



WHERE IS GOD IN THIS MESS?

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WHAT IS SO SPIRITUAL ABOUT MENTAL HEALTH?

The YMCA Triad

Mind - Body – Spirit
They reflect the Triune nature of God
These cannot be separated
They all influence one another



The link between physical health and spiritual health.

Prov 3:7-8 - Do not be wise in your own eyes; fear the LORD and depart from evil. It will be health to your flesh, and strength to your bones.

Ps 38:3 - There is no soundness in my flesh because of Your anger, nor any health in my bones because of my sin.

(**Note:** Physical illness is not always a result of sin - John 9:2-3 - And His disciples asked Him, saying, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned, but that the works of God should be revealed in him.)

Prov 12:18 - the tongue of the wise promotes health.

Prov 16:24 - Pleasant words are like a honeycomb, sweetness to the soul and health to the bones.

Should we address the spiritual or the physical in treating mental illness?

Both are necessary.

The mind needs to be operating well in order to discuss the spiritual.

The internal benefits of prayer.

Studies show that those who pray experience greater healing.

Are there such things as evil spirits and demon possession?

Read Mark 5, Ephesians 6:12

We have to be careful about leaning too heavily on this side of things.

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Dealing with questions of doubt.

Prayers not answered.

Dealing with issues of punishment

Wrestling with God's loving sovereignty
Romans 8:28

IS THERE ANY HOPE?

The benefits of praying to a living God.

Praying to a God who reveals himself as the Great Physician elicits the real help of a real God who knows our pain.

Read Hebrews 4:14-16

Proverbs 23:17-18

The alternative is to be limited to finding help only within ourselves.

Our experiences can help others – 2 Corinthians 1:3-7

Footprints in the Sand

One night I dreamed I was walking along the beach with the Lord.

Many scenes from my life flashed across the sky.

In each scene I noticed footprints in the sand.

Sometimes there were two sets of footprints,
other times there were one set of footprints.

This bothered me because I noticed
that during the low periods of my life,

when I was suffering from
anguish, sorrow or defeat,

I could see only one set of footprints.

So I said to the Lord,

"You promised me Lord,

that if I followed you,

you would walk with me always.

But I have noticed that during
the most trying periods of my life

there have only been one
set of footprints in the sand.

Why, when I needed you most,
you have not been there for me?"

The Lord replied,

"The times when you have

seen only one set of footprints in the sand,
is when I carried you." Mary Stevenson