

Topic: Mental Health**Text:** Proverbs 12: 25; Matthew 6: 34

Aim: To help believers understand that mental health is part of God's concern for the whole person, to identify when it is affected, and to discover biblical ways to overcome challenges while supporting one another.

Introduction:

Mental health affects how a person thinks, feels, and behaves. It may appear as changes in emotions, behaviour, or social interaction. These issues can interfere with daily life at home, school, work, church, spiritual growth, or with friends. The bible in 1 Thessalonians 5:23 makes it clear that God is concerned about the whole man; spirit, soul and body. While we often emphasize spiritual and physical health, scripture also shows that our mental and emotional health matters deeply to God. As Christians, we are called to seek God's peace, renew our minds through His word, and support one another in times of weakness. This study will help us recognize when our mental health is being affected, and how to handle it in God's way.

Discussion Questions

1. From the following scriptures, identify causes of mental health challenge and discuss other possible causes. Ruth 1:20 -21; Mark 5:25 – 26; 1 Samuel 1:5 – 7, 10; Matt. 6:34
2. Discuss the signs that shows one's mental health is being affected.
3. a. How can one manage/overcome mental health? 1 Sam. 30:6; Phil. 4: 6 – 8; Prov. 11:14; 1 Pet. 5:7; Matthew 11:28
b. Mention other ways one can manage mental health

Conclusion: The bible acknowledges that life brings moments of stress, despair, and emotional struggle. However, God does not leave His children without help. He offers peace, comfort, and strength for weary minds and troubled hearts. As Christians, we must learn to recognize when our mental health is being affected, turn to God in prayer and His word, and seek support in the fellowship of believers. Likewise, the church must be a place of encouragement, where burdens are shared and compassion is freely given. In Christ, there is healing for the body, soul, and mind.

Memory Verses: Philippians 4:6 – 7 “Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your request be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus”