeless, like nothing is going to work out.

That is when we need to change our mindset and the way that we think. We need to stand in faith, believing that we can do anything with God. He will equip us for the work that needs to be done. He already has, in fact. We just need to step into it and be obedient with what we know to do. God has already revealed his perfect will, plan, and purpose to us. It is just up to us to live it out in our lives and put what we know to do into practice.

You may be experiencing sadness because things are not going the way you would like them to go. You may be sad because you lost something or someone in your life. Maybe you just lost your job or a friend or family



member. I want you to know that you do not have to be sad. Yes, there is a time to mourn and grieve, but then there is a time to move on and move forward. Many people are stuck in the past and cannot move on. They may have had attachments with certain things and people. These attachments may be soul ties with people that passed on or people that God has removed from their lives. Those soul ties may need to be broken off of their lives before they can move on and forward with what God has for them.

A person may be attached to a certain job or career because it is comfortable, and they are used to it and have done that job for years. But that person may have fulfilled their purpose at the job, and it's time to move on to something better. God may want to use you at a different job now. Or maybe this job is not where God wants you at right now due to a particular reason. It could be the people on the job or the work environment. The Lord may want you to close that door because he wants to open a new door of opportunity. That is when we just need to trust him and take that step of faith and be obedient.

A person may be sad because they are lonely and do not have anyone in their life. Maybe their family has all passed on, and they are left alone without a big support system. I want you to know that God can still provide new people in your life who will still support you and have your best interest at heart. You may feel lonely, but that loneliness can be a blessing because it allows you to focus on your relationship with Jesus Christ and serving him and doing his will. The Lord may want you to use your gifts and talents during that time of being alone. Your gifts and talents are for the glory of God and for serving your purpose on earth.

When you are lonely and alone, that is when you can draw closer to God and spend time with him in his presence, and you can get to know him more. You may be struggling with seasonal depression or just general depression due to a loss or a situation in your life. I want you to know that you can still have joy and peace in the midst of it. The Holy Spirit is our best and greatest comforter, and he can give us his peace and joy in the storm. When we are struggling with depression, we do not have to turn to the world; we can turn to Jesus Christ, our Maker and Creator. He will be with us in the pain and in the sorrow.

If you are struggling with depression, there are some things you can do to help cope with it. You can put some praise and worship music on and sing to the Lord. This will lift the spirit of heaviness from you and give you a sense of joy that comes from the Lord. You can also pray and talk to the Lord about your situation. You can ask God to restore the joy of your salvation. You can ask him to fill you with his all-surpassing peace and joy. As you continue to keep your mind stayed on him, you will be filled with peace and joy.

You can also do other things, such as exercise or eat the right foods that can help with depression and lift your mood. You can get more sunshine and/or take vitamins or just surround yourself with godly company. This can help you to stay close to Jesus Christ and keep your mind on him. Also, being around a godly friend or family member brings you joy, and you can hold each other accountable for each other's actions. You can also read the Bible. Reading the Bible can help you to develop your relationship with God and help you to draw closer to him, and it gives you peace and joy because your mind is renewed in the word.

