

BIBLE HELP FOR MENTAL HEALTH
TALK THREE: THE REALITY CHOICE
SEPTEMBER 2, 2020

“I don’t understand what I do. What I want to do I don’t do, but what I hate to do, I end up doing! I know that nothing good lives in my sinful nature. I have the desire to do what is good but I cannot carry it out.” (Romans 7:15, 18)

Stress	Diet	Finances
Fears	Worry	Relationships
Overwork	Bad Habits	Painful Memories
Attractions	Anger	Perfectionism
Addiction	Dishonesty	Resentment
Regrets	Need to Control	Compulsive Thoughts

THE CAUSE: PLAYING GOD

“In the pride of your heart you say, ‘I am a god.’ But you are just a man and not a god, though you think you are as wise as a god.” (Ezekiel 28:2)

THE CURE: “BLESSED ARE THE POOR IN SPIRIT, FOR THEIRS IS THE KINGDOM OF HEAVEN.” (Matthew 5:3)

I admit I need help; that I’m powerless to control my tendency to do the wrong thing (sin) and that my life is unmanageable.

HOW DO I DEVELOP THE SPIRIT OF BEING POOR IN SPIRIT?

1. I must humbly admit that I need help.

“God opposes the proud but gives grace to the humble.” (James 4:6)

“You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.” (Proverbs 28:13)

2. I need to humbly ask God for help.

“We saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for He can even raise the dead.” (2 Corinthians 1:9)

3. I must humbly accept help from other people.

“Two are better than one, for they can help each other succeed. If the one falls, the other will lift up his companion. Woe to the solitary man! For if he should fall, he has no one to lift him up.” (Ecclesiastes 4:9-10)

“Admit your faults to one another and pray for each other so that you may be healed.” (James 5:16)