

Be of A Sound Mind/What does the Bible Say About Mental Health?  
Midweek/Lesson 1-Teacher Ray Tucker  
*2 Timothy 1:7 Be of a Sound Mind*

1. The Problem Today
  - a) 1 out of every \_\_\_\_\_ people experience some form of mental illness a year in the US. That's over \_\_\_\_\_ million people.
  - b) Suicide is the \_\_\_\_\_ leading cause of death for people age 10-34.
  - c) The average delay from onset of symptoms to treatment is \_\_\_\_\_ years.
  - d) Over \_\_\_\_\_ of adults and children with mental illness do not receive treatment. That number is similar in \_\_\_\_\_ circles.
  
2. Mental Brokenness has a stigma today based on how the church, secular scholarship and society have viewed mental illness as one of the following throughout history:
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
  
3. Does the Bible Address this Problem?
  - a. The word mind appears in the Bible around \_\_\_\_\_ times.
  - b. The mind is consider our core \_\_\_\_\_.
  - c. The mind performs this both \_\_\_\_\_ & \_\_\_\_\_.
  
4. Sound Mind, Self-Control, Self-Discipline
  - a) To be \_\_\_\_\_ (Titus 2:6)
  - b) Sound \_\_\_\_\_ (Romans 12:3)
  - c) Ability to Make \_\_\_\_\_ (2 Timothy 1:7)
  - d) Perfect \_\_\_\_\_ (Isaiah 26:3)
  
5. A Biblical View of Mental Brokenness (Romans 8:5-6)
  - a) It's a result of our brokenness in a sinful world. On some level, we all deal with mental challenges because of our sin. That's why the Bible tells us to renew our minds. This manifest itself in 3 areas:
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
    - c. \_\_\_\_\_

Our Promise (Romans 8:9-11)
  
6. Our Focus for this Study
  - a) Develop Biblical:
    - i. Mental \_\_\_\_\_ in our own lives.
    - ii. Loving \_\_\_\_\_ to mental brokenness.
    - iii. Healthy \_\_\_\_\_ to those in need.
    - iv. \_\_\_\_\_ understanding of the spiritual dynamic of treatment.

## **Midweek 2022 Fall Schedule For Be of a Sound Mind**

9/14 Anxiety- *But You Don't Understand, What if.....* (Matthew 6:25-34)

**9/21 Off (New Members Class) Reading Option Given**

9/28 Discontentment- *No Thank You, I'm Good* (Phil. 4:11-13)

10/5 Distraction- *Muting the Noise of Life* (Psalm 46:10)

10/12 Spiritual Depression- *I Thought Life would be Different....* (Psalm 73)

10/19 Biblical Boundaries- *No Really that's Fine, Maybe.....* (Proverbs 4:10-27)

10/26 Emotional Awareness- *I Don't Know Why People Just Don't Get Me.* (Matt. 26:30-35)

11/2 People Pleasing- *Do You Like Me? Yes/No/Maybe* (John 12:42-43)

**11/9 Off (New Members Class) Reading Option Given**

11/16 Addictions- *What's the Harm? I Can Stop When I Want to Stop...* (Exodus 32)