

Old Man – New Man “Program 5”

Written by Dr. Eli Rojas

Mental Health

There are so many stigmas concerning mental health that people often prefer not to talk about it. The enemy of souls rejoices over this because as long as we keep it to ourselves we will not be able to have victory over it. Today we need to start this meeting with prayer asking God not only to help us share but also for wisdom and words of encouragement, and if necessary, to find help.

Declare

1. Let's get right to the point. What are stigmas about issues of mental health? Why do we try to hide it, ignore it, or pretend it is not there?
 - a. _____
2. The Bible talks about the subject of depression. Read 1 Kings 4:19. Was Elijah depressed? Why?
 - a. _____

Dig

3. Dr. Roma made reference to three levels of depression in a particular way. Referring to them as different shades could you list them and explain what she meant by these shades?
 - a. _____¹
4. Removing the stigma of depression. Dr. Roma explained that depression “is not a bad thing, but rather a flag, a warning, or a stop sign.” It is as if the body and mind are saying “I need a break.” What would you say to someone that admits to you that he/she is depressed?
 - a. _____
5. Read Psalm 77. First list the words/sentences that reflect a state of depression on the part of the writer, and then list the solutions that this individual lists as solutions to his condition. Use the back of this page for it.
6. Dr. Roma mentioned some signs that individuals may feel when dealing with depression: They may feeling lonely, that there's no one to help or to support them, that no one cares, they may be feeling powerless, that there's nothing that can be done about their condition or situation. Because depression is so common today, it will be wise for us to be prepared to help someone facing depression. How would you encourage someone that tells you he/she is feeling lonely and/or powerless?
 - a. Feeling all alone -

¹ Gray, Dark and Black.

b. Feeling powerless -

7. A common cause for depression is the loss of something that gives us value or purpose. For example; the loss of a job, financial security, relationship, or material possessions. Satan tried to tempt Jesus to focus on these things. Read Luke 4:1-14 and discuss what the object of each temptation was and how Jesus reacted. One phrase Satan repeats several times: "if you are the Son of God..." Why was Satan focusing on that and what implication it has for us today?

a. _____

b. _____

8. We need to realize that we are more than our bodies. Our possessions do not define us. Where should we find our identity? Read 1 Corinthians 6:19-20 and elaborate on the meaning of "bought with a price." What does that imply?

a. _____
b. _____

Devote

9. Each individual's struggle with depression is different. However, some general principles can generally be applied to dealing with it. Here are some steps to begin recovering;

- a. Set goals. Be specific, set attainable and measurable goals.
- b. Listen to your body.
- c. Don't be ashamed or afraid of asking for help.
- d. Consider changes that will improve. For example; your diet, regular exercise, water intake, rest, biblical meditation [God's promises], breathing, healthy exposure to sunlight, and trust in God. All these practices deeply affect/improve our health.

10. One thing that was mentioned a few times in the program is that "it is okay to seek help." Are you dealing with depression? What are you going to do about it? Be specific in your answer considering the advice mentioned above.

11. As a group, if someone shares his/her struggles with depression, you need to come up with a support system for those that are being affected by it. Sometimes just knowing that someone cares and prays for you is enough to start on the track of recovery.

John starts his third epistle saying: "Beloved, I pray that you may prosper in all things and be healthy, even as your soul prospers." [3 John 2 WEB] And Jeremiah said: "Blessed is the man who trusts in Yahweh, and whose trust is Yahweh. For he shall be as a tree planted by the waters, who spreads out its roots by the river, and shall not fear when heat comes, but its leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit." [Jeremiah 17:7-8. WEB]

Pray for the members of the group to have mental health.