

# God's Plan for Your Psychological Health

February 4, 2021

*"A report from the U.S. Centers for Disease Control and Prevention, published in August, found a tripling of anxiety symptoms and a quadrupling of depression among 5,470 adults surveyed compared with a 2019 sample.*

*Similarly, two nationally representative surveys conducted in April, one by researchers at the Boston University School of Public Health and another at Johns Hopkins University, found that the prevalence of depressive symptoms (B.U.) and "serious psychological distress"(Hopkins) were triple the level measured in 2018.*

*'These rates were higher than what we've seen after other large-scale traumas like September 11th, Hurricane Katrina and the Hong Kong unrest,' says Catherine Ettman, lead author of the B.U. study."*

—Claudia Wallis, Scientific American, *The Surprising Mental Toll of COVID*, December 1, 2020

Ephesians 2:12 ESV

12 Remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world.

## 2 Chronicles 20:1-3 ESV

1 After this the Moabites and Ammonites, and with them some of the Meunites, came against Jehoshaphat for battle.

2 Some men came and told Jehoshaphat, "A great multitude is coming against you from Edom, from beyond the sea; and, behold, they are in Hazazon-tamar" (that is, Engedi).

3 Then **Jehoshaphat was afraid** and **set his face to seek the LORD**, and proclaimed a fast throughout all Judah.

- **When you sense anxiety and fear, immediately seek the Lord. Don't let fear strengthen into a stronghold of Satan.**

2 Corinthians 10:3-5 ESV

3 For though we walk in the flesh, we are not waging war according to the flesh.

4 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

5 We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

## 2 Chronicles 20:1-12 ESV

4 And **Judah assembled to seek help from the LORD**; from **all the cities of Judah they came to seek the LORD**.

- **Don't become isolated. You will not survive without the strength of the community of faith.**

Hebrews 3:12-14 ESV

12 Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God.

13 But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin.

14 For we have come to share in Christ, if indeed we hold our original confidence firm to the end.

## 2 Chronicles 20:5-6 ESV

5 And Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the LORD, before the new court,

6 and said, "O LORD, God of our fathers, **are you not God in heaven? You rule over all the kingdoms of the nations. In your hand are power and might, so that none is able to withstand you.**

- **Meditate on God's sovereign power and control over all.**

Job 42:2 ESV

2 I know that you can do all things, and that no purpose of yours can be thwarted.

Lamentations 3:37-38 ESV

37 Who has spoken and it came to pass, unless the Lord has commanded it?

38 Is it not from the mouth of the Most High that good and bad come?

Acts 4:26-28 ESV

26 The kings of the earth set themselves, and the rulers were gathered together, against the Lord and against his Anointed'--

27 for truly in this city there were gathered together against your holy servant Jesus, whom you anointed, both Herod and Pontius Pilate, along with the Gentiles and the peoples of Israel,

28 to do whatever your hand and your plan had predestined to take place.

Daniel 4:34-35 ESV

34 At the end of the days I, Nebuchadnezzar, lifted my eyes to heaven, and my reason returned to me, and I blessed the Most High, and praised and honored him who lives forever, for his dominion is an everlasting dominion, and his kingdom endures from generation to generation;

35 all the inhabitants of the earth are accounted as nothing, and he does according to his will among the host of heaven and among the inhabitants of the earth; and none can stay his hand or say to him, "What have you done?"

## 2 Chronicles 20:7 ESV

7 Did you not, our God, **drive out the inhabitants of this land before your people Israel**, and give it forever to the descendants of Abraham your friend?

- **Remember the testimonies and miracles of the past.**

*Psalm 9:1 ESV A Psalm of David.*

*1 I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds.*

*recount (caphar) to count, number, to tell, rehearse*

*2 I will be glad and exult in you; I will sing praise to your name, O Most High.*

*1 Chronicles 16:11-12 ESV*

*11 Seek the LORD and his strength; seek his presence continually!*

*12 Remember the wondrous works that he has done, his miracles and the judgments he uttered,*

*Psalm 37:25 ESV*

*25 I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread.*

## **2 Chronicles 20:8-9 ESV**

8 And they have lived in it and have **built for you in it a sanctuary for your name**, saying,

9 '**If disaster comes upon us**, the sword, judgment, or pestilence, or famine, **we will stand before this house and before you**--for your name is in this house--and **cry out to you in our affliction**, and **you will hear and save.**'

- **When we seek God and place our trust in Him alone, we are safe and protected in the shelter and fortress of His presence and glory!**

*Psalm 27:1-6 ESV Of David.*

*1 The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?*

*2 When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.*

*3 Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.*

*4 One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.*

*5 For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.*

*6 And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.*

## **2 Chronicles 20:10-12 ESV**

10 And now behold, the men of Ammon and Moab and Mount Seir, whom you would not let Israel invade when they came from the land of Egypt, and whom they avoided and did not destroy--

11 behold, they reward us by coming to drive us out of your possession, which you have given us to inherit.

12 O our God, will you not execute judgment on them? **For we are powerless against this great horde that is coming against us. We do not know what to do, but our eyes are on you.**"

- In times of hopelessness and despair, fight for the peace of God; don't let it be stolen.

*"Her [Psychologist Roxane Cohen Silver] study, which involved 6,500 people, does point to one major contributor to anxiety for people of all ages: increased engagement with media coverage of the outbreak. Especially problematic is exposure to conflicting information. Silver, who has studied the psychological fallout of events such as 9/11 and the 2013 Boston Marathon bombing, says that a fixation on media coverage is a known risk factor: 'If people are engaged with a great deal of media, they are more likely to exhibit and report distress, but that distress seems to draw them further into the media. It's a cyclical pattern from which it is difficult to extricate oneself.'"*

—Claudia Wallis, Scientific American, *The Surprising Mental Toll of COVID*, December 1, 2020

Hebrews 12:1-2 ESV

1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,  
2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

looking (aphorāō) to fix, to turn the eyes away from all else, turn one's mind to

Matthew 14:29-30 ESV

29 So Peter got out of the boat and walked on the water and came to Jesus.  
30 But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me."

2 Corinthians 4:16-18 ESV

16 So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.  
17 For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison,  
18 as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.