

Am I Losing My Mind?

Scripture used: [Job 6:11](#), [Psalm 30:5b](#), [Job 3:25](#), [Job 6:1-3](#), [2 Cor. 12:9-10](#), [Job 6:15](#)

OVERVIEW

This week Pastor Hurmon addressed head-on the mental health crisis in the US. The decision by Simone Biles to withdraw from the Tokyo Olympics triggered a national conversation about honesty, vulnerability, and limits. All too often, many churches have intentionally or unintentionally minimized mental health needs. In today's message, we unequivocally proclaim that God calls us to faithfulness in stewarding our physical health, mental health, and spiritual health, and that it is a faithful choice not to minimize our mental health and instead to make it a priority.

KEY POINTS

- 1) **We need to acknowledge our limits in ourselves and others.** Michael Phelps was the first person to side with Simone Biles. He recalled how, for years, he was not seen as a person, just as an athlete, and that led him to relentless pressure to perform, and deep depression that brought him close to taking his own life. The only time we're losing our mind is when we're not taking care of our mental health.
- 2) **Job says "I don't have the strength to endure."** How do we survive the figurative "night" (darkness and void) to get to the day? This goes beyond a spiritual question, it's an existential question. We are body, mind, soul – we have physical, intellectual, spiritual sides. An attack can hurt us physically, traumatize us emotionally, and confuse us spiritually. A wound heals but trauma endures. Job is experiencing exile and isolation. Crying and tears are his *daily bread*.
- 3) **Job mistakenly thought that because he was a wealthy and powerful man of faith, he would be protected from misfortune.** He used his wealth in godly ways to help the marginalized. He fell victim to a fallacy, a spiritual confusion: "If I do the right thing, God will protect me from trials and grieving moments." The reality is that we live in a broken world, and God does not promise an escape from a life of brokenness. Job experienced catastrophe with his estate, his children, and his health. We have also experienced great loneliness and duress in the past two years from political and racial divisions, anxieties about environmental damage, and the pandemic and quarantines.
- 4) **The first step is to admit we are not OK.** Bubba Watson, the PGA golfer, used to keep everything to himself. His identity as a Christian man helped him openly acknowledge his fears and "mental issues". There are moments where courage means acknowledging weakness, even utter helplessness. Sometimes acknowledging our limits actually builds resilience in others – for example, not just taking care of every need for our kids, but also guiding them to stand up on their own. We must be humble enough to ask for help from friends, counselors, our small group, and God – God will point us to the people in our life and to the power of His Spirit. We must honestly admit our weakness so others can be our strength.
- 5) **Survive the night, then change the routine.** We must find physical, intellectual, spiritual rest. Learn and internalize God's word – nothing can separate us from the love of God. Be careful with the content and news we consume. Don't fall prey to unhealthy dependencies and depressive habits. Show compassion for ourselves and others – people will fill our life with love. Shut off uninformed voices ([Job 6:15](#)) and instead seek wisdom, sound counsel.
- 6) **We are in the midst of an unfolding miracle.** Simone Biles has had a life of unbelievable adversity followed by triumph. She is allowing the miracle to unfold. She is exiting the past to start a brand new chapter in life, and letting God have His way with her future. As we too follow God, we will also find ourselves in the midst of unfolding miracles, even as we encounter nights of weeping and as we wait for morning joys.

DISCUSSION

- 1) **HEAR** - What has your experience with mental health been? Was this something openly discussed when you were growing up, either in your family or your church? What positive role models do you have of people who have prioritized their mental health?
- 2) **UNDERSTAND** - Consider [2 Cor. 12:9-10](#). What is your attitude toward weakness, and what is your attitude toward strength? Have you seen this kingdom principle of God's strength made available to us in our weakness at work in your life? What prevents us from being honest about our strengths and weaknesses?
- 3) **DO** - Consider one practical step this week that is positive for your mental health. If you need help, reach out to a trusted friend or other resource for help! Join us next Sunday for the second part of this message.