



Mental Health Myths

Mental health:

- Emotional well-being.
- Psychological well-being.
- Social well-being.

Two primary mental health myths in the church:

1. Christians shouldn't struggle with mental health.
2. God doesn't care about your mental health.

*The Lord is my light and my salvation whom shall I fear?
The Lord is the stronghold of my life- of whom shall I be afraid. (Psalm 27:1, NIV)*

The Lord is close to the brokenhearted and saves those who are crushed in spirit. (Psalm 34:18, NIV)

God is our refuge and strength, an ever-present help in trouble. (Psalm 46:1, NIV)



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The LORD is my shepherd. I will always have everything I need. He gives me green pastures to lie in. He leads me by calm pools of water. He restores my strength. He leads me on right paths to show that he is good. Even if I walk through a valley as dark as the grave, I will not be afraid of any danger, because you are with me. Your rod and staff comfort me. You prepared a meal for me in front of my enemies. You welcomed me as an honored guest. My cup is full and spilling over. Your goodness and mercy will be with me all my life, and I will live in the LORD's house forever. (Psalm 23:1-6, ETRV)

O Lord, the God who saves me, day and night I cry out before you. May my prayer come before you; turn your ear to my cry. For my soul is full of trouble and my life draws near the grave. I am counted among those who go down to the pit; I am like a man without strength. I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care. (Psalm 88:1-5, NIV)

But I cry to you for help, O Lord ; in the morning my prayer comes before you. (Psalm 88:13, NIV)

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you. (Isaiah 26:3, NLT)

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (John 14:27, NIV)