

JESUS AND YOUR MENTAL HEALTH

IT DOESN'T MAKE

SENSE

**A 10:10 LIFE SERIES ON MENTAL
& EMOTIONAL HEALTH**

Ephesians 4 (ESV)

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after fasting forty days and forty nights, he was hungry. 3 And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” 4 But he answered, “It is written, “‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’”

Ephesians 4 (ESV)

5 Then the devil took him to the holy city and set him on the pinnacle of the temple 6 and said to him, “If you are the Son of God, throw yourself down, for it is written, ““He will command his angels concerning you,’ and ““On their hands they will bear you up, lest you strike your foot against a stone.”” 7 Jesus said to him, “Again it is written, ‘You shall not put the Lord your God to the test.’”

Ephesians 4 (ESV)

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. 9 And he said to him, “All these I will give you, if you will fall down and worship me.” 10 Then Jesus said to him, “Be gone, Satan! For it is written, ““You shall worship the Lord your God and him only shall you serve.”” 11 Then the devil left him, and behold, angels came and were ministering to him.

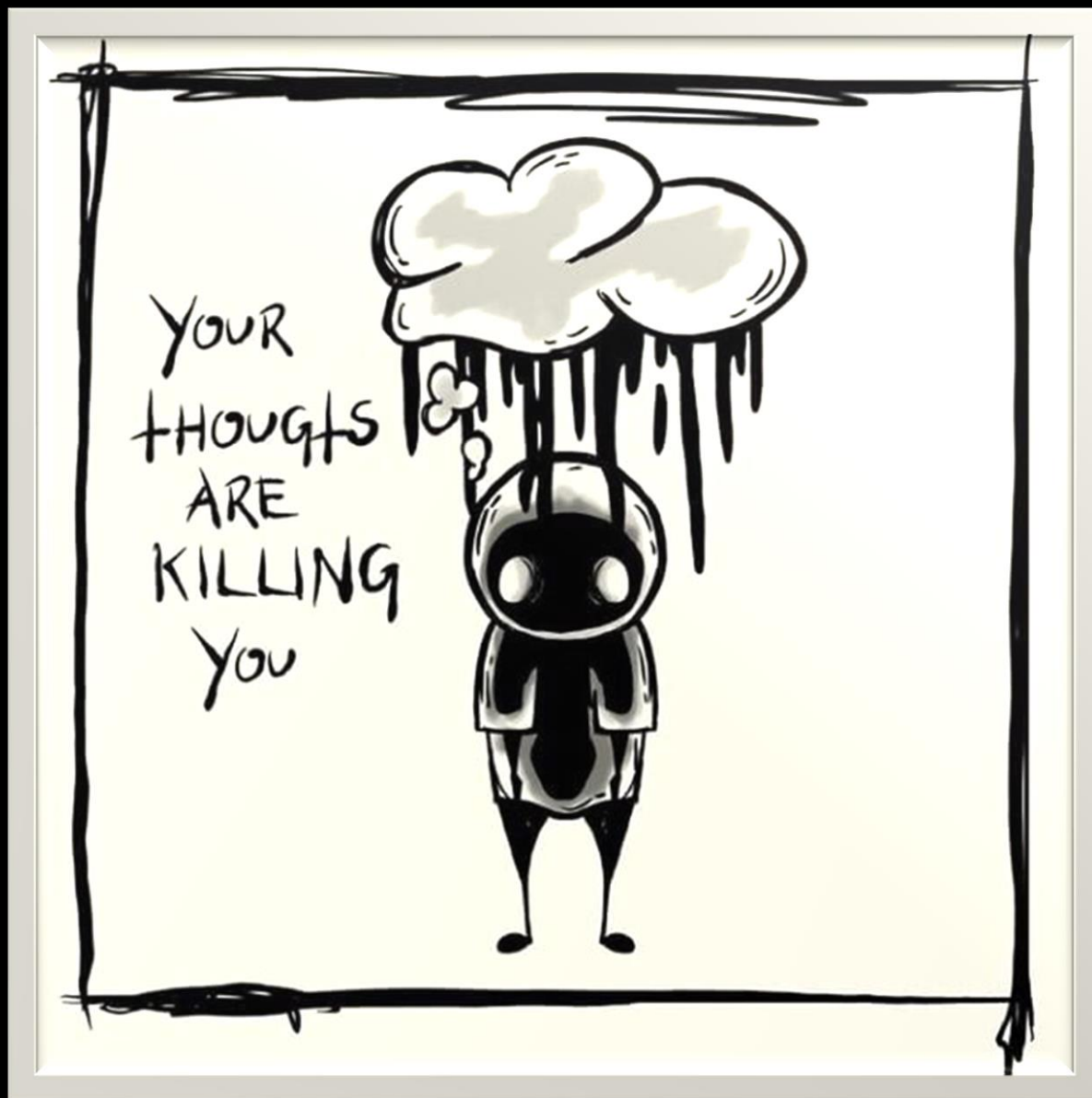
The Point

Our enemy, the Devil, is the Father of Lies.

Do not believe the whispers but stand on the truth of the
Word of God.

“it is written...”

mental



struggles

Mental Struggles

- Shema+ – Love God with heart, soul, mind & might (Mark 12:30)
- Post-Covid mental struggle statistics
- Jesus experienced mental struggles
 - Garden of Gethsemane
 - Wilderness

Mental Struggles

- Physical & mental health linked
- All believers struggle – Same “crappy” mind after salvation
- “Can’t I just turn on happy?”

A close-up photograph of a lion's head in profile, roaring with its mouth wide open, showing its teeth and tongue. The lion's mane is a mix of brown and black. The background is a dark, almost black space filled with a dense, chaotic explosion of golden-yellow particles, resembling sparks or embers, which are scattered across the entire frame. The lighting is dramatic, highlighting the texture of the lion's fur and the intensity of the roar.

SPIRITUAL WARFARE

&

**The
Battle
for Your
Heart**

1Glories.com

Spiritual Warfare

- Satan wants to destroy everything God wants
- Spiritual warfare is fought in our mind
- Weapons
 - Feelings
 - “Fake news”
 - Whispers – “I am not good enough”
 - Corrupt ideologies – Tears people & families apart

Spiritual Warfare

- Strategies
 - Attack our identity – Child of God
 - Doubt God
 - Word
 - Work
 - Worthiness
 - Lust of the eye & flesh and pride



**Victory in
Spiritual Warfare**

Victory

- As believers, we have already won the war

31 What then shall we say to these things? If God is for us, who can be against us? (Romans 8:31 ESV)

- “Hunting is not a sport”
- “Preach the Gospel to ourselves”
- “My feelings are not Lord of my life”
- “The worst days of our life don’t define us”

Victory

- “Jesus tells me who I am, not the devil”
- “Trust God not our heart”
- Surrender to & love of the Word of God – Freedom & abundant life
- Put on the “full armor of God”

ARMOR OF GOD

Ephesians 6:10-20



Victory

- “It is written”
- “Jesus’ crown was preceded by the cross”
- “It is finished”

Discussion Questions

- How discouraged are you today given all that's going on in the world?
- What mental struggles are you dealing with today?
- Where is Satan attacking you?
- Do you have any doubts about God's Word, work or worthiness?
- What impact are these things having on your mental & physical health?

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