



MENTAL HEALTH *in the* BIBLE

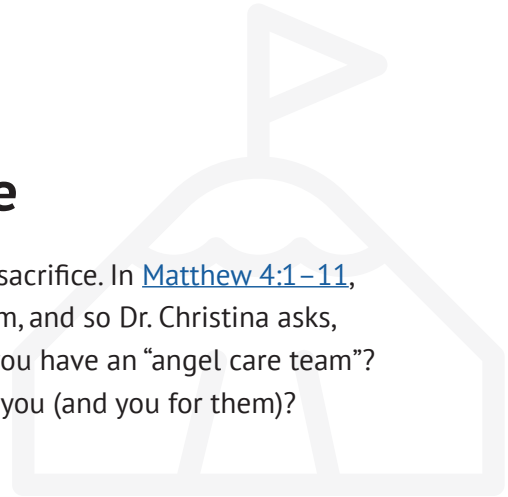
SUMMARY | Dr. Christina Edmondson is convinced that since our brain is a gift from God—part of our body—we need to pursue good “brain health.” We need to be good stewards of our brain just as we need to be good stewards of our whole body. So, how do we take good care of our brain? How do we practice good mental health? Dr. Christina Edmondson takes us to passages of Scripture that offer some mental health best practices to help us keep our brains healthy.

This Week’s Discussion Questions

1. How can pride cause us to avoid asking for help?
2. When was the last time you felt really rested? How is the principle of Sabbath a provision God has made for our weariness without judgment? How can you accept His gift of rest this week?
3. Read [Philippians 4:8](#). Our thoughts impact our mood. How does focusing on true thoughts shape us? Lovely thoughts? Praiseworthy thoughts?
4. What is your favorite worship song right now? Of all time? Have you missed singing with fellow believers during the pandemic while we couldn’t be together corporately?
5. Dr. Christina says “we are in the hope business as Christians.” Have you ever felt that a situation was hopeless? What helped bring you hope during that time?

Challenge

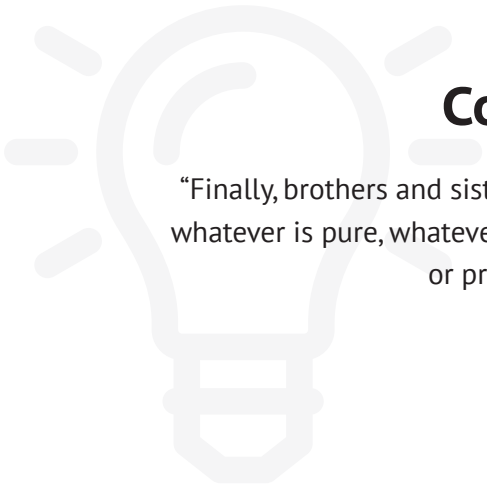
Jesus models self-care for the purpose of self-sacrifice. In [Matthew 4:1-11](#), Jesus has a posse of angels that attend to Him, and so Dr. Christina asks, “Who are we to think we don’t need help?” Do you have an “angel care team”? Who could you ask to be on that team for you (and you for them)?



Commit To Memory

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

[Philippians 4:8 NIV](#)



Prayer

Heavenly Father, thank You for the amazing gift of my brain. It truly is a wonder of Your creation. Help me care for this wonderful gift in a way that keeps it healthy. Help me overcome any shame that comes with needing Your help and the help of others to steward this incredible part of my body.

Amen.

