



“Something is not right.”

Miss Clavelle is a nun who is the caretaker in a school for girls. Madeline is an orphan. Watch this video clip with me.

<https://www.youtube.com/watch?v=QPk1XlqVvj4>

Although your appendix may not be bursting, “something is not right.” Things have changed in the last thirty years so that not only one person is burning up with hypothetical fever, but probably half or more of all people.

There is a mental health crisis. Either you struggle with your mental health, or you know someone that does. And even if you don’t, you or someone else has created some habits that have forged new pathways in your brain that are setting off these alarm bells that you are not safe. God designed our physical bodies to keep us safe. When we feel anxious, it’s our bodies warning us “something is not right.”

Dr. John Deloney says, “Instead of focusing on anxiety, think of it as a smoke alarm. Anxiety is telling you something. What is it trying to tell you?” “Something is not right.”

[Leader note: tell your own story here about your or someone else’s mental health struggle and its affects.]

For the next four weeks, I want to help you. I want you to get your life back, or the life you’ve always wanted, one of joy, peace, laughter, connection, hope, strength, resiliency, freedom, and a feeling of closeness with God.

I want you to have a sound mind.

This term, “sound mind” comes from **2 Timothy 1:7 (NKJV)**, “*For God has not given us a spirit of fear, but of power and of love and of a sound mind.*”

In this letter to Timothy, the apostle Paul encouraged Timothy that God wanted to give him a “sound mind.”

The Greek word “Sophronismos” can also mean “safe minded.”¹

“The sound mind Paul speaks of is a mind under the control of God’s Holy Spirit. Having a sound mind requires a thought process based on the wisdom and clarity that God imparts rather than being manipulated by fear.”²

Remember, fear or anxiety are the “smoke alarms” to a bigger problem. God wants to give you a sound mind in place of those things.

Each week, I want us to go to the book of Psalms together. If you are struggling with mental health, the Psalms are an incredible place in Scripture to camp out. So set up your tent, get out your camping toilet, make some s’mores, and spend time with God in the Psalms. They are raw prayers, poems, and songs that King David (who wrote 73 of the 150) and others wrote in times of highest highs and lowest lows. Think of King David like some of the great song writers out there today: Charlie Puth, Ryan Tedder, or Taylor Swift; only instead of writing for himself, he wrote them for God under His inspiration.

I want to help you get comfy in the book of Psalms so it can be a tool in your toolbelt for the rest of your life. Jesus himself quoted the Psalms all the time, even on the cross. Let’s look at some of those times:

Jesus quoted **Psalm 22:1 (ESV)** *“My God, my God, why have you abandoned me?”*

Jesus quoted **Psalm 35:19, 69:4 (NLT)** *“Don’t let my treacherous enemies rejoice over my defeat. Don’t let those who hate me without cause gloat over my sorrow.”*

Jesus quoted **Psalm 37:11 (NLT)** *“But the meek will inherit the land and enjoy peace and prosperity.”*

Now, Jesus was fully God AND fully man. He experienced trouble. He drew on the wisdom of the Psalms in those hard times. You too will have trouble, but God wants to give YOU a sound mind.

¹ <https://biblehub.com/greek/4995.htm>

² <https://www.gotquestions.org/sound-mind.html>

Check out this Psalm and see if you can relate with King David. He wrote this when he was physically in danger, running away from his own son who wanted to kill him. This imperfect man is going to teach us how to pray in good times and bad.

Psalm 3:1-8 (NLT)

*“O LORD, I have so many enemies; so many are against me. So many are saying, “God will never rescue him!” But you, O LORD, are a **shield** around me; you are my glory, the one who **holds my head high**. I **cried out to the LORD**, and **He answered me** from His holy mountain. I lay down and **slept**, yet I woke up in **safety**, for the LORD was watching over me. I am not **afraid** of ten thousand armies who **surround me on every side**. Arise, O LORD! **Rescue** me, my God! Slap all my **enemies** in the face! Shatter the teeth of the wicked! **Victory** comes from you, O LORD. May you bless your people.”*

You or someone you love may feel like you or they are in a fog of depression, enslaved to your compulsions, riddled with anxiety, at the mercy of your mood swings, unable to focus, or crushed by the weight of life and wanting to escape it all, but I want to help you.

There is hope. This is a safe place to open up and talk about these struggles and find help and healing. I want you to have a sound mind.

Today, the first thing I want to teach you is to detox.

Our bodies do a really good job clearing out toxins, but do you ever come off a weeklong vacation where you just feasted for five days straight? I think of the baby book, “The Very Hungry Caterpillar.” He ate one piece of ham, one slice of watermelon, one muffin, one drumstick, one pack of Sour Patch Kids, one bowl of Chipotle, one basket at Cane’s, one Acai bowl, and one vente caramel Frappuccino, and then he had a stomachache.

And what did he do the next day? He ate through one nice green leaf and felt better.

I think we need to have a detox. It’s going to be counter cultural. It’s going to be hard because some of these things are lifelong habits, some are



Big Idea: God designed our bodies to heal and there are many tools He can use to do that.

Main Points:

- We are embodied souls
- We have limits
- God’s design is good
- God created the “fight or flight” response to keep us safe
- How does trauma affect us?
- Start your day with good habits
- What is the gospel?

If you want to have a sound mind:

1. Come to God and others who love God with your pain.
2. Keep things in perspective
3. Pack your toolbox

Connect:

-Have everyone share a high and a low from the week and any prayer requests they might have. Depending on how much time you have, consider setting a timer for 1-2 minutes per person.

Scriptures: 2 Timothy 1:7 (NKJV), Psalm 16:1, Psalm 8:1-9, Psalm 6:1-10

Ask several students to read these passages out loud for the group. Have everyone turn in their Bibles to the verses and highlight or underline them to help them begin to engage with the Bible.

Discussion Questions: *Don’t feel like you need to get through them all.*

-What does it mean to be an embodied soul? How have many heresies over the centuries distorted what the Bible teaches on our bodies?

-What purposes was your body created for?

-When we are in charge of our own lives and not Jesus, what tends to happen eventually? Where do we drift to?

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