



BROKENNESS – EVERYONE'S CONDITION

Last week we looked at the direct and indirect ways in which the Fall affects our mental health, including factors such as:

- Environmental conditions that negatively affect us
- Inherited genetic problems
- Malfunctioning brain chemistry
- Experiences that have damaged us

MENTAL HEALTH AND WHOLENESS

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Common symptoms of this brokenness include:

Sadness / depression, confusion, impaired clarity of thought, fear, worries, guilt, mood swings, lack of energy, problems sleeping, paranoia, delusions, hallucinations, inability to cope with stress, inability to relate to others, anger, addiction, obsessive / compulsive behavior, eating disorders, sexual disorders, personality disorders, identity disorders, self-harm, suicidal thoughts

We need to remove the stigma of mental illness and provide safe opportunities for people to talk about it. It is actually a part of everyone's experience of the Fall.

Ephesians 2:1-10 (NIV)

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions

- it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith - and this is not from yourselves, it is the gift of God - not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

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The three great enemies of our souls are:

- The work of the Devil
- The cravings of our Flesh
- The ways of the World

All three of these create temptations and dialogues that lead us away from God, away from truth and away from life.

MENTAL HEALTH AND WHOLENESS

FINDING HEALING



The three great redemptive commands of God are:

- Love the Lord your God (Matthew 22:37)
- Love your neighbor as yourself (Matthew 22:39)
- Go and make disciples (Matthew 28:19-20)

All three of these can only be fulfilled through faith, which is a gift that God gives freely when we come to Him.

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Jesus came to set the captives free.

- We need to engage with Him and with His love and truth in order to receive His healing.
- Jesus called us to be a family. We need a loving community around us if we are to heal.
- He has called us to a mission. We need something beyond ourselves that gives our lives purpose and meaning if we are to become whole.

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