



What Would Jesus Say?

SERMON NOTES

Week 2 January 15, 2023

“... About Mental Health”

Psalm 22:1, 42:3; Galatians 6:2; Matthew 14:27

I. Mental Health in America

- A. Roughly _____% of people, by the time they reach mid-life, will at some point struggle with some form of mental illness along the way.
- B. Gen Z is more _____ than any other generation today.
- C. Researchers point to several reasons for the _____ in mental health issues among young adults.
 - a. COVID
 - b. Young adults are more willing to talk about mental health than previous generations
 - c. Polarization of our nation
 - d. Increase in social media usage
 - e. A rise in young adults who feel like they need to be perfect in order to get the approval of their parents
 - f. Opioid crisis
 - g. A rapid decrease in people involved in their church, their faith

II. Strengthening Mental Health

- A. Mental Health was not something people _____ openly about in the past.
- B. There are six practices that can help _____ health:
 - a. Meaningful in-person relationships
 - b. Sleep
 - c. Exercise and proper diet
 - d. Mental health training
 - e. Medication
 - f. Faith

III. The Bible and Mental Health

- A. All of the things that we talk about as mental health disorders were present in _____ times as well.
- B. Jesus has _____ for people who are broken, people who are hurting, and people who feel hopeless and helpless.
- C. _____ came to walk in the midst of our stuff, of our pain, and of our brokenness.
- D. The Gospel writers are saying “keep your eyes focused on Jesus in the midst of the _____.”
- E. When we see someone else who is down, we come alongside them and we carry them and _____ them.

ASBURY DAILY STUDY GUIDE *January 16-21, 2023*

INTRODUCTION

Mental health issues have risen dramatically in the past decade and Generation Z is the most stressed of all the generations. There are no easy answers to this crisis, but all of the things that we talk about as mental health disorders were present in Biblical times. So what would Jesus say about mental health?

Monday: Isaiah 61:1-3, Psalm 147:1-5

Psalm 147:3 offered a word picture of God as a caring healer, perhaps a devoted parent, tenderly bandaging the wounds life inflicts on all of us. A bandaged physical wound sometimes leaves a scar, and so does a broken heart. When has God given you healing, either directly or through one or more of God's faithful human servants? How has God enabled you to go on with life despite whatever scars your spirit bears?

Tuesday: Matthew 26:36-38, Hebrews 4:14-16

About Matthew's painful portrayal of Jesus' garden agony, scholar N. T. Wright wrote, "When we ourselves find the ground giving way beneath our feet, as sooner or later we shall, Gethsemane is where to go. That is where we find that the Lord of the world, the one to whom is now committed all authority (Matthew 28:18), has been there before us." In his humanity, Jesus' feelings led him to say, "It's as if I'm dying." How can that help you trust that he knows firsthand whatever you are going through when the ground gives way beneath your feet?

Wednesday: Matthew 14:22-33, 11:27-30

Seeing Jesus walking on the lake terrified the disciples. Their own lack of power was frightening, but the idea of a power beyond their imagining was more so. Do you ever find the idea of God actually "showing up" a bit scary? In what ways does Jesus' divine power reach beyond our usual human ideas? What gives you confidence that he always uses his power in ways that are good for you?

Thursday: Psalm 46:1-7, Isaiah 40:26-31

When have you felt as if your world was falling apart? Have those times ever led you to the idea expressed in Isaiah 40:27: "My way is hidden from the Lord; my God ignores my predicament"? Is something making you feel that way right now? How can your faith in God's caring give you a stable place to stand if everything else seems to be crumbling? If you're not in crisis, what makes it valuable to deepen your trust in God before the next time everything seems to fall apart?

Friday: 2 Corinthians 4:6-9, 16-18

Paul's description of himself as a "clay pot" (verse 7) wasn't false modesty. It was a way to recognize the abiding truth, with which all of us must wrestle with at times: that God is God and we are not. How can learning to see yourself as a "clay pot" help put you in a better position to avoid feeling crushed by any type of human blows to your ego?

MOVING FORWARD

Jesus demonstrated compassion for people who are broken, people who are hurting, people who feel hopeless and helpless. He came to walk in the midst of our stuff, of our pain, and of our brokenness. So, in the midst of a mental health crisis, we are called to care for one another and we are invited to put our trust in and keep our eyes focused on Jesus.

*Answers to the sermon notes: IA) 80, B) stressed, C) rise. IIA) talked, B) mental.
IIIA) Biblical, B) compassion, C) Jesus, D) storms, E) sustain.*