

*May is here and we want to bring attention to Mental Health Awareness Month **“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” Romans 12:2 NLT***

Nationally, in the month of May we raise awareness about the importance of mental health and its impact on the well-being of all, including children, adults, families, and communities.

Mental Health Awareness Month began in the United States in 1949 and was started by the Mental Health America (MHA) organization (then known as the National Association for Mental Health).

Everyone has “mental health.” It is how we think, feel, and act in our daily life. It is how we look at ourselves, our lives, and the people we know and care about. Mental health is part of our overall health, at every stage of life, and it can change throughout our life.

Jesus gives us instructions on how to care for our overall mental health. He shows us how to take every thought captive and be able to choose our mental health response biblically.

“Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, II Corinthians 10:5 NKJV.

We cannot just let any thought run rampant in our minds. We have the authority through Christ to take captive any thought that is not of God.

Jesus so provides us with what types of thoughts we need to mediate on for a healthy thought pattern.

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.” Philippians 4:8-9 NLT

I love how the last portion of that scripture says “THEN the God of peace will be with you” I know when I let wild thoughts of family, work, ministry, run rampant in my mind - there is no peace, or if I’m worried about something I have no control over I have no peace. I must pull those thoughts down, fix my thoughts on him THEN I can experience the God of peace.

Friends we all have things going on in our lives and although life can seem to consume us—we need to constantly be mindful of those individuals that may be diagnosed with mental health conditions as well, asking questions like “are you really, ok? “ can bring love and compassion to the table and remove any stigmas on faith and mental health. Let’s partner with The Great Physician to work towards wholeness in Christ Jesus and bring mental health awareness within our church community.

“Freedom”

Fear causes us to compromise decisions we make in life and for many years I lived in this fear. Fear speaks to each of us at one time or another in many ways & can cause us to make wrong decisions. Can we forgive when we have been wronged when there has been an injustice? As we look at Psalm 37 for the answer, we can see He is our justice, refuge, protector and so much more. So, we can now trust in the Lord (Proverbs 3:5,6) that even when we don’t understand He is in the mist of the offense and since we know vengeance belongs to the Lord (Romans 12:19). Now we know that God will protect us as we take refuge in Him, He will be judge of the situation so we can trust Him. When we look at our life through a biblical perspective, trusting God and forgiving that person/situation allows us to glorify our Father. We are than released to live in peace.

**Don’t be afraid,
for I am with you.
Don’t be discouraged,
for I am your God.
I will strengthen you
and help you.
I will hold you up with
my victorious right hand.
Isaiah 41:10 NLT**

<https://www.youtube.com/watch?v=dKxeZsZvp7E>