



Peace of Mind

January 7, 2024

A **theology** of mental health

**Why** do people suffer? (mental health?)

1. **Individual sin**
2. **Not enough faith**
3. **Demon possession**
4. **Brokenness**

Luke 13:1-5

<sup>1</sup> About this time Jesus was informed that Pilate had murdered some people from Galilee as they were offering sacrifices at the Temple. <sup>2</sup> “Do you think those Galileans were worse sinners than all the other people from Galilee?” Jesus asked. “Is that why they suffered? <sup>3</sup> Not at all! And you will perish, too, unless you repent of your sins and turn to God. <sup>4</sup> And what about the eighteen people who died when the tower in Siloam fell on them? Were they the worst sinners in Jerusalem? <sup>5</sup> No, and I tell you again that unless you repent, you will perish, too.”

## **Oversimplification**

Brokenness acknowledges the **complexity**

Our mental and emotional health can be broken - by us, by others, by participating in broken creation.

Great...now what?

Jesus **cares** for broken people

Jesus: healing, welcoming, promising

Luke 5:31-32

<sup>31</sup> Jesus answered them, “Healthy people don’t need a doctor—sick people do. <sup>32</sup> I have come to call not those who think they are righteous, but those who know they are sinners and need to repent.”

---

## REFLECTIONS

1. Why might it be important that we talk about mental health as a church?
2. Review the four modalities that people often use to answer the question, “Why do people suffer?” In what ways are they true? In what ways do they fall short?
3. Define “brokenness” in your own words. How have you seen “brokenness” in your life and in our world? How does “brokenness” acknowledge the complexity of mental health?
4. Can you find biblical examples of Jesus healing, welcoming, and making promises to broken, messy, or sick people?
5. Read Luke 5:27-32. Who does Jesus care about? In what ways is Jesus a “doctor” or “healer”?