

Mental Health: Jesus + Therapy = Healing

Co-Presenter: Psiyina Davis, LMFT

www.psiyinaldavis.com

- I. What is mental health?
 - a) “Mental health is the state of well-being where every individual realizes his or her own potential, can cope with the normal stressors of life, can work productively and fruitfully, and is able to make a contribution” to the larger community. (World Health Organization).”
 - b) 3 John 2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.
 - c) 2 Timothy 1:6-7 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of fear, but of power and of love and of a sound mind.
 - d) John 15:5 “I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.”
 - e) Mark 16:15 And He said to them, “Go into all the world and preach the gospel to every creature.
- II. Therapy helps you to be a good steward of the temple (1 Corinthians 6:19-20 “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”
 - a) Mark 12:31 And the second, like it, is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”
 - b) Psalm 94:17 Unless the Lord had been my help, my soul would soon have settled in silence.
 - c) Psalms 94:19 In the multitude of my anxieties within me, your comforts delight my soul.
- III. Body, Mind and Spirit daily hygiene
 - a) Physical health
 - b) Spiritual health
 - c) Mental health
- IV. Find a mental health professional to heal, and to be healthy living epistle