

The Refuge Church Of Deltona

Disclaimer – Christian Mental Health Resource

This downloadable material on Christian mental health and healing is intended for spiritual encouragement and educational purposes only. It draws from Biblical principles (NKJV) to offer hope and guidance from a faith-based perspective.

Please Note:

This resource is not a substitute for professional medical or psychological advice, diagnosis, or treatment. Mental health is a complex and deeply personal matter that may require support from licensed professionals. If you or someone you know is experiencing serious emotional distress, depression, anxiety, or any mental health condition, we strongly encourage you to seek help from a qualified mental health provider.

This material only scratches the surface of mental health through a Christian lens. We encourage readers to do their own research, remain open to learning, and consult trusted Christian counselors, therapists, or mental health professionals as needed.

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Popular Myths About Mental Health And Faith

#1. Christians shouldn't struggle with mental health issues.

TRUTH: You are not less of a Christian if you're battling anxiety, depression, trauma, or any other mental health challenge. You are deeply loved, fully seen, and never alone. God meets you exactly where you are, and He walks with you through it.

"My flesh and my heart fail; But God is the strength of my heart and my portion forever." Psalm 73:26 (NKJV)

#2. If you just prayed harder, you wouldn't feel this way.

TRUTH: Prayer is powerful — it connects us to God, brings us peace, and strengthens our spirit. But struggling with mental health isn't always a result of a lack of prayer or a lack of faith.

Mental health challenges are complex, often rooted in a combination of biological, emotional, spiritual, and situational factors.

They are not simply "fixed" by doing more — more praying, more reading, more believing.

Paul prayed three times for his "thorn in the flesh" to be removed, but God's answer was not immediate healing — it was grace to endure (2 Corinthians 12:8–9).

#3. Having anxiety or depression means you don't trust in God enough.

TRUTH: Anxiety and depression are not indicators of weak faith or a lack of trust in God.

They are part of the human experience in a broken world — where our bodies, minds, and emotions are all impacted by sin, suffering, and sometimes even physical imbalances we can't control.

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Trusting God does not mean we will never feel sadness, fear, grief, or heaviness.

Even Jesus — who was fully God and fully man — experienced deep sorrow and anguish:

In Matthew 26:38 (NKJV), Jesus said:

"My soul is exceedingly sorrowful, even to death. Stay here and watch with Me."

#5. If you ignore it, it will go away.

TRUTH: Ignoring emotional pain, mental health struggles, or spiritual battles doesn't make them disappear. It often makes them grow deeper and stronger in the dark.

Unaddressed wounds don't heal; they fester. Just like a physical injury needs attention to heal properly, emotional and mental wounds need care, honesty, and God's healing touch.

The Bible doesn't teach us to suppress our pain. It teaches us to bring it into the light: Psalm 32:3–5 (NKJV) says: "When I kept silent, my bones grew old through my groaning all the day long. For day and night Your hand was heavy upon me; My vitality was turned into the drought of summer. Selah I acknowledged my sin to You, And my iniquity I have not hidden. I said, 'I will confess my transgressions to the Lord,' And You forgave the iniquity of my sin."

#5. Mental health problems are ALWAYS caused by evil spirits.

This belief, though still present in some religious circles, is not biblically accurate, and can be harmful.

The Bible does acknowledge demonic oppression, but it also shows that not all suffering or illness, including mental suffering, is caused by demons.

- Jesus healed many who were sick or mentally tormented, and He made distinctions between demonic possession and other illnesses (e.g., Matthew 4:24).

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- Paul advised Timothy to take wine for his stomach problems (1 Timothy 5:23), not cast out a demon, showing that not all physical issues are spiritual in origin.
- In 1 Kings 19, Elijah experienced deep despair, yet God didn't accuse him of having a demon, He provided rest, food, and reassurance.

Modern psychology recognizes many causes of mental illness:

- Genetic factors
- Trauma
- Chemical imbalances
- Chronic stress
- Environmental or relational issues

Spiritual warfare MUST be a part of a person's experience, but assuming all mental health issues are demonic can delay healing and discourage people from seeking help.

A Compassionate Christian View

- Christians are called to offer support, not judgment.
- Mental illness should be approached holistically: spiritually, emotionally, and medically.
- God can use therapy, medication, prayer, and community to bring healing.