

A “worldview” refers to society’s shared understanding regarding an issue. A “Christian worldview,” then, refers to a shared understanding amongst Christians. However, as people, we will each have our own individual view too, e.g. a botanist will classify an apple, an artist will draw it, and a child may eat it. The way we look at a situation is influenced by how we look at the world as a whole.

The Bible demonstrates four main segments to help understanding a Christian worldview. They are: Creation (why we are here), Fall (what is wrong with the world), Redemption (how it can be fixed) and Restoration (future hope). These four aspects together can help us to understand issues around mental health, mental illness and how to respond appropriately.

1. If you were to explain mental health to a friend, what would you say?
2. What role does the Bible play in shaping your view of mental health?
3. Can identify any of the challenges some Christians may face in talking about mental health openly?
4. In Genesis 2:25, what picture do we gain of humanity and God’s intention with regards to our mental wellbeing? How does Genesis 1:27-28 add to God’s purpose for us?

5. In Genesis 3, sin breaks down every form of relationship. Contrast the words from Genesis 2:25 with 3:10? From a mental health perspective, what has changed?
6. What are some of the causes of mental illness? If we see every form of illness as personal sin, what are the implications for those affected?
7. When Jesus died on the Cross we were redeemed, but we live in a now and not yet world or the empty tomb to the return of Jesus. How then does the Christian worldview interact with the following aspects of our well-being?

Social – 1 Peter 2:9-10

Emotions – Romans 8:1,31-39, Psalm 34:18

Thinking – Romans 12:1-2

Spiritual life - 1 Thess 5:23

8. How might the gospel speak into a person’s situation that is impacting their mental health? Think about a person grieving.
9. What can we do to help ourselves and each other in order to improve our mental health?

Prayer Points

Please pray for the practitioners, charities and carers who support those with mental illness and mental health challenges.

Pray for the Alpha course, the leaders, people to come and the courage to invite others.

Pray for BMS partner Middle East Concern, which supports people in the Middle East and North Africa who are discriminated against or persecuted for being or becoming Christians.

Sermon Notes



BIBLE STUDY

January 12th 2025

Mental Health: A Biblical Perspective

Romans 12:1-2

We live in a time when there is a greater effort to understand the challenges people face with mental illness, and the importance of everyone's own mental wellbeing.

In light of this, how do we understand mental health as Christians? What does the Bible actually teach, avoiding the danger of taking verses out of context? If we are faced with anxiety, depression or suicidal thoughts, how do we relate the gospel to our personal experience? How can we bring hope to those who face daily challenges?

If you would like to join a Connect Group, please contact the church office 01424 730001