

REVIEW

- Just like we have to work at being physical healthy, we need to work at being mentally healthy
- So many challenges today in regards to mental health (anxiety, depression, isolation, OCD, etc,
- There is hope in our God and His way of living

PREVIEW

- Today – we’re talking about...
- A few reminders to the bigger topic of Mental Health
- Then focus in on the role of REST in our mental health
- Ending with some practical steps we can be taking to get and/or stay healthy

Mastermind – the Pursuit of Mental Health: REST**1. A few reminders around the massive topic of MENTAL HEALTH**

- This is a very complicated topic from mental illnesses to physiological or chemical imbalances to regular, everyday choices we make
 - Getting healthy is wise and what God wants for you – there is hope!
 - Again, just like with physical health, the key to lasting change is by focusing on the Roots over the Fruit
- Romans 12:2 Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect. NLT John 10:10; Romans 12:1-2; Romans 8:18-25; Ephesians 2:1-3; Genesis 3;

2. The timeless principle of REST (Sabbath)

Mark 2:27 Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. NLT

- The principle of Sabbath (Rest – ceasing from effort or work) is timeless – it is greater than the law so when Jesus fulfilled the requirements of the law, the principle of Sabbath still stands
- When Rest or Sabbath is spoken of in the Word it is always in proportion to work – not void of work.

Genesis 2:1-3; Exodus 16; Exodus 20:8-11; Psalm 23:2; Mark 2:27; Hebrews 4:1-11

3. Applying the timeless principle of REST to our mental health can look like... (The principles always trump the practices)

- 1- Our sleep hygiene
 - Our sleep impacts our mental health – and our mental health impacts our sleep
 - Benefits of good sleep hygiene
 - Reduces stress and anxiety // Improves your mood // decreases blood pressure // can bring relief from some chronic pain // improves your immune system // strengthens your cardiovascular system // relieves stress hormones in the brain
 - Boosts your productivity and creativity // enhances decision making
 - Practical steps: sleep schedule, get enough to bring benefits, no media, etc

Ps 127:2

- 2- Social Media
 - The conclusion from research from having social media in our culture over the last 25+ years is that ALL will experience NEGATIVE impact to their mental health due to social media use
 - There are multiple reasons social media negatively impacts our mental health (comparison, cyberbullying, FOMO, Addictive nature, etc)

4. Without CONTENTMENT we cannot experience REST in our Mental Health

- 1- Economic / Financial

- Ecc 4:4 Then I observed that most people are motivated to success because they envy their neighbors. But this, too, is meaningless—like chasing the wind. NLT
 - We need to battle the brokenness within and decide when enough is enough
- 1 Timothy 6:6-10 // 1 Thessalonians 4:11 // 1 John 2:16
- 2- Social (FOMO)
 - We are often not content with how others view us – seeking their approval and acceptance
 - Zephaniah 3:17 For the LORD your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.” NLT
- 3- Personal Development
 - We are a "potential" obsessed culture – you could be better if you just worked at it a little more
 - Ecclesiastes 12:11-12 The words of the wise are like cattle prods—painful but helpful. Their collected sayings are like a nail-studded stick with which a shepherd^[b] drives the sheep. ¹² But, my child,^[c] let me give you some further advice: Be careful, for writing books is endless, and much study wears you out. NLT

5. We cannot live the abundant life apart from God

Mark 8:36-37 And what do you benefit if you gain the whole world but lose your own soul? ³⁷ Is anything worth more than your soul? NLT

- Being mentally healthy without the Lord is an eternity of suffering
- Our greatest need is to be right with our Creator that only comes through a personal relationship with Him through His Son, Jesus Christ.

Practical Next Steps

- 1- Accept Jesus as your Lord and Savior
- 2- Embrace this principle of REST in your life and make sure you have consistent rhythms of it
 - a. One day off a week
 - b. A consistent and sufficient sleep schedule
- 3- Reduce or abandon your social media – or limit to just family and close friends
- 4- Prioritize contentment by starting a gratitude journal (more on this next week) or share with one person this week, 10 things you're thankful to God for in your current season of life

For Small Group Discussion:

Opening Question:

- Have you ever had any close calls with accidents or a near death experience?

Main Point: The main idea is to see others as God sees them. We hope our group members leave the discussion with a renewed perspective on how they see the world and become more aware of God's presence and goodness.

Read/Tell the Story: 1 Samuel 24: David doesn't kill Saul

Questions:

Head -

- What did David's companions want him to do when Saul entered the cave?
- Why did David cut off part of Saul's robe? Why did David spare Saul's life?
- What was Saul's response when he learned that David could have killed him?

Heart -

- Describe a time when someone "spared" you (a parent, a spouse, a stranger, etc.).
- When have you had to submit to someone who was difficult or unjust? How did God grow you through that experience?
- Why do you think David saw the world so differently than his companions?

Hands -

- Where would you like God to grow your respect for authority figures (work, government, etc.)?
- What is an act of kindness that you can do for someone that you have had difficulty with?

Supporting Scripture: 1 Samuel 26:6-11, Romans 12:17-21, 2 Corinthians 12:9-10

Tips and Resources: 50 Good Mental Health Habits - bradhambrick.com/50mhh/

There are many more resources for this series linked at: <https://realliferesources.org/current-series/mastermind/>