

Is Struggling With Mental Health Wrong for a Christian?

Can I Ask That In Church? - Part 4

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The mind is a broken place.

What do I mean by mental health?

“⁴We demolish arguments ⁵and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ.” 2 Corinthians 10:4-5 (CSB)

As a Christian, if I am struggling with mental health, am I doing something wrong?

“¹¹Now the angel of the Lord came and sat under the terebinth at Ophrah, which belonged to Joash the Abiezrite, while his son Gideon was beating out wheat in the winepress to hide it from the Midianites. ¹²And the angel of the Lord appeared to him and said to him, ‘The Lord is with you, O mighty man of valor.’” Judges 6:11-12 (ESV)

“And Gideon said to him, ‘Please, my lord, if the Lord is with us, why then has all this happened to us? And where are all His wonderful deeds that our fathers recounted to us, saying, “Did not the Lord bring us up from Egypt?” But now the Lord has forsaken us and given us into the hand of Midian.’” Judges 6:13 (ESV)

Losing sight of who’s in charge enables the spiral.

“And the Lord turned to him and said, ‘Go in this might of yours and save Israel from the hand of Midian; do not I send you?’” Judges 6:14 (ESV)

God meets your anxiety with patience, not frustration.

“So Gideon took ten men of his servants and did as the Lord had told him. But because he was too afraid of his family and the men of the town to do it by day, he did it by night.” Judges 6:27 (ESV)

God’s voice is truth. Anxiety’s whispers are lies.

“³⁶Then Gideon said to God, ‘If you will save Israel by my hand, as you have said, ³⁷behold, I am laying a fleece of wool on the threshing floor. If there is dew on the fleece alone, and it is dry on all the ground, then I shall know that you will save Israel by my hand, as you have said.’ ³⁸And it was so. When he rose early next morning and squeezed the fleece, he wrung enough dew from the fleece to fill a bowl with water.” Judges 6:36-38 (ESV)

“³⁹Then Gideon said to God, ‘Let not your anger burn against me; let me speak just once more. Please let me test just once more with the fleece. Please let it be dry on the fleece only, and on all the ground let there be dew.’ ⁴⁰And God did so that night; and it was dry on the fleece only, and on all the ground there was dew.” Judges 6:39-40 (ESV)

Anxiety is not overcome in a moment, but in constant reassurance.

“²⁸Come to me, all of you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.” Matthew 11:28-30 (CSB)

“If the actions of Jesus are reflective of who he most deeply is, we cannot avoid the conclusion that it is the very fallenness which he came to undo that is most irresistibly attractive to him.” - Dane Ortlund

Your struggle doesn't disqualify you, it shapes how you walk with God.

As a Christian, if I am struggling with mental health, am I doing something wrong?

No.

You're not doing something wrong, you're experiencing what it means to be human in a world with a deep need for restoration.

The lie: Jesus has had enough of my anxiety. He has expected me to get my stuff together by now.

The truth: Jesus's greatest joy is in reassuring His children.