

### Connection

What was something about your week that hasn't been typical?

### Content

## **God's Plan for Mental Health: Get Your "But" Out of the Way**

Antidepressants are a multi-billion dollar industry. It often seems that when we struggle in the area of mental health, we don't always think of the church as a solution.

### **God's Plan**

**1.** The Greek term translated as heart is "kardia." It refers to the innermost part of a person. It is not only the source of our desires; the heart is the seat of our will. What context does this provide to the greatest commandment found in Matthew 22:37-39?

**2.** Next read Matthew 15:8. Jesus is speaking to the Pharisees here as they challenge His teaching and His disciples for breaking traditions. Knowledge doesn't trump the heart. The Pharisees are missing the whole point of loving God with all your heart.

In light of this scene, what does this phrase mean, "knowledge is not transformative without belief"?

### **Know the True God to Know the True Truth.**

**3.** If we get ourselves out of the way, and trust God's plan for us, we will see life change. In Luke 6:46 Jesus says, "Why do you call Me, 'Lord, Lord' and do not do what I say?" These people had "buts" - excuses for not following Christ when it meant changing their habits.

Reflect on this question. How, in your life, has your own "but" gotten in the way of life change and following Christ?

## **Know Your Enemy**

**4.** If we have a real God, we have a real enemy in this world. Satan knows our weaknesses, our trigger points. Read 2 Corinthians 10:3-5. What weapons do you have against your enemy?

**5.** The greatest source of our suffering is the lies we tell ourselves. Read Philippians 4:6-9. What tactics for experiencing God's peace are found in these verses? Which is meaningful to you?

**6.** 2 Corinthians 11:24-28 reminds us of the suffering and danger Paul faced for the glory of Christ. In Philippians 4:11 he writes "...I have learned to be content whatever the circumstances."

You'd think Paul would have turned from Christ due to the persecution he faced, yet he continued, even in prison, to proclaim Him. When have you felt the attack of the enemy and how did you use it to give the glory to Christ?

## **Commitment**

### **7. A brief summary of action points:**

We must love God with our whole being.

We must love God with our whole heart.

We are to nurture our heart through the truth of Scripture, prayer and community.

We worship the true God as He has revealed Himself through Scripture.

We have an enemy whose mission is to throw us off our God-ordained mission.

We are to live in authentic community.

Which of these lessons is a challenge for you, that you wish to make an active commitment to grow in this week? Put a star by it above and pray over that action point as you close this study.

**Challenge Assignment:** Memorize **James 5:16a** this week and put these words to heart.

"Confess your sins to each other and pray for each other so that you may be healed."