

LESSON 1
RESTORING THE SOUL
PSALM 19:7-9

I. INTRODUCTION.

A. This Lesson Is a Foundational Lesson.

1. This lesson will remind us that God creates our body and our mind and he reveals his will to us concerning how to take care of our body and mind.
 - a) God is the “father of our spirits” (Heb. 12:9). Since God made our spirit, he is interested in developing it and taking care of it.
2. This lesson will not address various kinds of mental problems and how to deal with them. A future lesson will do that.

B. Mental Health – Is It New?

1. No! God has helped mankind through the centuries and millennia by his word, going all the way back to Cain (Gen. 4:6-7).
2. Asylums for the mentally ill were built in Europe, then America, in the 1800’s. Modern-day psychiatry came about c. 1900, followed by the prescribing of medicines and visits to therapists, c. 1950. Both psychology and psychiatry are popular today.
3. Human nature is the same today as it was many years ago. Many of the negative mental emotions/feelings that people have today are already mentioned in the Bible: anxiety, depression, suicide, addiction, grief, etc.
4. Can you name one true, positive, beneficial piece of counseling that is not already mentioned in the Bible?
5. The Bible addresses all sinful attitudes and the actions you need to take to get out of them.

C. Are You Having Emotional Issues?

1. Many do have them. Current stats show a high number of individuals are suffering from some kind of emotional/mental problem.
2. Who do you turn to? Where do you get your help?

D. Do You Turn to God and His Word?

1. Many do not because they do not believe the Bible will help them with their emotional or mental problems. Why?
2. Do you know that God and his word can help you?
3. Do you know that God made both your body and your mind (emotions)?
4. Do you know that the Bible addresses your emotional/mental problems?
5. The Bible is not just about the plan of salvation. The Bible is the best psychology book ever written!

E. Two Caveats:

1. I’m not saying don’t take prescription drugs or do take prescription drugs for a mental health problem. That is up to you and your doctor.

- a) There are physical brain issues (physical, neurons firing properly or not; the brain is an organ like the kidneys, liver, etc.) and there are spirit/soul issues.
 - b) I am not denying that there may be chemical, biological, genetic, and hormonal considerations to keep in mind in a person's life. That would be for a doctor to determine.
2. I'm not saying don't go to a therapist or do go to a therapist for a mental health problem. That is your decision.
 3. What I am saying is this: begin with God and his word to treat any mental health problem you may be experiencing. God should always be the foundation starting point to any mental health prescription.

II. GOD AND YOUR MIND.

A. What Is the Make-Up of Mankind?

1. God made us to have an outward, physical body and an inward non-physical spirit (Gen. 1:27; 2:7).
2. We are to love God with all our body (strength) and our mind (Mk. 12:30).
3. Men and women have a "body, soul, and spirit" (1 Thess. 5:23).

B. We Can and Must Change Our Thinking for the Better.

1. We can transform (change) our thinking (mind) by following God's will (Rom. 12:1-2; Eph. 4:22-23).
2. Christians are to put off the old man (mindset, thinking) and put on the new man (Eph. 4-5; Col. 3). This is done by changing our thinking to match what the word of God says. See Phil. 3:15 and note the word "reveal".
3. We are to let our mind be guided by the words of the H.S. (Rom. 8:5ff; Gal. 5:16ff).
4. Paul was given "the mind of Christ", so that we can know it and follow it (1 Cor. 2:16). We are to have the mind (attitude) of Christ in us (Phil. 2:5).
5. Our mind is to have God's wisdom (Rev. 17:9; see Jas. 3:13-18).

C. The Bible Addresses All Our Needs, Including Our Emotional/Mental Needs.

1. God made us and knows what we need in all aspects of our life.
 - a) The Bible is complete (2 Tim. 3:16-17).
 - b) The Bible gives us all things (2 Pet. 1:3).
2. God's manual addresses our body and our mind – his law in the mind (Heb. 8:10; 10:16).

D. The Bible Addresses Your...

1. Heart.
2. Mind.
3. Thinking/thoughts.
4. Perceive and perception.
5. Reason.
6. Self and self-control.
7. Sober and soberminded.
8. Soul and spirit.

9. Understanding.

10. Wisdom.

E. The Bible Addresses Your...

1. Negative feelings like...

- a) Addiction.
- b) Adversity.
- c) Anger.
- d) Anxiety.
- e) Blinded (2 Cor. 4:4).
- f) Boasting (Rom. 12:16).
- g) Corrupt (2 Cor. 11:3; 1 Tim. 6:5; 2 Tim. 3:8).
- h) Death.
- i) Defiled (Tit. 1:15).
- j) Depression.
- k) Depravity (Rom. 1:28)
- l) Despair.
- m) Doubt (Lk. 12:29).
- n) Earthly (Phil. 3:19).
- o) Enemies (Col. 1:21).
- p) Fear.
- q) Fleshly (Col. 2:18).
- r) Grief.
- s) Guilt.
- t) Hardening (2 Cor. 3:14).
- u) Homosexual thoughts (Rom. 1:23-25).
- v) Lust.
- w) Rich (1 Tim. 6:9).
- x) Shame.
- y) Sin.
- z) Sorry.
- aa) Stress.
- bb) Suffering.
- cc) Temptation.
- dd) Troubled (2 Thess. 2:2).
- ee) Vanity (Eph. 2:3; 4:17).
- ff) Worry.
- gg) Etc.

2. Positive feelings like...

- a) Assurance/confidence (Rom. 14:5).
- b) Compassion.
- c) Eagerness (Acts 17:11; 1 Pet. 5:2).
- d) Forgiveness.
- e) Heavenly (Col. 3:2).
- f) Hope.
- g) Humility (Acts 20:19; Phil. 2:3).
- h) Joy and rejoicing.
- i) Love.
- j) Maturity (1 Cor. 14:20).
- k) Mercy.
- l) Peace.
- m) Self-esteem and self-worth.
- n) Sober and sound (2 Cor. 5:13; 1 Tim. 3:2; Tit. 1:8; 2:2, 5, 6; 1 Pet. 1:13; 4:7).
- o) Unity – same mind.
- p) Etc.

F. God Wants to Help You with Your Mind.

- 1. Job 38:36.
- 2. He tests the heart and the mind (Psa. 7:9; 26:2; Jer. 11:20; 17:10; 20:12).

G. Jesus Can Be Your Counsellor (Isa. 9:6; 11:2).

III. APPLICATIONS FOR TODAY.

- A. Become A Christian.
- B. Return to Jesus.
- C. Make A Practice of Daily Bible Reading. Read the Psalms
- D. Pray More.
- E. Keep Assembling for Bible Class and Worship.

IV. CONCLUSION.

- A. Yes. God Is Ready to Help You with Your Mind (Attitude, Emotions, Feelings, Thinking). He Wants to “Restore the Soul”.
- B. The Bible Tells You How to Deal with Your Mind. You Decide If You Want to Hear It and Make the Change.