

## 5-Minute Counselor: Episode 6.

### Moving Toward Mental Health

#### Romans 12:1-2 ESV

- Mental health is a spiritual concern. Issues of anxiety, depression, and relational conflict, which are *not* identified as chemical, are rooted in our spiritual health and manifest in our mental state. So, to be mentally healthy requires one live *experientially* in spiritual truth. I have said before, there is no greater obstacle to recovery than the deprivation of truth which is so prevalent in society, politics, and our churches, today.
- One of two things happen: People believe the lie and lose their minds, or people come to know and experience the truth and are set free as their *minds* are renewed (John 8:31-32; Romans 12:1-2). The spiritual battle is between falsehood and truth, and the battleground is your mind; how you think about yourself, about the human condition, the world, and ultimately, about God. Healthy teaching produces healthy minds.
- For those of us in recovery, we have suffered from the lack of truth most, if not all, of our lives. Our family system was based in a lie, our worldview was also based in a lie. So, we must now renounce the lie and seek the objective truth found in God's word.
- The obstacle we face is the famine in the land of the word of God (Amos 8:11-13) — *not the absence of Bibles*—but the absence of knowing how to read and apply the Bible, as well as the famine of healthy preaching and teaching from pulpits.
- Here are a few tools that will help you to discover the truth of God's word *for yourself*. 1) *How to read the Bible for all its worth* (Gordon D. Fee and Douglas Stuart). 2) *The King in His Beauty* (Thomas Schreiner). This is an excellent overview of each book of the Bible with trustworthy commentary.