

The Cross and Mental Health (John 19:16-27)

Pastor Deric

(16) So he delivered him over to them to be crucified. So they took Jesus, (17) and he went out, bearing his own cross, to the place called The Place of a Skull, which in Aramaic is called Golgotha.

(18) There they crucified him, and with him two others, one on either side, and Jesus between them.

(19) Pilate also wrote an inscription and put it on the cross. It read, "Jesus of Nazareth, the King of the Jews." (20) Many of the Jews read this inscription, for the place where Jesus was crucified was near the city, and it was written in Aramaic, in Latin, and in Greek. (21) So the chief priests of the Jews said to Pilate, "Do not write, 'The King of the Jews,' but rather, 'This man said, I am King of the Jews.'" (22) Pilate answered, "What I have written I have written."

(23) When the soldiers had crucified Jesus, they took his garments and divided them into four parts, one part for each soldier; also his tunic. But the tunic was seamless, woven in one piece from top to bottom, (24) so they said to one another, "Let us not tear it, but cast lots for it to see whose it shall be." This was to fulfill the Scripture which says, "They divided my garments among them, and for my clothing they cast lots." So the soldiers did these things,

(25) but standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. (26) When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, "Woman, behold, your son!" (27) Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.

(16) ...we have the mind of Christ. [1 Corinthians 2:16 ESV]

Practical Application

1. Many say we are having a mental health crisis in our world. Is there mental healing? Is there hope for the brain? Is there hope for the mind?
2. How is that healing and hope found in such a painful expression of suffering like the cross of Jesus Christ?
3. The agonizing crucifixion of Jesus demonstrates that you are loved by God the Father.
4. God the Father sacrificed the greatest thing He could to make a way for you to be with Him now and forever.
5. Knowing God enables us to endure suffering with faith, hope, love, strength, courage, perseverance, and resilience.
6. Jesus suffered for us in body, brain, mind, heart, emotions, and in every way. No-one suffered mental pain like Jesus. But, He did not give up. Because of Jesus' life, death, and resurrection, mental problems do not have the last word.
7. Through the power of Christ we can have mental healing (health) now, and ultimately and totally forever.
8. Christians have been united with Christ. Christ lives in us. Therefore, we have the mind of Christ. We know and see what those without Christ do not.
9. What happened at "The Place of the Skull" has a direct connection to what happens in your skull. Our minds, brains, and skulls are healed through the cross of Christ.
10. You with either accept Christ or reject Him. How will you respond to Him today? It is never too late to surrender fully to Him. You are never too far gone for the love of God to lead you home.
11. Unless Jesus is the king of your heart your mental, spiritual, emotional, physical, and all other forms of health will suffer unnecessarily.
12. Jesus is the solution to the mental health crises because He came to redeem, restore, and heal our body and our souls. The cross of Christ is a holistic solution, a temporal solution, an eternal solution, and the only perfect solution.
13. Behind all good healthcare, body-care, soul-care, and heart-care is the ministry of Jesus.

14. Jesus is the King of the world, a truly global King. Is He your King? Have you submitted to His reign in your heart?
15. Jesus was crucified by people so that you might be cared for by God.
16. Jews, Romans, and you and I had a part in the death of Jesus. If we never sinned He would have never had to die.
17. Jesus' death was predicted, prophesied, and planned in the most precise way. There is not a detail of your life that is not under the sovereign care of God.
18. Jesus knows what it's like to be abandoned in His greatest time of need. He knows your pain. #JesusToo.
19. Be loyal and faithful to God and people like the Apostle John, His mother Mary, Mary's sister, and the other Mary's. They stayed by Jesus' side all the way to the end.
20. Jesus loved His mother, He loved John the Apostle, and He loves you. He will take care of you now and into eternity if you want Him to.
21. Love your momma, daddy, family, friends, neighbors, and all people. Love like Jesus. Loving like Jesus is the solution to the mental health crisis. You never know what someone has been through or is going through now.
22. Trusting in Jesus and loving like Jesus is the solution to the mental health crisis. Healing comes through healthy relationships with God and people. Healing comes through the faithful prayers and service of people like you.

Announcements

1. Giorgio and Taylor have been selected to go on The Extreme Tour, a mission trip, to bring the love of Christ to neglected communities through music and extreme sports. From July 31st-Aug. 13th they will be serving people in struggling communities as they travel through Nevada and down the coast of California. Giorgio will continue to plan the music and support the worship team remotely during the mission trip. The events of the tour are all free to attend and coordinated, performed, set up, and cleaned up by volunteers like Giorgio and Taylor who (like most other mission trips) are responsible for covering their own travel costs. They'll be providing **lunch today after worship July 23rd (12-1)** for anyone who wants to learn more about the trip and consider partnering with them financially and/or through prayer. Giorgio also has a surprise planned for the lunch so you won't want to miss it!
2. Youth Yard Sale: Saturday, July 29 from 7am-1pm.
3. Church business meeting today right after worship.
4. Lost & Found Bin is located in the church office. Check here if you are missing anything.