

Let's Talk About Mental Health

Out of the Cave - Part 1

April 7, 2024

Some of the topics we will cover in this series:

- Anxiety
- Depression
- Burn out
- Suicide (April 28)

Mental health struggles are real and important.

NIMH: Over 1 in 5 adults live with a mental health disorder.

CDC: In 2021, 42% of high school students experienced persistent feelings of sadness or hopelessness.

When we struggle with a mental health challenge, we don't need to be ashamed.

Not talking about it is not helping.

NAMI: On average, Americans take 11 years to seek help for mental health issues.

The Bible demonstrates that mental health struggles are real.

"I am worn out from sobbing. All night I flood my bed with weeping, drenching it with my tears." Psalm 6:6 (NLT)

"How long must I struggle with anguish in my soul, with sorrow in my heart every day?" Psalm 13:2 (NLT)

"Deeper and deeper I sink into the mire; I can't find a foothold. I am in deep water, and the floods overwhelm me. I am exhausted from crying for help; my throat is parched. My eyes are swollen with weeping, waiting for my God to help me." Psalm 69:2-3 (NLT)

Great people of faith are honest about their mental health.

It is not a sin to struggle with mental health.

People with mental health challenges are some of the strongest Christians I know.

3 Goals for This Series:

#1 - We begin to destigmatize mental health challenges

“Share each other’s burdens, and in this way obey the law of Christ.” Galatians 6:2 (NLT)

The goal is not to have a burden-free church. The goal is to have a church where people are free to share their burdens.

#2 - We learn to extend grace to our fellow strugglers

We all walk with a limp.

The Bayou Church is a place where it’s ok to not be ok.

#3 - We believe there is hope!

Your mental health struggle doesn’t have to define you. You are not your struggle. You are who God says you are.

Resources available to you:

- **Your Heavenly Father, His Son, His Spirit, His Word, Prayer**
- **Doctors and counselors**
- **Medicine**
- **Your church family**
- **Encouragers and prayer team**
- **Powerful ministries like Celebrate Recovery**
- **Variables we can influence, ie: food, sleep, exercise, nature, screens, community, spiritual disciplines**

Mental health struggles are multifaceted needs that need a multifaceted approach.

No one can help you bear what you’re not willing to share.

“God opposes the proud but gives grace to the humble.” James 4:6 (NLT)

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