Peace of Mind: Stewardship   January 14, 2024

A theology of mental **health**.

<--------------------------- Health --------------------------->
Good / Better / More   Bad / Worse / Less

Mental health applies to everyone. Mental health is unique to everyone.

Mind / Body / Spirit

Genesis 1:26
Then God said, "Let us make human beings in our image, to be like us. **"Good!"**

God trusts **you** to take **good** care of your [mental] health.
Stewardship (self-care)

We give up on Good. We give up on Stewardship. We settle. Identity.
God does **not** give up when you are **not** good.

John 5:1-9
Afterward Jesus returned to Jerusalem for one of the Jewish holy days. [2] Inside the city, near the Sheep Gate, was the pool of Bethesda, with five covered porches. [3] Crowds of sick people—blind, lame, or paralyzed—lay on the porches. [5] One of the men lying there had been sick for thirty-eight years. [6] When Jesus saw him and knew he had been ill for a long time, he asked him, "Would you like to get well?"

[7] "I can't, sir," the sick man said, "for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me."

[8] Jesus told him, "Stand up, pick up your mat, and walk!"

⁹ Instantly, the man was healed! He rolled up his sleeping mat and began walking!

1. Jesus heals him
2. Jesus healed his legs through his ears
3. There is more than one way to be healed
4. Listen, obey, and take a step

REFLECTIONS

1. In your own words, what does it mean to be healthy?

2. What does it take to have a healthy body? A healthy spirit? A healthy mind?

3. What does it mean to you that God would entrust you with your own mental health? Why are boundaries and self-care so important?

4. Why do people give up on having "good" health?

5. Read John 5:1-9. What steps in your life might lead to better mental health?