

Mental Health and Christianity

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Mental Health and Christianity



CRAZY, COMMITTED, OR NEED TO BE COMMITTED?

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Tonight's Objectives:

To assist in helping each of us realize that Mental Health is important.

To help us identify that all have and will face challenges and difficulties that can cause poor mental health.

To provide Biblical examples of men with challenges and difficulties that caused mental health concerns in their lives.

To begin to look at ways to cope with difficulties and challenges through the support of the Lord and His Church without judgment or stigma.

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Facts

- 1 out of every 5 adults experience Mental illness
- 1 in 3 people will have a significant mental or emotional problem in their lifetime
- 43.8 million adults experience mental illness in a given year
- $\frac{1}{2}$ of all chronic mental illness begins by the age of 14 $\frac{3}{4}$ by the age of 24
- 60% of adults with mental illness didn't receive mental health services in the previous year
- 50% of youth age 8 to 15 didn't receive mental health services in the previous year

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Share how each of you view mental illness?

Do you look differently at the individual who has been diagnosed?

Do you feel like their mental illness is a choice they decided to make at times?

Do you ask why can't they or why won't they get help through medication or counseling?

Do you feel as Job's friends did that they are receiving the consequences of their actions?

"We cannot and must not unduly judge anyone for the circumstances of their life. Judging is God's business, not ours." Larry Swaim Ph.D.

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- Ways to get help?
 - Talk to your doctor
 - Connect with other individuals or family
 - Educate yourself on your diagnosed mental illness
 - Talk to the great physician
 - Find solace in God's word
 - Connect with **supportive** members of the Church

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- As Christians our job is to simply listen to others without trying to solve all their problems, offering advice or telling them that you understand.

Listening

James 1:19- "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God."

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In your mind circle the things below that you and/or someone you know has struggled through or with:

Finances

Illness

Death

Divorce

Substances/Alcohol

Unemployment

Homelessness

Sexuality of yourself, children or friends

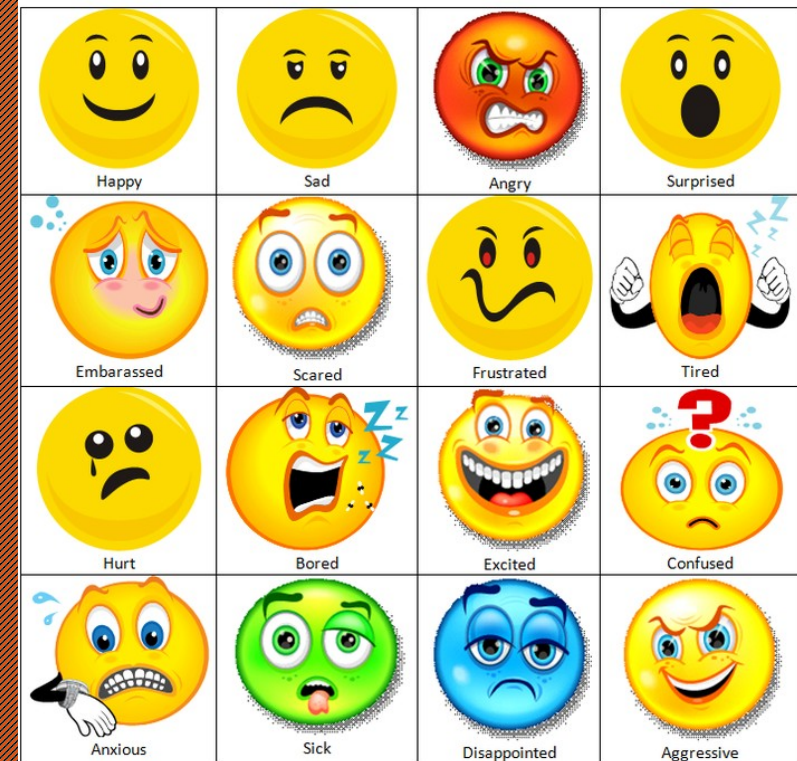
Hunger



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- How did you or the person close to you feel?
 - Overwhelmed?
 - Hopeless?
 - Guilty?
 - Betrayed?
 - Anxious?
 - Sad?
 - Disgusted?
 - Angry?
 - Unfulfilled?
 - Left needing more?

Feelings Chart



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People today have the same feelings, thoughts, emotions, temptations, and stresses that people in the Bible displayed.

Can you name some Individuals in the Bible that had possible Mental Health struggles?



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- King Saul
 - Narcissistic personality-when he called out the Israelites to fight
 - Coping by illegally-offering unauthorized burnt sacrifices-I Samuel 13: 7-14
 - Coping by changing God's rules-kept the best of the Amalekite spoils when told to utterly destroy-I Samuel 15: 1-26
 - David's rise in power lead Saul to fits of rage and revenge-to the point of obsessing over how to kill David-I Samuel 18
 - The death of Samuel caused tremendous grief-I Samuel 28
 - Didn't call for divine help but called for counsel from Samuel by asking the witch of Endor to conjure up the prophet-I Samuel 28: 13-14



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- Moses

- Hid three months and placed him in the Nile to avoid the death of a Hebrew male newborn-treacherous waters/wildlife-traumatic event-Exodus 2:1-3
- Discovered by Pharoah's daughter-unfamiliar surroundings and face-Exodus 2:4-6
- Nursed by his mother-then given back to Pharoahs daughter-attachment disorder-Exodus 2:9
- Raised in an Egyptian home learning his Hebrew roots from his sister and Egyptian customs from Pharoah's house-Exodus 2:10
- Moses protected a Hebrew by killing an abusive Egyptian-witnessed domestic violence-became violent
- Moses feared after realizing others had witnessed the murder
- Pharoah sought to slay Moses and he fled to the land of Midian.



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- Jonah
 - Didn't face his fears of going into Nineveh and preaching against their wickedness
 - Coped by going away from the Lord
 - Jonah was fast asleep during a terrible storm-possible depression from not following God's instructions?
 - Rejected by those on the boat and cast into the sea after responding that he feared the Lord that made the sea and dry land. He also informed them that he had fled from the Lord's presence.
 - Jonah was swallowed by a great fish and stayed in its belly three days and nights. Jonah stated, "out of the belly of hell cried I" Jonah 2:2

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- How do you cope with challenges and difficulties in your life?
 - Saul-turn to the occult
 - Moses-turn to violence-murder
 - Jonah-turn completely away from the important

Have you turned your back on God/others?



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“The answer to dealing with difficulties and problems is depending on the grace and mercy of God, changing what we can and, with God’s help, accepting what we cannot change. Jesus, our perfect example, teaches us how to accept the will of God when it may not be our own desire or will and how to accept the circumstances that come our way that we cannot change.”

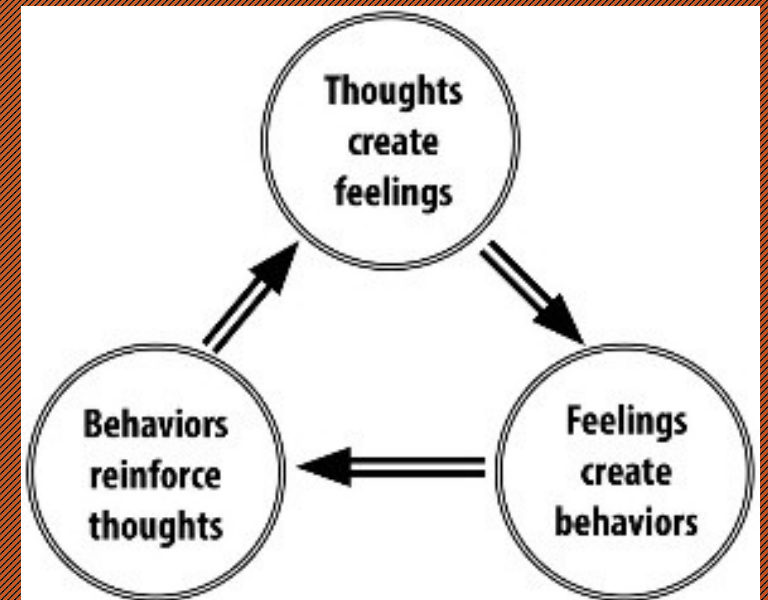
The Christian and Good Mental Health-Larry Swaim, Ph.D.

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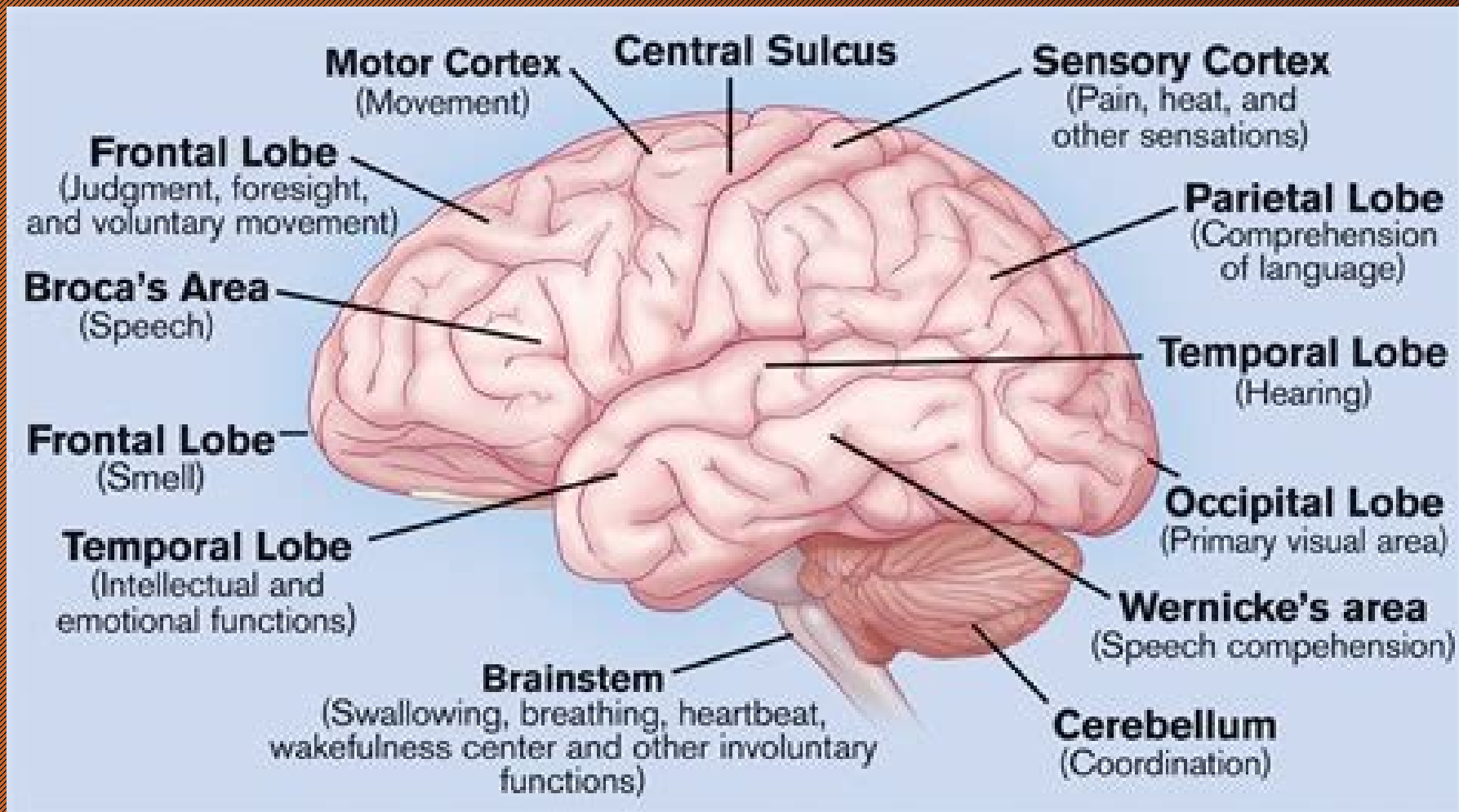
"For as a man thinks in his heart (mind), so *is* he." Proverbs 23:7

How is your brain wired?

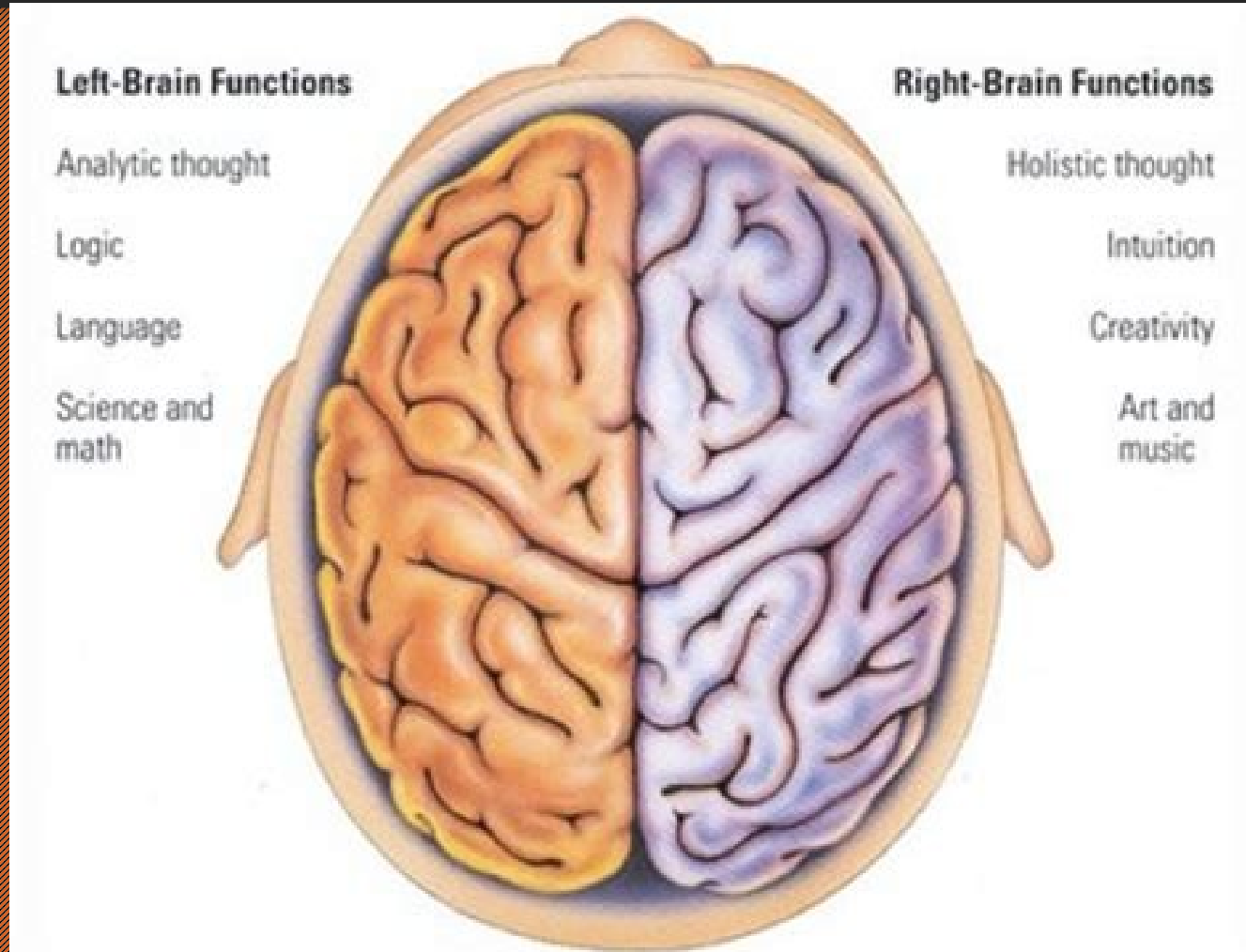
"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God." Romans 12:1-2



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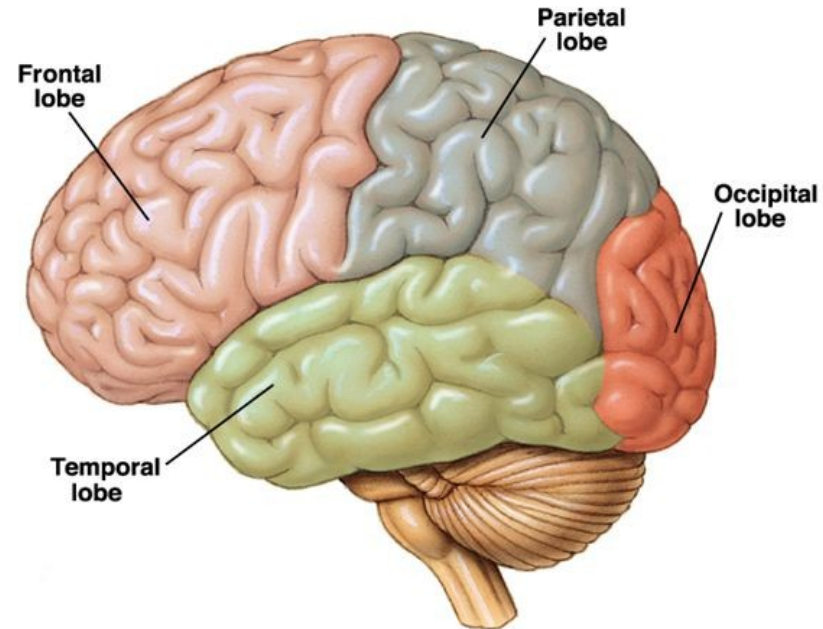


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1. Cerebrum



Surface lobes of the cerebrum

- Frontal lobe
- Parietal lobe
- Occipital lobe
- Temporal lobe

Figure 7.13a

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- ❖ The brain is the most important organ of the human body, responsible for regulating involuntary bodily functions, muscle movement, consciousness, memory and thought. It uses the most energy of any organ, and the body could not function without the brain. Science has yet to fully understand how the brain works.
- ❖ The part of the brain responsible for involuntary bodily functions is the medulla oblongata, located at the base of the skull near the brain stem. It controls the heartbeat, breathing, digestion and other functions without conscious thought.
- ❖ The cerebellum is responsible for muscle movement, balance and posture. It also is responsible for relaying procedural memory, also known as muscle memory. This includes learned skills, such as driving, riding a bicycle or shooting a basketball.

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- ❖ The cerebrum is responsible for processing sensory input, dealing with cognitive function and emotions as well as handling short- and long-term memory. It also controls logic and problem-solving.
- ❖ It is a common myth that people only use 10 percent of available brain power. Actually, people use much more of their brains, but not all at once. The majority of brain activity consists of background processes that most people don't think about. With such an energy-hungry organ, it makes little sense to have so little of it actually used. Most of the brain's systems work together constantly to process information about the world and react accordingly.
- ❖ The function of grey matter is to route sensory or motor stimulus to interneurons of the CNS in order to create a response to the stimulus through chemical synapse activity. Grey matter structures (cortex, deep nuclei) process information originating in the sensory organs or in other gray matter regions. Grey matter continues to be produced throughout our lifetime if utilized.

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- Complex brain structure is designed by God
- Areas where we are most vulnerable are positioned for protection by God. Brain stem is at lower back part of brain and along with the Medulla Oblongata protects the heart beat, digestion and breathing.
- Brain halves have distinct traits which work together based on our building bridges within the brain. As mother's rock their children the brains hemispheres are joined with synapses.
- Medication can be used to alter brain function when the part of the brain is not working effectively due to mental illness.
- Environment has an intense effect on our brain and its mental health.

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- The overall content of the mind is the *pattern*. When you perceive something, the mind matches it to a pattern and then uses that pattern to bring *meaning* to awareness. (this is perception)

Vincent Guidry

What should our pattern be as Christians? 1 Timothy 1:16-”Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life.” 2 Timothy 1:13-”Hold fast the pattern of sound words” Titus 2:7-”See that you make all things according to the pattern shown you on the mountain.”

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- The patterns themselves are the domains of intellect, wisdom, ego and identity. Each of these functions can be 'stacked' on top of the lower ones. Wisdom is stacked on top of intellect, ego on top of that, identity on top of the whole lot. The reason for that order is because as you gather more and more of one of them, the next step becomes clearer.

Vincent Guidry

"The mind builds on the pattern of Christ as he grew in wisdom, stature, and favor with God and man." Luke 2:52

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- The more intellectual knowledge you gain about a thing, the more the transcendent understandings of those things stand out. When you find transcendent understanding, you can apply it to other things that aren't the things you gleaned them from. This is wisdom.

Vincent Guidry

"Therefore settle *it* in your hearts not to meditate beforehand on what you will answer; for I will give you a mouth and wisdom which all your adversaries will not be able to contradict or resist." Luke 21: 14-15

"Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable *are* His judgments and His ways past finding out!"
Romans 11:33

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- When you gather enough wisdom, the wisdom eventually collects into a big blob and makes it hard to gather more. This is ego. You have to lessen the ego in order to collect more wisdom. The technique of lessening ego is usually called surrender. Once you surrender ego, your identity becomes more clear.
- Everything in mind can be fit along the continuum from intellect to identity.

Vincent Guidry

I surrender all, all to thee my precious Savior, I surrender all.

"And they straightway left their nets, and followed him." Matthew 14:
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