



O LORD,
God of my salvation,
I have cried out day and
night before You.
Let my prayer come
before You;
Incline Your ear to my cry.

“MENTAL HEALTH AWARENESS: THE COMPASSIONATE CHURCH”



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Four Encouraging Truths for Christians

1. You are not alone (Matt. 27:46, Ps. 22:1)
2. It is not your fault (Jn. 9:3)
3. God sees you and is with you forever (Ps. 34:18, Job 33:28, Lam. 3:55, Jn. 11:35)
4. God's Word Speaks to You (Ps. 25:16, 42:5)

Discussion Questions:

1. What may be some reasons for stigma and taboo within the Christian church in regards to mental health and mental illness issues?
2. As you read this Psalm what is your first impression?
3. What is the psalmist's problem?
4. Why does he feel God has abandoned him? Does he express any hope? How?
5. Name the phrases used in the Psalm to describe the afterlife (there are 16 instances)
6. Does the psalmist express any hope that God will hear, come, help?
7. In what ways can Christians show compassion towards people struggles with mental issues?
8. Write one way you can engage in learning more about mental health:

Resources

Focus on the Family:

<https://www.focusonthefamily.com/get-help/mental-health-resources/>

Hope and Healing Center of Houston, St. Martin's Episcopal Church:

<https://hopeandhealingcenter.org/>

Grace Alliance: <https://mentalhealthgracealliance.org/the-team>

Southern Baptist Convention, Mental Health Advisory Group & 2013

Resolution: <https://www.sbc.net/resource-library/topic-index/mental-health/>

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)