

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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Stigma and Silence Surrounding Mental Illness

Mental illness often remains a taboo topic in many churches.

- **91%** of Christians say mental illness is stigmatised in the Church.
- **49%** of pastors say they rarely or never speak to their congregation about mental illness.
- **23 %** of pastors acknowledge they have personally struggled with a mental illness.
- **27%** of churches have a plan to assist families affected by mental illness.
- **65%** of churchgoing family members of those with mental illness want their church to talk openly about mental illness.
- **76%** of churchgoers say suicide is a problem that needs to be addressed in their community.
- **4%** of churchgoers who lost a loved one to suicide say church leaders were aware of their loved one's struggles.
- **68%** of Americans feel they would be welcome in church if they were mentally ill.

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- **35%** of Americans say mental illness could be overcome with Bible study and prayer alone.

References:

<https://research.lifeway.com/2014/09/22/1-in-4-pastors-congregants-suffer-from-mental-illness/>

<https://www.premierchristianity.com/news-analysis/91-of-christians-say-mental-illness-is-stigmatised-in-the-church-but-the-solution-may-be-simpler-than-you-think/>

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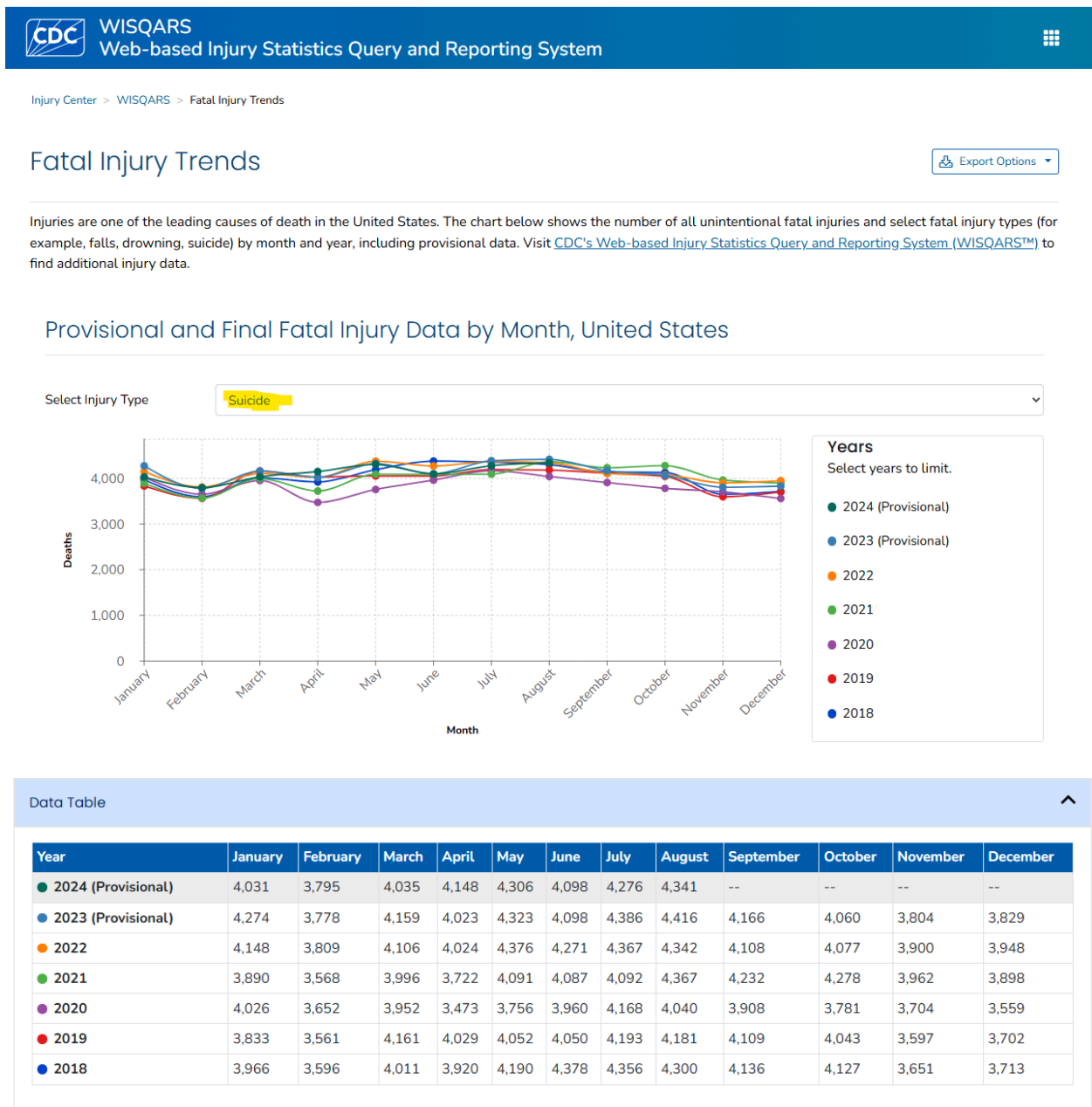
This silence can lead to feelings of shame and isolation among those struggling, hindering them from seeking support¹.

¹

<https://www.christianitytoday.com/2014/09/1-in-4-pastors-have-mental-illness-lifeway-focus-on-family/>

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According to the U.S Center For Disease Control's Web-Based Injury Statistics Query And Reporting System², about 4,000 people commit suicide a month in the US.



Select Injury Type

Suicide



Years
Select years to limit.

- 2024 (Provisional)
- 2023 (Provisional)
- 2022
- 2021
- 2020
- 2019
- 2018

Data Table

Year	January	February	March	April	May	June	July	August	September	October	November	December
2024 (Provisional)	4,031	3,795	4,035	4,148	4,306	4,098	4,276	4,341	--	--	--	--
2023 (Provisional)	4,274	3,778	4,159	4,023	4,323	4,098	4,386	4,416	4,166	4,060	3,804	3,829
2022	4,148	3,809	4,106	4,024	4,376	4,271	4,367	4,342	4,108	4,077	3,900	3,948
2021	3,890	3,568	3,996	3,722	4,091	4,087	4,092	4,367	4,232	4,278	3,962	3,898
2020	4,026	3,652	3,952	3,473	3,756	3,960	4,168	4,040	3,908	3,781	3,704	3,559
2019	3,833	3,561	4,161	4,029	4,052	4,050	4,193	4,181	4,109	4,043	3,597	3,702
2018	3,966	3,596	4,011	3,920	4,190	4,378	4,356	4,300	4,136	4,127	3,651	3,713

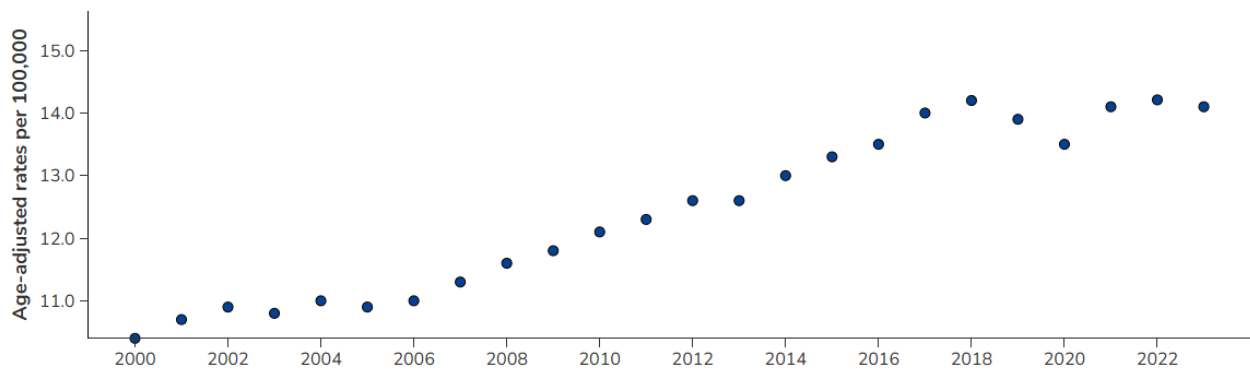
² <https://wisqars.cdc.gov/fatal-injury-trends/>

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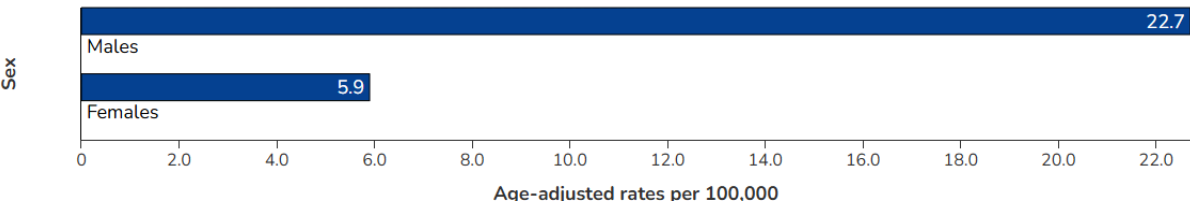
Suicide rates

Suicide rates increased 37% between 2000-2018 and decreased 5% between 2018-2020. However, rates returned to their peak in 2022.



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The suicide rate among males in 2023 was approximately four times higher than the rate among females. Males make up 50% of the population but nearly 80% of suicides.



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Psalm 34:7-19(NKJV)

The Happiness of Those Who Trust in God

34:7 The Angel of the LORD encamps all around those who fear Him, And delivers them.

8 Oh, taste and see that the LORD *is* good; Blessed *is* the man *who* trusts in Him!

9 Oh, fear the LORD, you His saints! *There is* no want for those who fear Him.

10 The young lions lack and suffer hunger; But those who seek the LORD shall not lack any good *thing*.

11 Come, you children, listen to me; I will teach you the fear of the LORD.

12 Who *is* the man *who* desires life, And loves *many* days, that he may see good?

13 Keep your tongue from evil, And your lips from speaking deceit.

14 Depart from evil and do good; Seek peace and pursue it.

15 The eyes of the LORD *are* on the righteous, And His ears *are open* to their cry.

16 The face of the LORD *is* against those who do evil, To cut off the remembrance of them from the earth.

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17 *The righteous* cry out, and the LORD hears, And delivers them out of all their troubles.

18 The LORD is near to those who have a broken heart, And saves such as have a contrite spirit.

19 Many *are* the afflictions of the righteous, But the LORD delivers him out of them all.

Background of Psalm 34

- **Author:** King David
- David was **fleeing from King Saul**, who wanted to kill him out of jealousy.
- David began **living as a fugitive**, hiding in caves, wildernesses, and even foreign lands.
- Most scholars estimate David was **on the run for 7–10 years**, starting shortly after his service under Saul (likely in his late teens or early twenties), until Saul's death when David was around **30 years old** (2 Samuel 5:4).
- In desperation, David fled to **Gath**, a Philistine city, the hometown of **Goliath**, whom David had famously killed.
- The servants of Achish recognized David and said, “Isn’t this the one they sing about — ‘Saul has slain his thousands, and David his tens of thousands’?”
- David **feared** for his life.

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In moments of deep sorrow, depression, and darkness, God is not distant. Instead, He draws near, offering healing, presence, and hope.

Psalm 34:18 (NKJV) “The Lord is near to those who have a broken heart, And saves such as have a contrite (feeling or expressing remorse or sorrow; affected by guilt.) spirit.”

Recognizing the Darkness

- Mental Health **is real**, and it affects people of faith too.
- In the Bible, many faithful servants experienced emotional anguish: David, Elijah, Job, and Jeremiah.
- Mental Health Issues do not disqualify us from God’s presence, it often draws Him near.

God’s Nearness in Pain

- “The Lord is near...” God does not wait for us to get better before He draws close.
- When our hearts are shattered, He’s not repelled, He’s present.
- The Hebrew word for “near” implies close enough to touch.

Cross-reference:

- Isaiah 57:15 – “I dwell in the high and holy place, with him who has a contrite and humble spirit...”

Brokenness is Not Failure

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- A “broken heart” and “contrite spirit” describe those who are crushed by pain or sin.
- The world may treat brokenness as weakness—but God treats it as openness.
- Depression does not make you faithless—it makes you human. And your humanity is the very thing God wants to meet.

Faith in the Darkness

- Faith doesn’t always feel like joy. Sometimes, faith is simply holding on.
- God’s nearness isn’t proved by our feelings, but by His promises.

2 Corinthians 5:7 – “For we walk by faith, not by sight.”

PRACTICAL STEPS FOR CHRISTIAN MENTAL HEALTH

A. Be Honest with God

- Like David in the Psalms: “Why are you downcast, O my soul?” (Psalm 42)

B. Seek Help Without Shame

- God uses Christian counselors, doctors, and community as part of His healing.

C. Speak the Word Daily

- Declare Scriptures over your mind (2 Timothy 1:7 – “...power, love, and a sound mind”).

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D. Create Margin and Rest

- Sabbath is not just law, it's mercy. Burnout is not God's will.

God Saves and Heals

- "...and saves such as have a contrite spirit."
- God doesn't just sympathize..... He *acts*. He rescues.
- His salvation is both spiritual (forgiveness) and emotional (comfort, healing).

Psalm 147:3 – "He heals the brokenhearted and binds up their wounds."

YOU ARE NOT ALONE!!!!!!!!!!

YOU ARE WORTH SOMETHING!!!!!!!!!!

YOU ARE SOMEBODY!!!!!!!!!!

YOU BELONG HERE!!!!!!!!!!

YOU ARE NOT ALONE!!!!!!!!!!