

# The Gospel and Mental Health

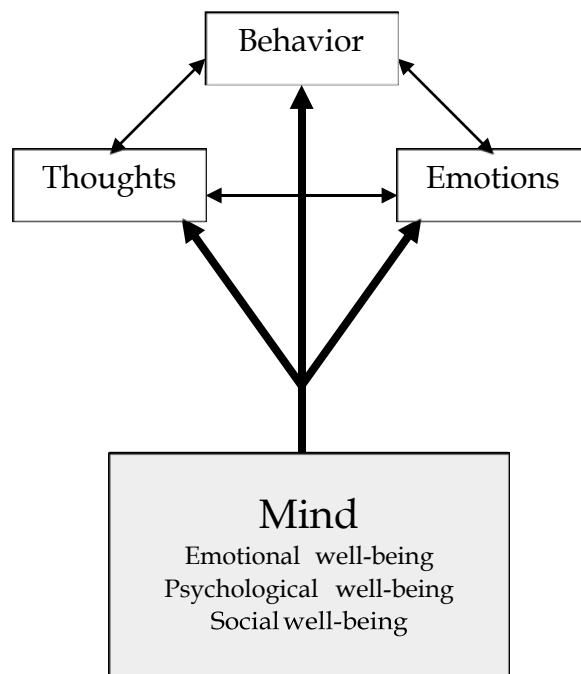
Dr. Scott Mehl

## Introduction

### The World's Definitions of Mental Health

Department of Health and Human Services<sup>1</sup>

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.”



---

<sup>1</sup>[www.mentalhealth.gov/basics/what-is-mental-health](http://www.mentalhealth.gov/basics/what-is-mental-health)

# The Gospel and Mental Health

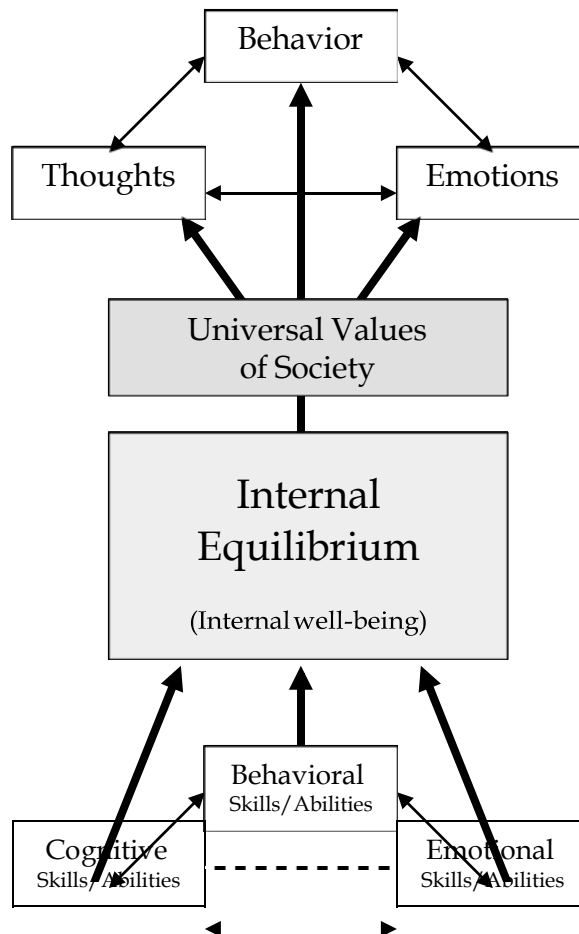
Dr. Scott Mehl

## National Institute of Health<sup>2</sup>

Mental health is a dynamic state of internal equilibrium which enables individuals to use their abilities in harmony with universal values of society.

[Important components of mental health which contribute, in varying degrees, to the state of internal equilibrium...]

- Basic cognitive and social skills;
- ability to recognize, express and modulate one's own emotions,
- as well as empathize with others;
- flexibility and ability to cope with adverse life events and function in social roles;
- and harmonious relationship between body and mind



*Isaiah 45:7*

I form light and create darkness; I make well-being and create calamity;  
I am the LORD, who does all these things.

<sup>2</sup>[ncbi.nlm.nih.gov/pmc/articles/PMC4471980](https://ncbi.nlm.nih.gov/pmc/articles/PMC4471980)

# The Gospel and Mental Health

Dr. Scott Mehl

## What About Mental Illness / Mental Disorders?

### The Biblical Definition of Mental Health

#### **Prominent Mental Health Problems:**

Pride / Selfishness

Depression / Loneliness

Fear / Anxiety

Restlessness / Discontentment

Anger / Social Deficiencies

Negative Obsessive Thoughts

Laziness / Undependability

Aggressiveness / Harshness

Addictions / Compulsive Behaviors

# The Gospel and Mental Health

Dr. Scott Mehl

*Galatians 5:22-23*

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

## Prominent Fruits of The Spirit of God

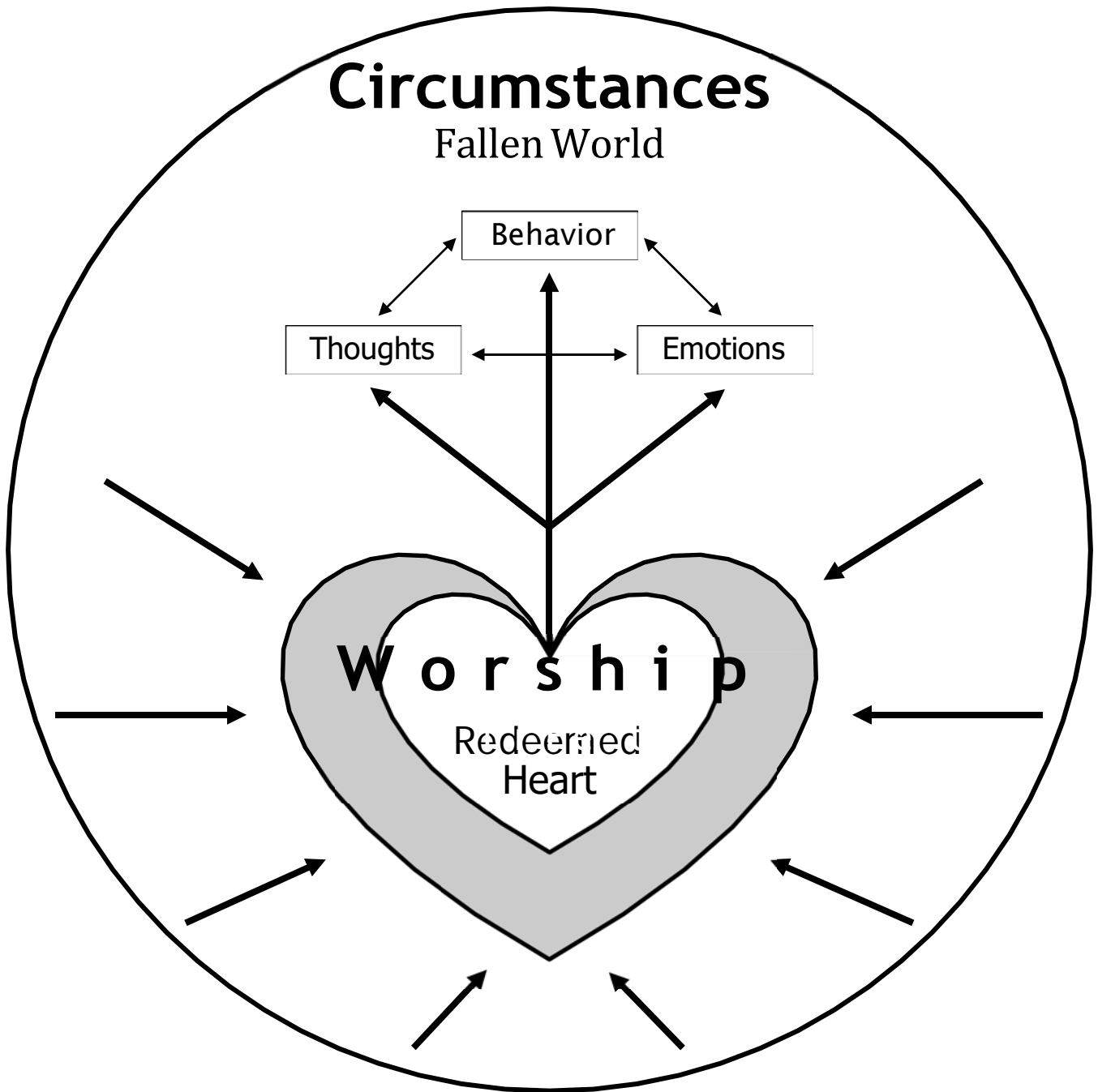
Pride / Selfishness	Love
Depression / Loneliness	Joy
Fear / Anxiety	Peace
Restlessness / Discontentment	Patience
Anger / Social Deficiencies	Kindness
Negative Obsessive Thoughts	Goodness
Laziness / Undependability	Faithfulness
Aggressiveness / Harshness	Gentleness
Addictions / Compulsive Behaviors	Self-Control

*Isaiah 53:5*

But he was pierced for our transgressions;  
he was crushed for our iniquities;  
upon him was the chastisement that brought us peace, [shalom]  
and with his wounds we are healed. [restored to health]

# The Gospel and Mental Health

Dr. Scott Mehl



*Mark 7:21-22*

For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery [behavior, behavior, behavior], coveting [emotion], wickedness, deceit, sensuality, envy [emotion], slander, pride, foolishness.

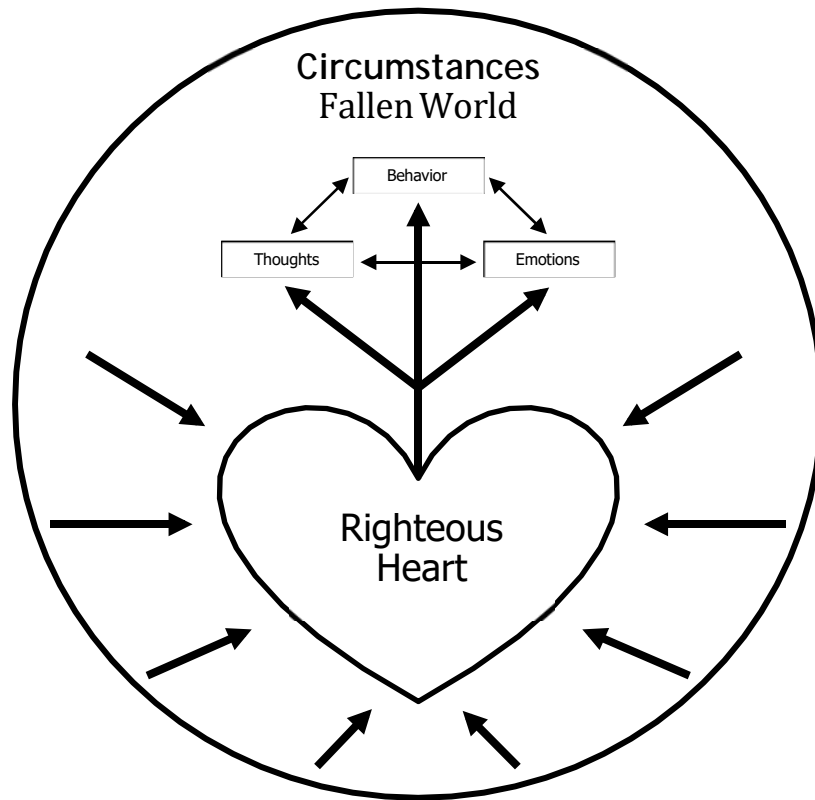
*1 Peter 4:12*

Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you.

# The Gospel and Mental Health

Dr. Scott Mehl

## True Mental Health: Christlikeness



*John 1:14*

And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

## The Road to True Mental Health: Sanctification

The gospel gives us hope by being honest about who we are:

- Sinners with fallen hearts
- Sufferers in a fallen world.

The gospel gives us hope by showing us that Christ has come to

- Renew our hearts
- Redeem our suffering

*Romans 8*

# The Gospel and Mental Health

Dr. Scott Mehl

## How to Pursue True Mental Health

*Romans 12:2*

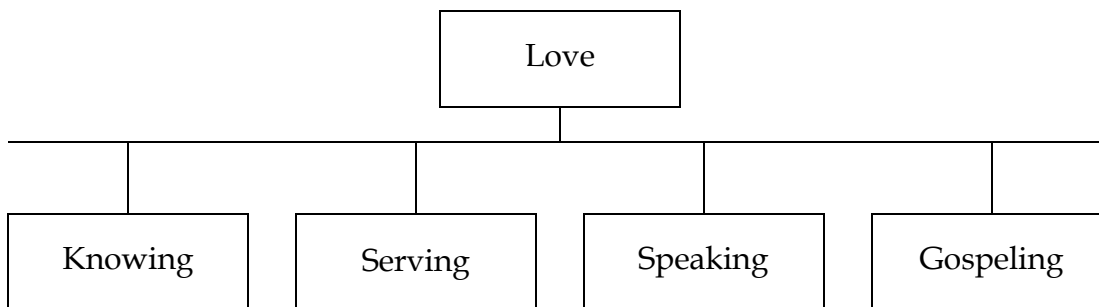
Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

*The New Testament does not suggest any short-cuts by which we can grow in sanctification, but simply encourages us repeatedly to give ourselves to the old-fashioned, time-honored means of Bible reading and meditation (Ps 1:2; Matt 4:4; John 17:17), prayer (Eph 6:18; Phil 4:16), worship (Eph 5:18-20), witnessing (Matt 28:19-20), Christian Fellowship (Heb 10:24-25), and self-discipline or self-control (Gal 5:23; Titus 1:8). (Wayne Grudem, Systematic Theology)*

## How to Help Others Pursue True Mental Health

*Ephesians 4:15-16*

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.



*The most experienced psychologist or observer of human nature knows infinitely less of the human heart than the simplest Christian who lives beneath the Cross of Jesus. (Dietrich Bonhoeffer, Life Together)*