

## MENTAL HEALTH MATTERS



### PRECEPT

#### Ephesians 6:12

<sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

### PROMISE

Our mind can become a battlefield; some of the biggest battles we face aren't happening around us, but they're happening within us: anxiety, fear, racing thoughts, heaviness, trauma, burnout, or despair. Many people are fighting silently—alone. Mental health is very important. It is a necessary resource for living a healthy and productive life; in fact, it is a major factor in our overall health. When our mental health is strong, we are better able to think clearly, manage stress, enjoy life, and cope with challenges, but when our mental health declines, it can affect not only our emotions but also our physical health. If our mental health is overwhelmed by different stressors and remains untreated, it can develop into mental illness, and that's why awareness matters.

Different factors affect our mental health, the first is biological. This includes genetics or family history — it simply means you may be more vulnerable to it. Even something as basic as a lack of sleep and poor nutrition affects our brain function. Our environment plays a significant role in our mental health; it shapes us more than we often realize. A very stressful workplace or school environment — high pressure and little to no support — can lead to burnout, an emotional and physical exhaustion. Relationships also have a powerful impact on our mental health. The death of a loved one can significantly impact one's mental well-being. Challenging family relationships can also create emotional stress, while childhood trauma, including emotional, physical, or sexual abuse, can leave wounds. All of these relational experiences are significant stressors. Sometimes our mental health is affected by our circumstances, which we didn't choose and cannot fully control. These are situations that happen to us that can deeply influence how we think, feel, and respond. Lastly, there is spiritual. Not every mental health struggle is caused by a spiritual attack, and mental illness is not the result of sin, lack of faith, or disobedience, but spiritual struggles that can affect our mental and emotional state. But if we are going to win a battle, the first step is awareness. For us to begin our road to victory in this battle, let us look up to Him first. Let's humble ourselves before God, saying, "I can't do this on my own." Let's turn to God in prayer and accept His healing power over our lives because healing begins when we acknowledge God in our lives. You are not alone in this—God is with you.

### PRACTICE

1. **Matters.** What does "mental health" mean to you personally? Have you ever felt like your mind is too full of thoughts?
2. **Silent battles.** Is there anything that is making you feel stressed? And how can we pray/encourage you regarding this?

### PRAYER

#### I. Mental Health

- Let's ask for God's healing touch to those who are in need of it and are struggling.

#### II. Faith

- May the Lord increase our faith and trust in His unfailing promises.

#### III. Growth

- May He guide us as we seek to grow in faith and character, and to learn from Christ.

#### IV. Hope

- In times of uncertainty and struggles, let us turn to God for hope and trust in His plan.

#### V. Unreached

- Pray that the light of Christ may shine brightly into the lives of everyone.

#### VI. Nations

- Pray for revival, protection, strength and spiritual healing of all nations.

#### VII. Church

- May each of us desire to seek God and extend His love to our family and communities.