

into the dark

INTO THE MIND.

1 in 5 people in America suffer from some type of mental illness. And even this high number can be exemplified during the holidays. Mental illness is not odd or uncommon... and it's also not easy.

We are called to be a light in a dark world, reflecting Jesus to the people around us. ALL people. Regardless of financial situation, skin color, political affiliation, culture, or physical or mental illnesses.

So how can we love and reach out to the people around us dealing with mental illness?

- 1.) Begin to talk about mental illness.
- 2.) Educate yourself about mental illness.
- 3.) Encourage those who are suffering.

IN THE BIBLE.

Matthew 5:14-16

“You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

1 Samuel 24: 3-8

3 At the place where the road passes some sheepfolds, Saul went into a cave to relieve himself. But as it happened, David and his men were hiding farther back in that very cave!

4 “Now’s your opportunity!” David’s men whispered to him. “Today the Lord is telling you, ‘I will certainly put your enemy into your power, to do with as you wish.’” So David crept forward and cut off a piece of the hem of Saul’s robe.

5 But then David’s conscience began bothering him because he had cut Saul’s robe. 6 He said to his men, “The Lord forbid that I should do this to my lord the king. I shouldn’t attack the Lord’s anointed one, for the Lord himself has chosen him.” 7 So David restrained his men and did not let them kill Saul.

After Saul had left the cave and gone on his way, 8 David came out and shouted after him, “My lord the king!” And when Saul looked around, David bowed low before him.

John 9:1-7

As Jesus was walking along, he saw a man who had been blind from birth. 2 “Rabbi,” his disciples asked him, “why was this man born blind? Was it because of his own sins or his parents’ sins?”

3 ***“It was not because of his sins or his parents’ sins,” Jesus answered. “This happened so the power of God could be seen in him.*** 4 We must quickly carry out the tasks assigned us by the one who sent us. The night is coming, and then no one can work. 5 But while I am here in the world, I am the light of the world.”

6 Then he spit on the ground, made mud with the saliva, and spread the mud over the blind man’s eyes. 7 He told him, “Go wash yourself in the pool of Siloam” (Siloam means “sent”). So the man went and washed and came back seeing!

QUESTIONS.

- 1.) How did David treat Saul - even after Saul tried to hurt him again and again?
- 2.) How can you begin to encourage someone suffering from a mental illness?
- 3.) If you have a mental illness, how can you help educate and enlighten the people around you?

Whenever you read the Bible, ask yourself these three questions:

1. What does this tell you about God?
2. What does this tell you about yourself and the world?
3. How is this going to change who you are and how you live?