

The Effect of Christian Faith on mental health

II. Tim. 1:7

we need all the forces we can get to keep us in mental health these days. The economic side of life is severe where there is hunger, and not the other necessities of life. But this does not end the story. The mental, moral, and emotional distress is far more terrific.

Our text would indicate that it has never been easy to attain a sound mind? we think of our day, in all its complex life as breaking down mental life and nerves. But think of years and superstitions of ancient days, plagues - cure unknown -

When a man like Paul tells us what his Christian faith meant to healthy mindedness he comes close to our need.

He faced ingratitude
He faced ill health
He faced mal-treatment
He endured poverty
He endured long imprisonment

Is it all
he had a
healthy
mind

Righteousness + Sin common expressions
Substitute - Healthy mindedness + sick mindedness
Is pride a sin? Shall we say "yes"?
Pride is sick mindedness + Einstein a
healthy minded man does not give credit
to self for compliments but to others.

Jesus is the Great physician -
"God hath not given us the spirit of fear
but of power, and love, and a sound mind."

The effect of righteousness on minds during depression.

Good man retired with easy conscience
conducive to good sleep, calm nerves, when test
came he had strength of character and the
wisdom of a sound mind.

Bad man retired with burning cons.
conducive to insomnia and when test
came he had unsound mind, poor judge-
ment and shot himself.

I. Christian faith, then, releases inner re-
sources of spiritual power. without this
we feel the inadequacy of life or for life
and some to hide it take

- a. 1. boasting
- b. To fall into persecution complex - blame others
- c. 1. day dreaming - run away
- d. 1. sickness

But only way out - personal power in
life - spiritual resources that can be tapped.
A Rel. that does not do some thing like that
for a man is not functioning.

we are not reservoirs but channels - the
power does not have to give out. "they that
wait on the Lord shall renew their strength."

"He lived from a great depth of being"

II. He has not given us a spirit of fear but
of POWER and Love. (not weak word)

but one that could send Jim to cross
or Paul unembittered across many an
angry sea.

St. James Chair on factory wage reared
her brother and sister. She was not bitter.

Bitterness imprisons life - love releases life

III. Not of fear but of power, love, and SOUL
mind = mind that pulls you together - all
shattered parts.

Unbelief is a disease of the mind in
away -

Behind many nervous break downs
and insanity is the consciousness
of guilt.

