

# The Bible & Mental Health (2)

## Enemies of the Mind (1)

---

### INTRODUCTION:

- A. You wouldn't think of knowingly allowing a thief into your home . . . Or would you?
2. Consider the following enemies of the mind. We often allow these "thieves" to rob us of our mental health.

### **GUILT – A TWO-EDGED SWORD**

A. What is guilt?

1. A feeling of culpability (deserving of blame) on account of a wrong that was done.
2. One of the greatest emotional factors. Guilt can be either good or bad, depending on how man responds to this emotion.

B. If God did not exist, there would be no such thing as guilt.

1. Other forms of biological life (ex: pine tree, dog, etc.) do not experience guilt.
2. Man's awareness of guilt (as reflected by his conscience) signals that there is moral cognizance within the soul, thus pointing to the ultimate moral source – God.

C. Guilt can be either subjective or objective.

1. **SUBJECTIVE GUILT** is guilt that a person feels but in fact has no basis. Ex: When a person commits suicide a surviving loved one may feel an unwarranted sense of guilt. A person may accidentally run over a toddler with his automobile and feel guilty, even though the accident may have been unavoidable.
2. **OBJECTIVE (ACTUAL) GUILT** is the result of violating God's law. We ought to feel guilty as a consequence of doing wrong. Consider the response of many who heard Peter's preaching on the day of Pentecost (Acts 2:37).
3. "Godly sorrow" is an especially valuable emotion (II Corinthians 7:10). When a person avails himself of the cure for this type of guilt (a proper

relationship with God,) this guilt does not have to be devastating (Isaiah 1:18; Acts 3:19).

4. When we allow ourselves to linger in our guilt, guilt can rob us of our sleep at night and ruin our waking hours. Guilt can stalk us like a beast until we no longer enjoy living.

D. Unfortunately, rather than properly deal with his guilt, man often denies his responsibility.

1. Men deny the existence of sin.
2. Men call sin by less offensive names (ex: homosexuality becomes an "alternate" lifestyle or simply "gay").
3. Men rationalize their sin (ex: justifying themselves or claiming to be mere "products of their environment"). Men conceal their guilt or legalize their sin (ex: the murder of innocent, unborn children becomes the "right to choose").

## **THE MANY SORROWS OF MATERIALISM**

A. Notice Paul's warning to Timothy in I Timothy 6:9-10: "For the love of money is the root of all evil." Consider the following:

1. "Minded" means to "purpose" or "will" and is in the present tense (progressive action), middle voice (self interest) form. Paul's words describe a person who is continually obsessed with obtaining "things" for his own use.
2. The term "rich" is a present infinitive denoting an ambition for sustained prosperity.
3. "Fall" is a verb in the present tense and hints of the fate of those whose goal in life is the pursuit of things.
4. Those persons who are obsessed with making money or obtaining things are eventually caught in a trap and destroyed.

B. An infatuation with money can lead to a multitude of problems.

1. In the parable of the sower, Jesus warned against the deceitfulness of riches (Matthew 13:22).
2. Money promises much but cannot deliver. There is no security in material things.

C. Consider Jesus' parable of the rich fool.

1. The man had laid up goods for many years.

2. But God said, "Thou fool, this night thy soul shall be required of thee" (Luke 12:20). The original language indicates, "This night they require your soul," suggesting that the man's possessions were the very thing that did him in.

## **WORRY: THE THIEF OF TRANQUILITY**

### A. Worry (stress) is a killer.

1. Dr. S. I. McMillen has discussed the differences between the "stress" glands of the lion and that of the crocodile.
2. The lion, in his jungle habitat, is constantly subjected to stress. Consequently, his life span is relatively brief. The crocodile's glands are small and relatively inactive. He is not subjected to the constant "stress" of the lion and lives much longer.
3. Autopsies of humans have shown that the adrenal glands in those persons who have been exposed to great amounts of stress are larger than those who have not.

### B. Jesus addressed the problem of worry in the Sermon on the Mount.

1. Jesus warned, "Take no thought (do not be constantly worried) for your (physical) life (Matthew 6:25). Jesus argued there is more to life than just the physical.
2. Jesus pointed out that if God takes care of his lesser creatures (the animals) he will surely provide for his people.

### C. Jesus' words point out the futility of worry.

1. No man can add years to his life by worrying.
2. Jesus also noted that worry is "paganish." Note: "For after all these things do the Gentiles seek" (Matthew 6:32). Those persons in the world may worry over physical matters, but Christians ought not.

## **CONCLUSION:**

### A. Are you letting these enemies of your mind rob you of emotional health?

1. Guilt.
2. Materialism.
3. Worry.