Mental Health and the Christian Life: Part Two

Christian Bland | 11/1/2026

I. Practical Ways to Address Mental Health Struggles

A. Talk to a good friend.

B. Consider your physical health.

C. Talk to pastors or elders for biblical guidance.

D. Talk to a counselor or therapist.

E. Talk to a psychiatrist and take psychiatric medicine.

II. Spiritual Ways to Address Mental Health Struggles

A. Prayer (1 Peter 5:7; Philippians 4:6–7).

B. Scripture (Psalms 4, 27, 34, 42, 46, 88, 127).