

# Mental Health from a Biblical Perspective

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This book is for those who struggle with mental health and want to know how to overcome it.

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## Introduction

So many struggle mentally and do not know how to cope. Many turn to the world and the things in the world to help them cope with their mental health struggles. In this book, I talk about the different ways you can cope with mental-health issues. I talk about the different health related issues that people struggle with today. I talk about how to overcome grief, sadness, stress, burdens, anxiety, fear, depression, and more!

I also talk about whether a Christian should see a doctor or therapist and get medical treatment. I talk about whether a Christian should go to a mental hospital and my experiences with mental hospitals. In addition, I talk about what to do during a mental health crisis. I wrote this book to talk about mental health from a Christian's point of view. I also share scripture from the Bible that has helped me overcome mental health battles. I hope and pray that this book will be a blessing to you.

## Chapter 1: Ways to Cope with Mental Health Biblically and Other Alternatives

Not all mental illness is mental or physical. A lot of mental illnesses have a spiritual root. That means that the person may need deliverance from demons. A person who possesses the Holy Spirit does not have demons in them but may have demons attached to them. That is why that person may need deliverance with certain mental health issues. For example, a person may not have had parents growing up. So that child may struggle with the spirit of abandonment or rejection. Those spirits may lead to mental health problems such as anxiety, fear, or depression. So that person may need deliverance in those areas.

Another example is that a person may have been sexually, emotionally, physically, or mentally abused growing up as a child. That person may struggle with low self-worth or low self-esteem. That person may not have known God or the love of Christ growing up. So that person may not know how to love themselves or others. That person may not see themselves the way God sees them. They need to relearn some things and retrain their brains to have the mind of Christ. They may need to learn their identity in Christ and his word.

Another example is that a child may have grown up with gang violence or drug and alcohol abuse and struggle today with spirits of addiction, anger, or rage. So those shackles or chains need to be broken off by that person. That may require one to rebuke, bind, and cast out those certain evil spirits that a person struggles with. It may even require a person to fast, pray over themselves, and ask God to deliver them from the struggles they are going through.

Another example may be a child who struggles with an identity crisis or identity confusion because their identity was not made clear to them growing up. So the person looks to the world to define them rather than looking to God and his word. The person may become transgender. A man may dress like a woman, and a woman may dress like a man. That is what happens when a person does not know their true identity in Christ. God created us with one gender and we are to stay with that gender, or identity because that is who God created us to be from the beginning. So that person may need deliverance from the spirit of homosexuality and transgenderism. That person may also struggle with confusion, doubt, and insecurity. That person may need to learn their true identity in Christ.

Another example is when a person loses a loved one, a pet, a job, or a home. That person may struggle with grief, sadness, or depression. That person may not know how to cope with the pain due to the loss. So that person will turn to the world instead of Jesus Christ. Jesus Christ can heal the inner wounds from that loss.

A person struggling with the loss of a loved one can break any soul tie that they had with the lost loved one or pet. A soul tie is a strong emotional bond or attachment. When those soul ties are broken, it is easier to move forward with the grieving process. When a person is grieving a loss, that person is also healing within. Over time, it becomes much easier for a person to move forward from a loss. God will replace that person, job, or home with something or someone much better when we trust him and his will, plan, and purpose for our lives.

When we choose to let go of the known and familiar, God can bring in the new. But when we are still clinging to our past relationships, jobs, and homes, we cannot move forward with the new that God has for us. There is a time and a season to let go and begin again.

A person who is grieving may struggle with feelings of loneliness, sadness, and depression. This is a normal process, especially after losing a loved one. That person may miss that loved one, but they will eventually get used to going without that person. That is when God can bring in new people and relationships into that person's life.

If you have not already accepted Christ as your Lord and Savior, that is the first and number one step. You cannot move forward until you first do that. When you accept Christ in your heart and life, put your faith and trust in him, and ask him to forgive you of all your sins, you will receive the Holy Spirit. That is when you become a born-again believer. Now that you have been born again, that is when you start a relationship with Heavenly Father, Jesus Christ, and the Holy Spirit. You can do that through daily and consistent prayer, worship, and Bible reading. When you do that, then you can put what you have learned into practice in your daily life. That is when you can walk in obedience to the commands of God.

What helps to overcome mental illness is a relationship with Jesus Christ. Start off by talking to him about what you're going through. Pour out your heart to him. Tell him your hurts, pains, losses, wins, victories, and joys. You can tell him anything and everything.

You can be open and honest with him. He is the best listener. But he also wants you to listen to him too. Sit quietly and wait for him to speak to you. He will give you guidance, direction, wisdom, and instruction. He will show you the next step he needs you to take in your life. The only way to obey God is to first hear his voice and get instructions from him to follow.

John 10:27 says, "My sheep hear my voice, and I know them, and they follow me:" Psalm 46:10 says, "Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."

Also, you can put on worship music and sing to him. Or you can sing a new song in your heart to him. He loves when we worship him and sing songs of praise to him. We can also give thanks to him for all that he has done and for all that we have. When we worship God and sing praise to him, it lifts your spirit and gives you joy and peace because your mind is on Christ and not on your current circumstances. When you give thanks to God, you are showing him that you are not only grateful but that you trust him. You trust that he will make a way for you and that he will provide for all your needs. When you praise and worship the Lord and give thanks, it helps you to stay humble.



Another thing you can do is read the Bible and study. This is how you can get to know God, his love, and his character. You can get to know who he is through his written word. He will speak to you directly through his word. You will be reading a verse or a word and it just jumps off the page at you. That verse or word was exactly what you needed at that moment. That is the Lord speaking to you about your current sin or situation.

God will use his word to correct us when we have sinned against him. He will use his word to help us repent and get right with him. His word will show us our sins and help us get back on the straight and narrow path with him.

If we want to know what we are called to do, we can get into the word of God. Our purpose is found in the word of God. The word of God is the will of God. So if we want to know what his will is for our lives, we can read and study the scriptures. In the word of God, we can know the Lord Jesus Christ and how he wants us to serve him.

When you sit in the presence of God, you can be filled with his peace and joy. You can be strengthened in your spirit. You can go and do what God has called you to do and fulfill your purpose. You serve him with the gifts and talents he has given you. You can serve him with your time, treasures, and resources. He will give you his strength and power to fulfill your calling and purpose on this earth. Ask him for his help, and he will help you.

Another way you can have a relationship with God and stay connected to him is through prayer journaling. You can get out a pen and paper and start writing your prayers, goals, vision, and dreams. You can then later look back and see how God has been faithful to answer those prayers or how you completed those goals that you wrote down in your journal. Journaling helps release any negative emotions that are bottled up inside. So if you are struggling with anxiety or depression, journaling is a great way to cope with that, and so is prayer, which is a conversation with the Holy Spirit.

Also, another way that can help with mental illnesses such as anxiety and depression is by talking to a trusted friend or family member. Getting into fellowship with other like-minded believers can not only help with mental health but can also help you grow closer to Jesus Christ in your relationship with him.

When you are around other like minded believers, you can share your trials and hardships with them, and they can pray for you and with you. They can also encourage you in your faith and help you stay on the right path.

Ask the Lord to send you some godly friends that are from him. These people will pour into you, and you will be able to pour into them as well. These people will be a blessing and an encouragement to you in your faith walk. Ask the Lord to remove any people from your life who were not sent by him. The people sent by God will help you fulfill your purpose in life and become who God has called and created you to be.

Other alternatives that may help with mental health include getting enough exercise daily. Walking and running can release endorphins in your brain and cause you to be happy. Exercise has many great benefits and can relieve stress, anxiety, and depression. If you want to be healthy, try to get at least 30 to 45 minutes of exercise daily. Go for walks outside in nature and enjoy God's creation. When you are around the Lord's creation, you are growing and developing your relationship with him because you are talking to him and praying while you are walking. You can also thank him for his creation and praise him while you are walking.

This helps you keep your mind in the right perspective. It also keeps your mind set on him instead of the world or the things in the world.

Another alternative that helps relieve mental health illnesses is eating a well-balanced diet or meals. Eating fruits and vegetables can help you stay healthy. Also, taking vitamins or supplements can help with anxiety and depression. Vitamin D, or the sunshine vitamin, can boost your energy levels. Vitamin B12 also helps with energy levels.

Depression can cause a person to become tired, fatigued, or just down and out. When you are exercising, eating healthy, taking vitamins, and getting proper rest or sleep, you are taking care of yourself and your body's temple that God has given you. We are to be good stewards of the temple that the Lord has given us. 1 Corinthians 6:19-20 says, "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

When a person is grieving the loss of something, it can also cause depression and sadness. These things can help relieve the symptoms while also giving you hope and faith that God is going to come through for you and your situation. It is trusting that he is going to make a way for you even when you do not see a way. Within time, God can help you overcome that thing or person that was lost. That is when you can move on and move forward with something new. Isaiah 43:19 says, "Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert."

When a person is overburdened and stressed out because of a lot on their plate, they may be working three jobs trying to put food on the table. Or maybe they have a spouse and kids to tend to. Whatever it may be, that is when we need to check our priorities. Sometimes we may be so focused on more than one thing that we completely leave God out of the equation. That is when we may need to let go of a job or an educational opportunity to free up some space for what matters most to us. When God leads and guides our lives, then we can know what to put down and what to keep. We can know what is taking up our time and energy and what is not. We can know what needs to take first place or residence in our lives. God wants to be at the center of our lives. He wants to be at the center of that marriage or family.

Sometimes, when we are doing all this extra stuff in our lives, we are not making time for sleep, exercise, and healthy eating. Those are important when taking care of your body's temples. So when we free up time in our schedule by letting go of jobs and unnecessary baggage in our lives, we can feel a sense of relief and freedom from stress. Matthew 11:28-30 says, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

Jesus Christ wants to give us rest for our weary souls. When we come to him, we can experience true rest. That is when we can be free from our burdens, doubts, and fears. We can have peace and joy instead of stress and confusion. We do not have to be overburdened with the cares of this world. When our faith and trust are in God, we can know that he will provide for our every need, and we do not have to be worried or anxious about our lives. He always comes through right on time.

When one is going through the loss of a loved one, one may be grieving or feel sad and depressed. It is normal for a person to grieve the loss of a loved one. Grieving helps one heal and move forward. We cannot keep looking back at the past and staying in the past. We may miss our loved ones, but we do eventually need to move on from them.

We can keep them in our hearts and in our minds as remembrance. But there is going to come a time when the grieving process comes to an end. That may take time, but then, after we focus on the next chapter that God has awaiting us. Ask the Lord to heal you from within and help you with the loss of your loved ones. He may give you peace, comfort, and strength during that difficult time so that you can help others going through the same.

## Chapter 2: Should Christians seek medical treatment such as therapists, doctors, and medication?

Should Christians seek medical treatment such as therapists, doctors, and medication? First of all, I believe that Jesus Christ is our great physician and our wonderful counselor. He has all the answers we need in him. He can heal any sickness or disease. Nothing is too hard for him. Nothing is too great for him. If you go to him first before you go to the medicine cabinet or the doctor and pray about what you're going through, He can heal you, and so can the word of God. When you read and meditate on healing scriptures, you can get healing from those scriptures.

I also believe that not all mental illnesses get healed right away. God may use doctors and medication to heal illnesses. That may take time or a season. The Lord may have a person on medication for a season, and then once that season is over, he may release you from that doctor and that medication. Why? Because he has healed you from it, you no longer need the medication or the doctor.



I also believe that there are times when God chooses not to heal a person, whether that be mentally or physically, because he is using that condition as a thorn in the flesh. That condition is keeping that person humble, reliant, and dependent on him. God can do that even for seasons. A person may continue to struggle with something because he has a reason and purpose for the pain and suffering.

He wants to use that sickness or disease to strengthen a person's faith and character and to make a person more like Christ. God will allow pain and suffering for a reason and purpose, and he will get glory from it. Also, that person will be able to boast about their weaknesses and infirmities so that the power of God may rest upon them. God may end up healing them to the point where they can be used by the Lord to testify about what he has done in their lives. Jesus Christ will get glory out of that situation.

I also believe in natural medicine or natural remedies. I believe that God created the plants and herbs on earth to heal. No, I'm not talking about weed or marijuana. The Bible talks about having a sober mind. But there are other natural remedies and vitamins that we can use to heal our minds and bodies. We can also eat a lot of fruits and vegetables to help our bodies stay healthy. We can stay away from sugary foods or substances, as this can lead to cancer and diabetes.

As far as therapy or seeing a therapist, I believe Christians can go to therapists who are Christian because those therapists can pray with them and read scripture together. Those Christian therapists can help the believer overcome difficulties through Christian fellowship. But worldly therapists, I would be careful of going to because they could lead a Christian astray from the truth and the gospel.

### Chapter 3: Should Christians go to mental hospitals?

Should Christians go to mental hospitals? I have had a few encounters with mental hospitals. Mental hospitals can be both good and bad. What is bad about going to a mental hospital is that they will even diagnose you with illnesses that you do not have, and they will put you on all these different kinds of medications that you do not need. A lot of the mental health institutions do not care about you or your well-being; they just care about the money and want to get you on drugs. Many Christians go to mental hospitals because they hear the voice of God, and the healthcare industry mistakes a Christian hearing the voice of God with hearing voices and being schizophrenic or bipolar.

But when you are a true, genuine Christian, you will see and hear things in the spiritual realm because you operate in the Spirit and not the flesh. People who do not have the spirit of God and who have a worldly mindset may see you as crazy or mentally ill. That is why many Christians end up in mental hospitals and on medication that they do not need. Many Christians just need deliverance from demons attached to them and are not mentally ill.

However, the devil has lied to Christians and made them think that they need these medications to survive. Many Christians cannot live without their medication and need medication to function. Yes, God can use the medication and the doctors for a season or longer to help Christians with their mental health symptoms. But I also believe that Christians can overcome their mental health issues with God, prayer, and the Bible, as well as other alternatives.

Sometimes, a Christian has a chemical imbalance in the brain and may need medication to treat a condition. But that medication is just temporary and not for a lifetime. Jesus Christ can heal and deliver a person from mental illness, but that person needs to be willing to seek help and healing from God. When we pray and ask God for healing and deliverance, he can and will heal and deliver in his right timing. We just need to trust in him and his perfect timing. If it is God's will for a person to be healed, it will happen.

## Chapter 4: What to do during a mental health crisis?

What should a Christian do when going through a mental health crisis? There may be times when a Christian is depressed and suicidal. That person may be thinking about taking their own life. That is when that person should reach out to someone for help. The first person to reach out to is Jesus Christ. Then, that person should reach out to a trusted family member or friend. That trusted person could help the other person through prayer and encouragement in the faith.

Also, if it is you who is feeling that way, do not take your life. Your life matters, and you are significant and have a purpose on this earth. God wants to use you to bring souls to the kingdom. Suicide only leads to death and hell. There are people in hell for committing the sin of murder or suicide. Your life matters. You have a very important call on your life.

If you are going through bipolar episodes and you need medication, reach out to your doctor. But above all, reach out to God, because he is the one who can help you the most when no one else is there. Talk to God about your condition and ask him to help you to overcome it and give you his strength and power to get through it.

Also, try putting some worship music on, singing to the Lord, and giving thanks and praise to him while you are going through that situation or circumstance. He will help you get through it, but you first need to ask him for his help. He is faithful, and you can trust in him. If you are really going through a mental health crisis, you may need to go to a mental hospital, and that is what is good about mental hospitals— when a person really needs it. That place is there to help a person in need and help them get better. But above all, Jesus Christ is our main support, as our fellow brothers and sisters in Christ, or the body of Christ.

Then, after that, are the outside influences, such as doctors, therapists, and medication if needed. But keep in mind that Jesus Christ can heal and deliver you from anything you are going through. Nothing is too big, great, or hard for him to do. He is God Almighty. He is the Maker and Creator of the heavens and the earth. He created you in your mother's womb. If he did that, then he can do it for you too. He can change that situation and turn it around for your good and for his glory when we trust in him. He can use your situation or circumstance to help others going through the same. You will come out with a testimony! That testimony is going to help so many people going through similar struggles and battles.

