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Mental Health and Sin

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Sins will find you out! 515.

MENTAL HEALTH AND SIN

Way of transgressor is hard!

Phil. 4:4-9

Def. of terms: Mental Health equals Peace of Mind.

Sin: Transgression; missing mark. I J. 3:4.

Sin is the single greatest cause of poor mental health.

1. Prediction: 1 of 6 Americans to need Psychiatrist.

Current society to blame for spreading germs of mental

illness: Say true values are: pleasure, outward appearance and physical beauty. Distorted values.

STUDY: How we can identify mental illness and escape it.

Causes of

I. WHAT HAPPENS WHEN A CHRISTIAN SINS?

A. Illness creeps through soul, mind and finally body.

B. God's laws of happiness violated. Gal. 6:7-8.

C. Psychomatic process of illness through disobedience.

1. Conscience is violated. Loss of self-respect.

2. Anxiety complex follows. Inferiority complex. me

a. Beaumont dope addict: "Everybody knew, disliked."

3. Fear complex about punishment to come. Ezek. 18:4.

4. Worry pattern results. Insecurity. Romans 8:23.

5. Neurosis results from extreme worry. Contrast Ph. 4:6

6. Neurasthenia eventually results. Mental depressions.

7. Hysteria follows neurasthenia and is: uncontrolled emotional tensions transferred to the mind and body in terms of: temporary blindness, deafness, speechlessness, or paralysis. hospital case now.

8. Possible long range effects.

→ 80%!

a. Obsession-fixed idea. Foods hurt. Cramps, nausea.

MANIC-b. Compulsion-Roommate quit school. Compelled to enter military service during war. Not 4-D.

c. Phobia-strong irrational fear. Heights, blood, etc

d. Frustrations-mentally disorganized. irrational.

e. Aggression-attacking others through frustration.

D. Bible terminology: A devil within, demon, evil spirits.

1. Jesus at Gadarene, heals demoniac. Luke 8:26-36.

Schitz, Paranoia, Manic & op. Psychotic & Bipolar! Maniac!

II. PHYSICAL SYMPTOMS OF A PSYCHOSOMATIC ILLNESS. E.I.I.

A. David felt the wages of sin in his body processes.

1. Psalms 22:14-15. Poured out like water, etc.

2. Psalms 41:1-4. Soul in need of healing.

3. Psalms 38:1-7. Body deteriorating in sorrow.

B. David knew the source of health and happiness.

1. Psalms 4:8. I will both lay me down in peace,

2. Psalms 34:13-22. The Lord is nigh them.....

C. Solomon knew the effects of sin in physical body.

1. Proverbs 14:30. Envy is rottenness to the bones.

Ill. 15YR. OLD

LOSS OF STRENGTH

P.A. 1-8-61 4 Bap 1 Res.
Windsor Park - Corpus Christi 1-24-68

(dehydration.)

- 2. Proverbs 17:22. A broken spirit drieth the bones.
- D. Solomon also knew the remedy for results of sin.
 - 1. Proverbs 4:22. God's wisdom is health to the flesh.
 - 2. Proverbs 3:7-10. Fear God: health to naval, marr. to bones
 - 3. Proverbs 12:17-19. Tongue of the wise is health.

3

III. THE GREATEST ENEMIES OF MENTAL ILLNESS.

A. LOVE.

He who loves is loved.

- 1. Matthew 22:37. Love God supremely.
- 2. Matthew 22:39. Love neighbor as self.
- 3. Love is the balm for all soul's irritations & rashes.

B. RIGHTEOUSNESS. (Right)

- 1. Proverbs 14:34. Righteousness exalteth a nation.
- * 2. Forgiveness: Matt. 6:14-15. * *Sick when don't forgive.*
- 3. Obedience: Ecclesiastes 12:13-14.
- 4. Meekness: Matthew 5:5. *Inherit. John 10:10.*

C. Security.

- 1. Matthew 28:18-20. Lo, I am with you always....
- 2. Hebrews 13:5. I will never leave you. *Simplify life.*
- 3. I Peter 5:6-7. For he careth for you.....

INV: Your greatest enemy is sin. Romans 6:23.
Its sin not to be a Christian. Mark 16:15-16. *- Jas. 4:17*

Some have not crucified the old man of sin. Rom. 6:6-7.
R-P.

MT... 4-3-77 P.M. - 6R