Managing Mental Health God's Way

Greg Kline · 1 Kings 19:1–18

INTRODUCTION

- But I think we need to acknowledge everyone struggles with some sort of mental health problem.
- If you are ever at the situation where you think you can't have done anything wrong or be a problem, that probably is in and of itself a problem.

1 Elijah, Strong Faithful Warrior, Alone and Afraid

1 Kings 18:39; 1 Kings 19:4; 1 Kings 19:18

- One lesson for us tonight is knowing what's right doesn't mean we always do what's right.
- And he asked that he might die, saying, It is enough now, O Lord, take away my life, for I am no better than my father's.
- Elijah needed a nap, he needed a snack. God provided both.
- God does correct the problem. But notice in this story, at what stage does God do it? Last.
- And if you ever feel like Elijah alone, discouraged, feeling trapped, God's not going to give up on you either.

2 Mental Health Struggles Are Real

Job 1; Matthew 6:25; 2 Chronicles 16

- Mental health struggles are real. They can come for anyone, they can come at any time, and they are messy.
- If Satan can come for Job, if Satan can get Elijah after the victory at Mount Carmel, he can get me.
- Do not be anxious about your life, what you will eat, what you will drink, or about your body, what you will put on.
- The solution from Jesus to anxiety is not be better. It's trusting God to take care of you.
- God cares about everyone experiencing every struggle. And he expects us to care for them too.

3 God's Way of Helping Elijah

1 Kings 19:11–12; 1 Kings 19:15–16; 2 Kings 5

- First of all, he provided for Elijah's physical needs.
- Part of the way God's got it covered is Christian family helps each other with it.
- Second thing is, he spoke to him, and he spoke to him with patience and grace.
- We need to stop deciding where God's gonna show up from and trust that he's there for us.
- You can't stay. I need you to serve. You're not going to get better alone in the cave.
- We need to get up. We need to listen, we need to serve, and we need to go get help.

4 Care About People and Give Some Time

Job 2:11–13; Romans 12:15–16; Matthew 7

- Care about people. Be on the lookout for them. Take care of them and give some time.
- The point was they were there. And they were there quietly.
- Rejoice with those who rejoice, weep with those who weep, period.
- Help or help them find the help. There's no reason anyone has to walk these paths alone.

5 Strengthen My Faith When Facing Worldly Anxiety

Matthew 6:27; 2 Timothy 2:22

- Number one, count the cost of worry.
- Jesus says, not only is worry wrong and not trusting in God, it doesn't do any good.
- Second thing, try to focus on the goodness of God instead of Satan's terrible distractions.
- But if you focus on it, you're playing right into his hand.

> THE CHALLENGE
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> **Please don't leave feeling unsure. Know that God loves you, He cares for you.**

MY NOTES