

SOUND MIND

JESUS + MENTAL HEALTH



ADVENTURE
CHURCH

SOUND MIND

JESUS + MENTAL HEALTH



ADVENTURE
CHURCH



Table of Contents

Introduction.....7

Week 01 | Theology, Myths + Hope.....11

Week 02 | Hope for Burnout.....17

Week 03 | Hope for Anxiety.....23

Week 04 | Hope for Depression.....29

Week 05 | Hope for Relational Wounds.....33

Week 06 | How to Help Others.....39

Further Resources.....42



**ADVENTURE
CHURCH**



INTRODUCTION TO Sound Mind

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

- 2 Timothy 1:7

We are so glad you joined us for *Sound Mind*, a series on mental health—how it affects us, how it affects those around us, how God can heal us, and how God walks with us through these challenges.

Mental health is vital in our current cultural moment. Our desire as a church is to hold the Bible in one hand and the needs of people in the other. This series is designed to serve that purpose. Countless people in our church and communities are struggling with mental health challenges. Mental health statistics are rising every year. In a few recent studies, the following conclusions were documented:

- 60% of college students met the criteria for a mental health condition.¹
- 84% of Gen Z report burnout.²
- 75 – 90% of all visits to primary care physicians are for stress-related problems.³
- Covid-19 tripled the rate of depression in US adults in all demographic groups.⁴
- Depression rose in every demographic in America over the last decade.⁵
- 19% of U.S. adults experience an anxiety disorder in a given year.⁶
- Anxiety disorders are the most common mental health challenge affecting 40 million U.S. adults. That's 10% of our country.⁷

1. Student Mental Health is in Crisis. Campuses are Rethinking Their Approach, American Psychological Association [website], <https://www.apa.org/monitor/2022/10/mental-health-campus-care>, (accessed 17 July 2023)

2. Burnout is a Worldwide Problem: 5 Ways Work Must Change, Forbes [website], <https://www.forbes.com/sites/tracybrower/2022/07/24/burnout-is-a-worldwide-problem-5-ways-work-must-change/?sh=174f095e6c1e>, (accessed 17 July 2023)

3. America's #1 Health Problem, The American Institute of Stress [website], <https://www.stress.org/americas-1-health-problem#:~:text=It%20has%20been%20estimated%20that,are%20for%20stress%20related%20problems>, (accessed 17 July 2023)

4. Prevalence of Depression Symptoms in US Adults Before and During the COVID-19 Pandemic, JAMA Network [website], <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770146>, (accessed 17 July 2023)

5. U.S. Depression Rates Reach New Highs, Gallup [website], <https://news.gallup.com/poll/505745/depression-rates-reach-new-highs.aspx>, (accessed 17 July 2023)

6. Anxiety Disorders, NAMI National Alliance on Mental Illness [website], <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Anxiety-Disorders#:~:text=Over%2040%20million%20adults%20in,issues%20with%20anxiety%20each%20year>, (accessed 17 July 2023)

7. Anxiety Disorders – Facts & Statistics, ADAA Anxiety & Depression Association of America [website], <https://adaa.org/understanding-anxiety/facts-statistics>, (accessed 17 July 2023)

This isn't just about all the technical or formal stuff that makes us feel like it's about "them" – this series is about all of us because we all struggle with doubt, fear, and anxiety at some level.

This is one of the great challenges of our time and often we struggle in secret—feeling shame, guilt, and confusion about where to find help and what God thinks about it all. We hope this series can help answer these questions and more.

...

Here is what we believe: mental health is rooted in God's design. It is not a new or modern concept. It is something that God created as a part of our human flourishing and is deeply rooted in the story of the Bible. We want to help you learn how to navigate different aspects of your life and struggles through the lens of Scripture, utilizing theology, our experiences, and even the best of psychology, so we can find hope and flourish in our broken world.

In this series, we are going to explore:

- 1 |** What does the Bible say about mental health?
- 2 |** What does the Bible say specifically about Anxiety, Depression, Burnout, Relational Wounds, Discouragement, and How to Help People Who Are Struggling?
- 3 |** How do we follow Jesus through mental health struggles?
- 4 |** How do we find hope in Jesus when we are experiencing mental health challenges?

We want you to have a deep sense of hope in your life as you walk through painful seasons knowing that God is with you in every hard moment. The Psalmist wrote "The Lord is close to the brokenhearted and saves those who are crushed in spirit" (Psalm 34:18). God has a special proximity to people in pain and struggle. He is not detached from our suffering, pain, questions, and doubts. He is near to you and cares deeply about the hard moments of life that we all walk through and wants to see us flourish emotionally, mentally, spiritually, and physically.

That is what this series is about.





Week 01

Theology, Myths + Hope

Peace I leave with you; my peace I give you.
I do not give to you as the world gives.
Do not let your hearts be troubled and do not be afraid.

- John 14:27

Come to me, all you who are weary and burdened, and I will give you rest.

- Matthew 11:28

“Mental health is not something that humans created or discovered in the modern world. Mental health is deeply rooted in the ancient Biblical story. Mental health and every bit of human flourishing was God’s design.”

- Wesley Towne

“Fits of depression come over most of us. Usually cheerful as we may be, we must at intervals be cast down. The strong are not always vigorous, the wise not always ready, the brave not always courageous, and the joyous not always happy.”


- Charles Spurgeon

Notes

Notes





A photograph of a desert landscape. The foreground and middle ground are dominated by smooth, undulating sand dunes. The sand is a warm, golden-brown color, and its surface is marked by fine, rhythmic ripples. The dunes are illuminated from the side, creating soft shadows and highlights. The background is a dark, deep blue or black sky, filled with numerous small, bright stars, suggesting a clear night. The overall mood is serene and contemplative.

“We don’t forget that we are Christians. We forget that we are human and that one oversight can debilitate the potential of our future.” - **Wayne Cordeiro**



Week 02

Hope for Burnout

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

- Mark 1:35

But Jesus often withdrew to lonely places and prayed.

- Luke 5:16

“Talk to yourself, and though the devil will suggest that because you do not feel, you are not a Christian, say: ‘No, I do not feel anything, but whether I feel or not, I believe the Scriptures. I believe God’s Word is true and I will stay my soul on it, I will believe in it come what may’.” - **D. Martyn Lloyd-Jones**

Notes





“Some people feel guilty about their anxieties and regard them as a defect of faith. I don’t agree at all. They are afflictions, not sins. Like all afflictions, if we can take them, they are part of our share in the Passion of Christ.” - C.S. Lewis





Week 03

Hope for Anxiety

Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety.

- Philippians 2:28

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4:6-7

"I would not blame all those who are much given to fear, for in some it is rather their disease than their sin, and more their misfortune than their fault."

- Charles Spurgeon

Notes

Notes



I suppose that some brethren nether have much elevation or depression. I could almost wish to share their peaceful life. For I am much tossed up and down, and although my joy is greater than the most of men, my depression of spirit is such as few can have an idea of. My spirits were sunken so low that I could weep by the hour like a child, and yet I knew not what I wept for... Causeless depression cannot be reasoned with, nor can David's harp charm it away by sweet discoursings... The iron bolt which so mysteriously fastens the door of hope and holds our spirits in gloomy prison, needs a heavenly hand to push it back."

Charles Spurgeon





Week 04

Hope for Depression and Discouragement

He was despised and rejected by mankind,
a man of suffering, and familiar with pain.

- Isaiah 53:3

After this, Job opened his mouth and cursed the day of his birth. He said: "May the day of my birth perish, and the night that said, 'A boy is conceived!' That day— may it turn to darkness; may God above not care about it; may no light shine on it. May gloom and utter darkness claim it once more; may a cloud settle over it; may blackness overwhelm it... "Why did I not perish at birth, and die as I came from the womb? Why were there knees to receive me and breasts that I might be nursed? For now I would be lying down in peace; I would be asleep and at rest with kings and rulers of the earth, who built for themselves places now lying in ruins, with princes who had gold, who filled their houses with silver... Why is light given to those in misery, and life to the bitter of soul?... For sighing has become my daily food; my groans pour out like water. What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil.

- Job 3:1-26

Notes





Week 05

Hope for Relational Wounds

Jesus said, "Father, forgive them, for they do not know what they are doing."

- Luke 23:34

I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.

- Psalms 6:6-7

To Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

- Ephesians 3:21

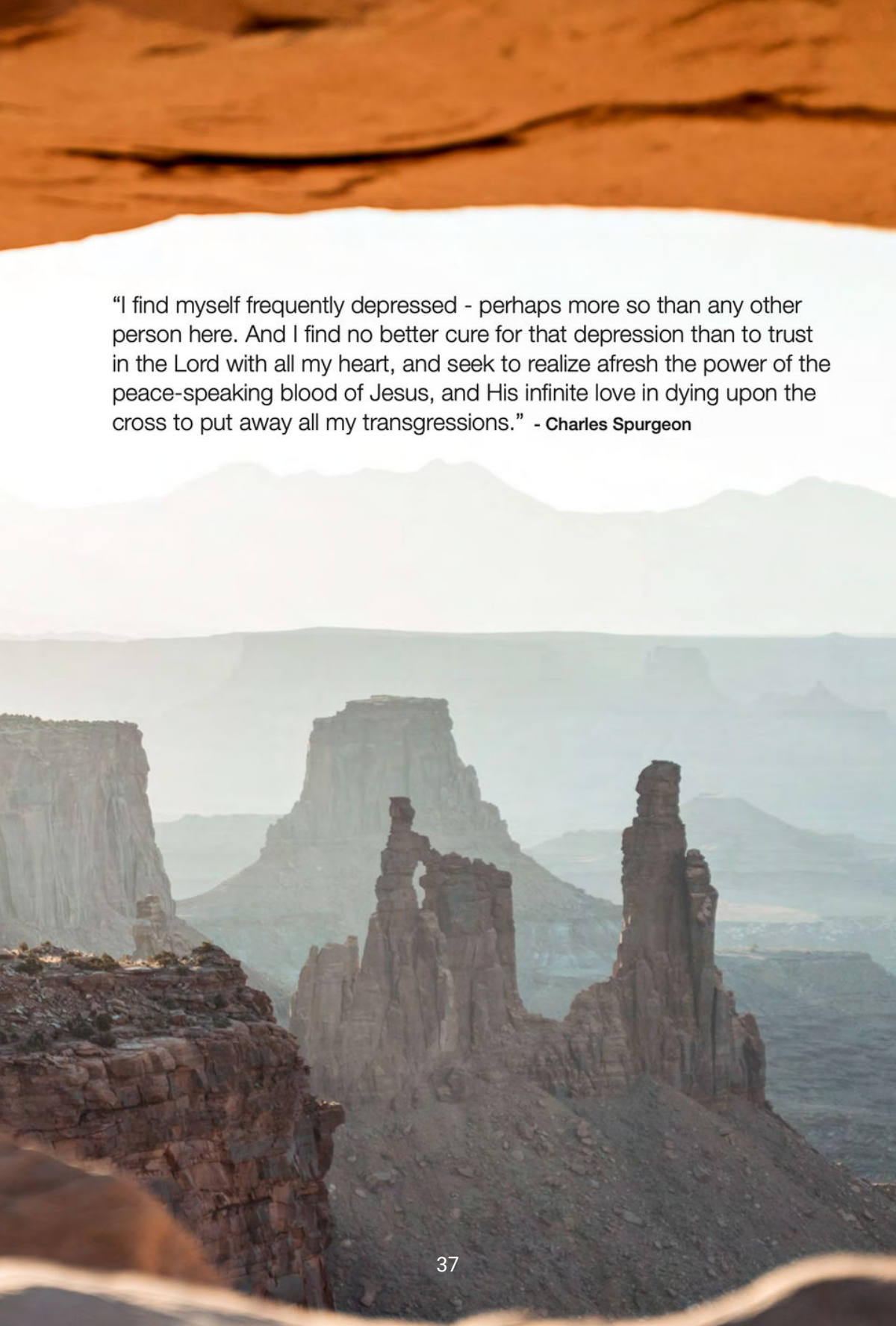
"More often than not, we fail to recognize the seriousness of our wounds or the impact of living in a fallen world." - Dan Allender

Notes

Notes







“I find myself frequently depressed - perhaps more so than any other person here. And I find no better cure for that depression than to trust in the Lord with all my heart, and seek to realize afresh the power of the peace-speaking blood of Jesus, and His infinite love in dying upon the cross to put away all my transgressions.” - **Charles Spurgeon**



Week 06

How to Help Others

God is our refuge and strength, an ever-present help in trouble.

- Psalm 46:1

When Job's three friends... heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.

- Job 2:11-13

"Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives." - Bessel A. van der Kolk

Notes

Notes



Further Resources

- Keller, Timothy. *Forgive: Why Should I and How Can I?* Viking. 2022.
- Keller, Timothy. *Walking with God Through Pain and Suffering*. Penguin. 2015.
- Allender, Dr. Dan B., & Loerzel, Cathy. *Redeeming Heartache: How Past Suffering Reveals Our True Calling*. Zondervan. 2021.
- Nieuwhof, Carey. *At Your Best: How to Get Time, Energy, and Priorities Working in Your Favor*. Waterbrook. 2021.
- Groeschel, Craig. *Winning the War in Your Mind Workbook*. Harper Christian Resources; Workbook Edition. 2021.
- Stoecklein, Kayla. *Fear Gone Wild: A Story of Mental Illness, Suicide, and Hope Through Loss*. Thomas Nelson. 2020.
- Scazzero, Peter. *Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature*. Zondervan, Updated Edition. 2017.
- Collins, Tristen K., Collins, Jonathan D., & Binder, Melissa. *Why Emotions Matter: Recognize Your Body Signals. Grow in Emotional Intelligence. Discover an Embodied Spirituality*. Independently Published. 2019.
- Lloyd-Jones, David Martyn. *Spiritual Depression: Its Causes and Its Cure*. Eerdmans. 1965.
- Van der Kolk, Bessel M.D. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin Books. 2015.
- Comer, John Mark., & Ortberg, John. *The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World*. Waterbrook. 2019.
- Wright, Norman H. *Recovering from Losses in Life*. Revell. 2006.
- Parrott, Les., & Parrott, Leslie. *Real Relationships: From Bad to Better and Good to Great*. Zondervan. 2011.
- Nouwen, Henri J. M. *The Wounded Healer: Ministry in Contemporary Society*. Image, First Edition. 1979.
- Towne, Wesley. *Better Days Podcast. Mental Health and Suffering*. 2018-2023.
- Towne, Wesley. *Better Days Articles*. www.betterdaysfmly.co/journal. 2023.



Click the **QR Code**
for Bayside Counseling.

Notes

Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God.
My soul is downcast within me;
therefore I will remember you.

Psalm 42:11



ADVENTURE
CHURCH