

The Refuge Church Of Deltona  
Live Q&A  
May 21st, 2025

**Disclaimer:**

The content provided in our Mental Health Q&A is for informational and spiritual support purposes only. It is not intended to replace professional medical, psychological, or therapeutic advice, diagnosis, or treatment.

If you or someone you know is struggling with mental health concerns, we strongly encourage you to seek help from a licensed mental health professional or medical provider.

While we believe in the power of prayer, community, and biblical guidance, we also affirm the importance of professional mental health care.

If you are experiencing a mental health crisis, please call 911 or contact a crisis hotline in your area immediately.

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**1. Can a Christian have Jesus and still go to therapy?**

- Absolutely.
- Therapy is not a replacement for Jesus.
- It's a tool that can complement your faith.
- God often uses people, including therapists, as part of His healing process.
- Luke, the author of the Gospel of Luke, was a physician.
- God values healing—spiritual, emotional, and physical.

**2. How do I know if I need help or if I just need to pray more?**

- Prayer is essential, but if you're experiencing prolonged emotional distress, trouble functioning in daily life, or feeling overwhelmed regularly, that may be a sign that you need additional help.
- Seeking therapy doesn't mean you lack faith.
- It means you're taking care of what God values: your mind and soul.

**3. Can Christians take medication for mental illness?**

- Yes.
- Taking medication for mental health conditions is not a sign of spiritual weakness.
- Just as a diabetic might take insulin, someone with depression or anxiety may need medication to balance brain chemistry.
- God can work through medicine as part of healing.

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**4. How can the church better support people struggling with mental health?**

- By creating a stigma-free environment where people feel seen, heard, and loved. Churches can:
  - Talk openly about mental health from the pulpit.
  - Offer support groups or counseling resources.
  - Train leaders in mental health first aid.
  - Partner with Christian therapists.

**5. How do I help a loved one who is dealing with mental health issues?**

- Listen without judgment.
- Encourage them to seek professional help.
- Pray with them and for them.
- Educate yourself about their condition.
- Be patient..... it's a journey.

**6. Can God heal mental illness completely? 100%?**

- Yes, God **can** heal completely, but He doesn't always heal instantly or in the same way.
- Sometimes healing is gradual, through therapy, medication, community, and spiritual growth.
- Even Paul had a "thorn in the flesh" (2 Cor. 12:7-9).
- God's strength is made perfect in our weakness.

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**7. What's the role of the Holy Spirit in our emotional healing?**

- The Holy Spirit is our **Comforter, Counselor, and Helper** (John 14:26).
- He can bring peace in chaos, reveal truth that sets us free, and remind us of our identity in Christ.
- The Spirit helps us break strongholds, renew our minds, and bear fruits like peace and self-control.

**8. How can I find peace when my mind feels like it's in chaos?**

- Ground yourself in God's Word (Psalm 46:10, Philippians 4:6–7).
- Talk to someone (pastor, counselor, mentor).
- Rest..... mentally, emotionally, and spiritually.
- Worship..... invite God into the storm.

**9. How do I stop negative thoughts that keep coming back?**

- Identify and **replace lies with God's truth** (2 Cor. 10:5).
- Speak Scripture out loud (Romans 12:2; Philippians 4:8).
- Journaling can help you process recurring thoughts.
- Christian counseling can equip you with tools like cognitive restructuring or EMDR for trauma.

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**10. Can trauma affect my relationship with God?**

- Yes. Trauma can distort how we see God, others, and ourselves.
- It can lead to mistrust, fear, or emotional numbness.
- But healing is possible.
- God is patient with your process. He doesn't rush your healing, He walks with you through it.

**11. What are some healthy spiritual habits to support mental health?**

- Daily time in Scripture and prayer
- Practicing Sabbath and rest
- Gratitude journaling
- Worship and community fellowship
- Honest conversations with God
- Confession and forgiveness

**12. How do I know when it's time to seek professional help?**

- When your mental or emotional distress:
  - Lasts more than 2 weeks
  - Interferes with work, relationships, or daily life
  - Feelings of hopelessness, despair, or thoughts of self-harm
  - That's a clear signal.
  - Seeking help is wisdom, not weakness.

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**13. How do I deal with guilt and shame from my past?**

- Receive God's forgiveness (1 John 1:9).
- Reject condemnation, it's not from God (Romans 8:1).
- Renew your mind, you are a new creation (2 Cor. 5:17).
- Talk it out with a trusted counselor or pastor.
- Practice self-compassion, Jesus paid it all.

**14. How do you explain schizophrenia in the church?**

- *Schizophrenia is a serious mental health condition that affects how a person thinks, feels, and relates to reality. It may involve hallucinations (hearing or seeing things that aren't there), delusions (false beliefs), disorganized thinking, and difficulty functioning in daily life.*
- Address Misconceptions with Truth. Some in the church may wrongly associate schizophrenia with demon possession or a lack of faith. While spiritual warfare is real, not every mental illness is demonic.
- Affirm Biblical Compassion. Remind the church that Jesus showed deep compassion to the suffering and marginalized.
- Encourage both spiritual and professional support.
- Invite Hope. Schizophrenia doesn't define someone. Their identity is in Christ. With support and treatment, many can live meaningful, faith-filled lives. The church should be a safe place for healing, not a place of shame.

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**16. How should people deal with gender dysphoria in the church?**

- Start with Compassion, Not Condemnation.
- Many individuals with gender dysphoria are in deep emotional pain. Before debating theology, churches should lead with love and empathy.
- Hold Firm to Biblical Truth About Sex and Gender.... *"Male and female He created them."* – Genesis 1:27
- God designed humanity in two sexes: male and female. Scripture affirms that our biological sex is part of God's good design, not a mistake. The church should clear about this.
- Gender is not separate from the body.
- Identity is ultimately found in Christ, not in feelings or self-perception.
- Our calling is to align our hearts with God's truth, even when it's hard.
- Care for People, Not Just Issues
- Avoid turning gender dysphoria into a "culture war" issue.
- Real people, including teens and families, are struggling. Instead of treating them as a problem to fix, treat them **as souls to love.**
- Encourage:
  - Supportive, Christ-centered counseling
  - Discipleship and mentoring
  - Safe conversations within the church
  - Deep friendships and community

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- Churches should avoid two harmful extremes. Uncritical affirmation, which tells someone, “Yes, your internal feelings define you.” Harsh rejection, which cuts people off and shames them.
- Instead, model grace and truth (John 1:14).
- You can lovingly disagree with someone’s choices.
- The Christian life is about surrendering all of ourselves, desires, identity, and sexuality, to Jesus.
- That message applies to everyone, not just people with gender dysphoria.
- It’s a call to radical transformation and trust in God’s design.
- Offer a Path Forward, Not a Closed Door. If someone in your church struggles with gender identity, don’t push them out. Instead, walk with them through prayer and discipleship.