

# PROSPERING IN MENTAL HEALTH

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MobolajiAde

## Introduction

Taking us on a crucial topic which is very very very very extremely paramount at this time

\*PROSPERING IN MENTAL HEALTH\*

Did you hear of the German Minister that committed suicide over the worries of COVID-19?

Did you see one video like that of a young mother who bundled her baby in a Bagco sack because she barely had anything to feed on.. Drugs were responsible tho.

MENTAL HEALTH does not mean kolomental oooooo! So heeeeeey! Don't zoom off

Profile of our distinguished guest

\*I am a graduate of Psychology.\*

\*Currently running my Masters programme in Counselling Psychology at UNILAG.\*

\*A volunteer counselor with Mentally Aware Nigeria Initiative (MANI).\*

If you've been following Mentally Aware on social media, you will know their eyes doesn't see small matters.

Akokites in the building!!!!!!!!!!!! Comman rep ooooo

With a spontaneous echoing screen smashing emoji applause, can you please welcome.....

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@ MobolajiAde

Ma'am † ♀ WE ARE READY!

You know that *\_duduke\_* sound that Simi popularised?

My own heartbeat is the local *\_gbimgbimgbim\_*

How are we doing today?

Let's share our favourite happy emoji before we proceed.

Shall we pray?

Dear Father,

Thank You for being such a caring God, a caring Father who is not so far removed from that He doesn't not care for us. We are thankful for the gift of Jesus as the gift of Him gives us the opportunity to prosper in every sphere of life.

Father, we pray that as our spiritual life prospers, we will also prosper in our mental life. We pray for every mind to be healed in Your love in Jesus name.

Amen?

In recent times, we have heard or seen more talks about the importance of mental health.

As defined by World Health Organization, Mental health is a state of well-being in which an **\*individual realizes his or her own abilities, can cope with the normal stresses of life, can work**

**productively, and is able to make a contribution to his or her community.\***

Sadly for some, when the words mental health is said, we automatically think people that are mad or those who are in "yaba left" (you know yourselves ) And that's not it. Though they are telltales of the lack of mental health in them.

But today, I'd like to share on how we can prosper in our mental health and using God's words and ways to achieve that.

Before I continue, I will like to ask us.

Have you read any/all of Psalmist David's letters?

Noticed a pattern?

Some Christians believe that if you have a "mental health problem", it's because you lost faith in God. You will likely be told to pray and trust God more.

Or it's possibly because you are not right with God. And that's not it. The same way the body can get ill/afflicted, same way the mind too can. The Bible verse that says "...by His stripes we are healed", did not limit it to physical affliction.

Jesus cares about our health, not just physically and spiritually. I like to think that if it were not so, the Bible would not have recorded so much on a number of ways to take care of our soul.

Asking for a pattern we noticed in Psalmist David's letters, we mentioned Gratitude, Pleas, Mercy.

I'll like to point to other things I noticed.

Reading through Psalmist David's letters, did you see that David was a man of feelings? He honestly expressed all his feelings and emotions to God every time. He **\*acknowledged\*** his feelings and he told God about them.

Words like guilt, doubt, fear, love, joy, loss, regret, pain, sadness, low state of mind (depression) can easily be seen as the theme of some of his Psalms.

A question I still ask myself is "Why would someone with so much faith in God still go through

these rollercoaster of emotions?"

One thing I can say is King David aka Psalmist David aka Man after God's own heart (1 Sam 13:14) recognized his humanness and chose to surrender all it encompasses to God.

How did God receive David's raw emotions and feelings and thoughts? I can't find a place in the Bible where God turned him away because of his feelings.

In Psalms 139, it records that God knows all, He knows our every thoughts- \_the light and dark thoughts\_ not one is hidden from Him. Besides, He's the all knowing and the all seeing God.

† ♀

**PS: \*It's okay to acknowledge your feelings and emotions and thoughts. Tell them to God. He would not scold you for having those thoughts or feelings. Instead, He will shine His light and love on you and lead you right.\***

**\*Repressing them is not healthy or helpful for you. Submit them to the light and love of God's word.\***

Another amazing thing Psalmist David did was to also **\*remind himself of who God is and His promises to him. He made a choice to remember God\***. Basically saying "Though I feel this way, I choose to remember and I will remember Who God is, what His promises to me are and who I am in Him.

Most of us then to sugarcoat our words when we are talking with God, like He's going to be super angry with us for having certain thoughts or feelings. Healing comes from acknowledgment.

A silly example would be, "Dear Father, there's this guy I have been eyeing in Church, it's like my heart and my eyes always catch his signal whenever he is around. Help me not to do silly things to get his attention. I submit my feelings to You. Help me act right and bring You glory. And if I am about do something silly, the Holy Spirit is allowed to stop me rudely. In Jesus name, Amen."

Moving on,

In one of Joyce Meyer's book, **\*The Battlefield of the Mind\***, she wrote about how powerful the mind is and how it can be afflicted. Hence the need to apply the necessary tools of God's word.

From the different negative and disturbing thoughts in our minds, some can cause anxiety,

make us stressed out, affect our moods, and even change our outlook on some people and situations, amongst others.

As long as we are on earth, we are not exactly exempted from some bad things in life, like different forms of abuse, bullying and all.

There are a number of things we are exposed to that affect our mental health. From all forms of abuse- sexual, physical, emotional, verbal, to bullying, anxiety, stress, etc.

I don't want to go give a full psychology lecture, so I'll limit them to about 4.

\*If you have never been stressed before, lemme see your emoji! \*

Okaaaay, we have never been stressed. Good to know

**\*Some types of events that can affect our mental health.\***

### **\*1. Stress\***

It is safe to say we are liable to be stressed as long as we are humans. Stress can be positive or negative, depending on the situation. Positive stress - preparing for a wedding , preparing to celebrate a major milestone. And it can be negative when it leaves you in distress, affects your productivity, makes you exhausted or even causing health problems, like making you sick, extreme fatigue, fever, migraines.

[28/05, 20:26] +234 703 491 5133: Some Bible verses that can help you handle stress.

•Phil 4:6-7

•Proverbs 3:4-6

•Mathew 11:28 (Can someone please paste this verse for us?)

•Psalms 55:22 **\*"Cast your burden on the Lord [releasing the weight of it] and He will sustain you; He will never allow the [consistently] righteous to be moved (made to slip, fall or fail). AMPC.\***

### **\*2. Bullying\***

Bullying has different forms. For one, Cyberbullying is a form of bullying or harassment that is

done using electronic means. It means anyone of us is susceptible to it.

Sadly, some of us have been affected by it. Regardless of whatever words has been hurled at you, I implore you to forgive them for those words. Be Jesus to them.

Remember those who were mocking Jesus at the cross, He could have easily showed them that He is Almighty and command fire to design them, but He loved them instead and asked for God's forgiveness on their behalf.

**\*You can express your love to someone by praying for them.\***

Some Bible verses to help deal with bullying

•Psalms 139:14

•Psalms 9:9

•Romans 8:31/37

"...If God has determined to stand with **\*(me)\***, tell me, who **\*/(what words)\*** then could ever stand against **\*(me)\***? Yet even in the midst of all these things, **\*(I)\*** triumph over them all, for God has made **\*(me)\*** to be more than conquerors, and His demonstrated love is **\*(my)\*** glorious victory over everything! (Paraphrased). {TPT}

This paints a picture of my next point.

I was anxious as to having to share with the amazingly knowledgeable ladies we have here, that my heart was palpitating.

### **\*3. Dealing with Anxious Thoughts\***

Anxiety is characterised by feelings of worry or fear that are strong enough to interfere with one's daily activities. There can be many reasons to worry or fear, but we have the strongest power ever that can help combat it. Having anxiety about a job, an important exam, feeling embarrassed in some social situation, a realistic fear of a place, et al can be said to be everyday norms.

But when it becomes seemingly out-of-the-blue preoccupation with fear, having irrational fear or avoidance about an object that is not a threat or having reoccurring flashbacks to an emotional

numbing event or traumatic event, then it needs to be checked.

Some Bible verses to help deal with anxiety

- Deuteronomy 31:8
- John 16:33
- Jeremiah 29:11
- Proverbs 12:25 (Can someone paste this verse in TPT)
- Psalms 34:4

•2Timothy 1:7 **\*"For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind\*** and discipline and self control."AMPC

- Psalms 94:19 ( Can someone kindly paste this verse in either version TPT or AMP)

The last kind of mental health problem I'll mention is a term we are all familiar with.

#### **\*4. When we experience low states of mind:\***

A low state of mind can be said to be a depressed state. In that state, it is often as a result of a reflection about the past- mistakes, regrets, roads not taken. Most people who have been diagnosed with depression, likened it to feeling trapped, stuck at the bottom of a well with no way out, having no sense of purpose, in a dark hole.

Again, **\*the mind is a battleground and the devil will have a field day with it if we let him. I believe the morning drills and daily confessions of God's words has been helping us win daily!!!\***

[28/05, 20:43] +234 703 491 5133: Some Bible verses to help deal with a low state of mind.

- Psalms 23:4
- Isaiah 41:10
- Psalms 40:1-2
- Isaiah 43:1-2

I will like to implore us to take note of this Bible verses.

Being in Christ has lots of blessings attached to it. His love for us works out a lot of things for us.

What Christ does for our Mental Health

**\*We Are Reminded That;\***

**\*1. He desires to make us whole not just physically, socially, but also mentally.\***

1 Thessalonians 5:23 says "Now, may the God of peace and harmony set you apart, *\*\_making you completely holy and may your spirit and soul and body be kept entirely blameless at the coming of our Lord Jesus Christ.\_\**

**\*2. You are never alone.\***

Psalms 34:18 reads "The Lord is near to the brokenhearted and He delivers those who are discouraged."

Isaiah 43:2 says when you walk through deep waters, I am with you. As said earlier, being in a depressed state can feel like you are in a deep place, overwhelmed by everything, and God says I am with you. That's an amazing encouragement.

I will also be sharing some psychological resources to help us manage the above listed mental health problems.

Psychological Resources

1. When Stressed, try to get more sleep, manage your time wisely, indulge in physical activities (#OnceInAWhileFitFam ), most importantly take a break from your stressor. It is important to identify your stressor, i.e identify what is making you stressed.

E.g your phone...give yourself a time limit to be with the phone,



Seeing other people's "perfect life"? Take a break from Instagram, mute yourself from seeing people's updates until you are fine.

Freeze certain apps that leaves you stressed.

Avoid situations and people that stress you out.

Have 10 deadlines? Sort them out in priorities. And deal with one task at time. Trying to do them all at once might not be helpful.

REST!!! Having a stressed induced mental breakdown is not beans. You will be surprised at what you did after you are told you had a breakdown. Rest. Rest your body and rest your mind.

Lastly, **\*accept that there are certain events that you cannot control. Make peace with that.\***

2. When Anxious,

•First things first, take a deep breath!

Taking a deep breath helps to distract your brain from sending those signals causing you to feel anxious. It redirects your brain to focus on breathing.

*\_Wherever you are right now , slowly take in a deep breath and try to hold it for 4 seconds, then slowly release it. Can we try that?\_*

•Question your thoughts - why am I anxious? Is this worry realistic? If the worst possible outcome happens, what would be so bad about it? What might I do to prepare for whatever may happen?

•Speak positively! (holler! Confession of God's words).

•Focus on other activities that can distract you away from the anxious thoughts.

**\*Using GOD's Resources to Take Care Of Our Mental Health.\***

**\*1. Continuous meditation on God's word\*** - the importance of the confession of God's words can never be overemphasized. Therein lies our reality.

2. Using Prayer as a coping skill.

*\_Huh?? How do you mean?\_* Research has it that people with mental health problems reported that ever since they started praying whenever an episode is about to come on, it helps distract, alleviate and even stops the episode from happening.

But we all know this, right? We don't have to rely on research to tell us about the efficacy of prayer.

Never stop praying. 1 Thessalonians 5:17

3. Can you remember this Sunday school song back in the day? Cast your burdens unto Jesus for He cares for you!

Casting all cares on God. 1 Peter 5:7,

Trusting God with all our business - Proverbs 3:5-6

Philippians 4:13--I love the Amplified version of this verse because it can be personalised.

***\*\_Mobolaji can do all things [which He has called her to do] through Him who strengthens and empowers her [to fulfill His purpose\_ – \_She is self-sufficient in Christ's sufficiency\_ \*; She is ready for anything and equal to anything through Him who \*infuses her with inner strength and confident peace\*.]***

Beautiful, right?

4. Healthy Thought Life - The consistent reading and speaking of God's words helps to shape our thought lives.

A favorite pill of God's word of mine is Philippians 4:8 "So keep your thoughts \*continually fixed\* on all that is authentic and real, honourable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising Him always." TPT.

There are lots of mental health problems and we are familiar with some. I'll quickly brush through some.

### 1. Eating disorders

This is when an individual "abuse" food.

Anorexia nervosa is when an individual eats and almost immediately purges the food out. Some put their hand into their mouth to force themselves to vomit, some use laxatives they will make them purge.

Why do they do this?

Some it is as a result of the influence the media put out for us. For the perfect body shape a lady has to have.

Some they have been told all their lives that they are ugly and no one would ever want them.

Bulimia nervosa is almost similar to anorexia but it is different. You know the way we being on movies on Netflix, in this case the individual binges on food. They keep eating, even if they know they can't take anymore. They can't seem to make themselves stop.

Why do they do this?

For some, it is a way of coping, a coping skill for them. If they just experienced some kind of traumatic event from a loss of a loved one to a broken relationship, they might become bulimic

as a way of telling themselves that though they had no control over what happened, they can at least control what they eat. Only thing is that, they don't usually know when to stop.

Lots of things could contribute to these eating disorders, I just mentioned a few.

Whenever my busy thoughts were out of control, the soothing comfort of your presence calmed me down and overwhelmed me with delight.

Psalms 94:19 TPT

<https://bible.com/bible/1849/psa.94.19.TPT>

Another one is Suicide.

Suicide holds one of the highest records of deaths, especially among teenagers.

Individuals with suicidal thoughts often believe the world is out to get them, nothing seem to be working out for them, no one cares for them and the easiest way to relieve themselves of the pain is to commit suicide.

Please, I would like to implore us to continue to love beings, through our words and actions. You never can tell who will react negatively to a word you said in jest.

If you notice anyone around you suddenly moody, withdrawn, stopped taking care of physical appearances, no longer finds pleasure in activities they usually enjoy, always uploading dark and sad content on their WhatsApp story, talks about death or giving up or even questioning the essence of life, please reach out to them in love.

Anyone experiencing some kind of mental health problem would not want to talk to you about it initially. But if you show them you are there for them, regardless of if they tell you what's going on in their head or not, if you practice the *\_ministry of presence\_* (basically just showing up for them no question asked, no preaching, no judgement, no sermon, no offering of solutions, no passing blames, no trying to compare them with someone else or even saying "I understand how you feel" if you don't it's fine. Some might not be happy hearing you say you understand, especially if they feel you have a somewhat perfect life..) **\*just be there\***, you would be surprised when the tank of their mind would open up to you and let out all that is in their heart.

Remember, be there, be ready to listen. And most importantly, pray for them.

**PSS: \*We do not have an advocate that does not know how we are feeling, Jesus knows all (Hebrews 4:15)\***

**\*For we have not an high priest which cannot be touched with the feelings of our infirmities...\***

**\*Our High Priest is not one who cannot feel sympathy for our weakness,\***

**\*He understands humanity...\***

**\*Jesus, our great Priest understands us. He knows how weak we are...\***

Jesus understands. He cares. Cast your burdens unto Jesus for He cares.

Be reminded:

Joshua 1:9 (Can someone please paste this verse)

2 Thessalonians 3:16 "Now, may the Lord Himself, the Lord of Peace, \*pour into you His peace in every circumstance and in every possible way. The Lord's \*\_tangible presence\_\* be with you all.

In closing,

Seeking help with your mental health is not an indicator of lack of faith in God and in His words, it is you stepping out in faith to employ all necessary tools God has in place for you to be better. The same way you go to the hospital to get treatment from any kind of illness (physically), same way you can go to a mental health clinic and talk with a psychologist/therapist about your mind's health.

As some don't have to wait to be sick before they go for checkup at the hospital, you can also

just reach out to mental health professional and just talk things with them.

Another amazing thing is, there are Christian Psychologists/Therapist s/Counselors who applies God's truth to their counselling sessions.

It's a win-win.

As Apostle John prayed for his friend, Gaius, in 3John2,

**\*Beloved friend, I pray that you *will* prosper in every way and that you continually enjoy good health, (spiritually, physically & mentally), just as your soul is prospering.\***