

What do the scriptures say about depression, anxiety, and other mental struggles?

A mental illness is a medical condition that affects a person's thinking, feeling, mood or ability to relate to others.

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit.

Psalm 34:17-18 ESV

You hold my eyelids open; I am so troubled that I cannot speak..

Psalm 77:4 ESV

Cast all your anxieties on him, because he cares for you.

1 Peter 5:7 ESV

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

Ephesians 6:12 ESV

HURTING?

Reach out today:

Learn about Jesus

1-888-NEED-HIM

Prayer and General Counseling

1-866-599-2264

National Prayer Line

1-800-4-PRAYER

National Christian Counselors Association

1-941-388-6868

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Crisis Text Line

741-741

Chat Online

ImAlive.org

CrisisChat.org

MENTAL
ILLNESS
IN THE

Bible



lovelife.pleaselive.org

Mental health is in the Bible

In fact, the scriptures say quite a bit about mental, emotional, and spiritual struggles. Many of the great characters in the Bible struggled deeply with inner hurts, and yet the Church rarely acknowledges these struggles within themselves.

Some Christians believe that mental illnesses are not real illnesses, and that Christians cannot struggle with them. This is not true. Mental illnesses such as depression, anxiety, and bipolar disorder are real and serious medical conditions that are diagnosed and treated by a doctor.

1 in 4 Americans live with a mental illness.

In the same way that Christians can get ill with the flu, pneumonia, cancer, or broken bones, Christians can also become sick with depression, anxiety, and other mental illnesses.



For a list of specific scripture references, check out our website lovelife.pleaselive.org

Can Christ heal mental illness?

yes!

We have a God who loves us dearly as His children and He delights in seeing us made whole and well.

LORD my God, I called to you for help, and you healed me.

Psalm 30:2 NIV

The LORD sustains them on their sickbed and restores them from their bed of illness.

Psalm 41:3 NIV

He heals the brokenhearted and binds up their wounds.

Psalm 147:3 NIV

The tougher question to consider is how He will do it. Sometimes God heals our illnesses instantaneously through miraculous touch or prayer, but He may also choose to guide your steps to a Godly therapist, counselor, or psychiatrist to promote your personal healing. Whichever path you go down, trust in Him to see you through it.

Spiritual, medical or circumstantial?

The inner hurts we experience are complex. Intrusive and damaging thoughts can be due to attacks from Satan, a result of a chemical imbalance, or simply due to terrible circumstances in a fallen world.

Because the origins of these hurts can be difficult to uncover, the best way to move forward is to make sure every aspect of your life is being addressed:

Biological: Do not be afraid to take medication to help with mental health symptoms, such as antidepressants. Eat a healthy diet and exercise regularly.

Psychological: Take every thought captive (2 Cor 10:5), and speak with a counselor or therapist that you can trust.

Social: Lean on your family, friends, and church to strengthen you. Keep a support system close – you do not have to fight alone.

Spiritual: Seek God fervently, even when you ache in your spirit. Pray, attend church, read your Bible, and worship.