



POSITIVE MENTAL HEALTH

In a negative World



Real people? Look at the emotional challenges of some of God's servants. We are not alone in the battle of mental health. It's not a new phenomenon.

For example, let's look into the life of David. Yes, David . . . before he was a king and after he was a king, he had low moments. When being hunted by King Saul David experienced a heap of emotions like fear, despair, desperation. Psalms 34 talks about the time when David pretended to be insane before Abimelech. He was afraid, he had a broken heart and a crushed spirit (equal to acute emotional stress or pain from a great and deep longing or deep sadness). David cried out to God for help and this Psalm records David's praise for healing.

Psalm 42 also records David's experiences of depression, grief, and sorrow. It talks of his tears being his food day & night. Stress, desperation, shame, and guilt are described in Psalm 69. According to Psalm 73, jealousy even plagued David at one point in his life.

What about others? Let's look at the list to see who else suffered from poor mental health (this list is not exhaustive).

Jeremiah: Abandonment, Anxiety, Despair, Isolation, Loneliness, Sadness, Stress, Thoughts of non-existence

Elijah: Depression, Fear, Loneliness, Suicidal thoughts

Martha: Worry, Grief

Naomi: Bitterness, Grief, Hopelessness

Moses: Anger, Mental Exhaustion/Weariness, Worry

Jonah: Anxiety, Anger, Bitterness, Contempt, Disappointment, Stubbornness

Job: Anxiety, Depression, Grief, Sorrow

Paul: Anxiety, Despair, Loneliness, Stress

Joseph: Distress, Fear, Guilt,

Woman with the issue of blood: Desperation, Fear, Hopelessness, Shame

Jacob: Depression, Despair, Stress

As we consider each one of these real people, hope should spring up within us! At various points in their lives they experienced low moments, moments of which, today, we are often too ashamed to talk about or to admit that we have or are experiencing the same things. Yet, God

saw fit to include these important human emotional experiences in His Eternal Word as a reminder that:

1. Emotions that impact us negatively are real and should not be ignored, diminished, or concealed.
2. We can find hope and deliverance in Him Who created our minds (just as God's servants did).
3. God used these men & women despite their low moments, which means that He will use us too, if we allow Him.

We have all suffered poor mental health at one point or another just by living due to many factors. Sometimes life's demands exceed our ability to cope, and we become mentally depleted and poor mental health results. For example, you may experience working overtime on a daily basis, driving in congested traffic, eating poorly, routinely getting to bed late, being responsible for a sick loved one at home, and taking night classes on-line. Factors like these and others can deplete the best of us and contribute to poor mental health.