

Assessing One's Mental and Emotional Health

Here are some of the questions: Do you worry a lot or always anxious? Do you want to hurt yourself or other people? Are you withdrawing yourself from people? Are you always negative? Do you have a lot of fear, over jealous, have a low self-esteem, always angry or irritated?

At the other side, do you have peace of mind? Do you care for others? Are you content and happy? Don't confuse being content with being satisfied as there are a lot of people who are satisfied with their lives and don't want to do anything. People are satisfied with their performances and no desire to do it better or excellently.

If you know someone suffering from unhealthy emotion and state of mind, please encourage that person to seek assistance from a Christ-centered Christian counselor, spiritual leader; encourage the person to participate in a Christ-centered small-group who would care, pray and nurture the person. If you see signs of depression, don't wait too long but find a way to help the person before it gets worse and difficult to manage. Healthcare providers and pills cannot provide lasting and permanent healing to a person's mental and emotional state.

Rick Warren of Saddleback Church stated that there are four (4) things we cannot change or have control over, he named these as follows:

Chemistry – (e.g. color of your skin, eye, hair, height)

Connections – (e.g. your parents, wife, children, relatives)

Circumstances – (e.g. accident, somebody who wrong you, traffic jam, economic/status in life)

Consciousness – (e.g. seeing the past, something at the back of your mind)

However, there is one thing that God gave to us that we have control over, and that is – **CHOICE** (e.g. we can choose to believe in God or not, live healthy or not, love and forgive others or not...) Only when we give our choice/freewill in full surrender to Christ that we will all be truly happy, content, and experience the true healing and peace of Christ in our heart, soul and mind.

For further information, please see other topics below:

- **Causes of Mental and Emotional Illness**
- **The Cause of Human Problem (in biblical/theological perspective)**
- **Solution to Human Problem**
- **Biblical Verses for the Healing and Wellness of Mind and Emotion**

Causes of Mental and Emotional Illness

According to Mayo Clinic, it's not known exactly what causes depression and mental illness disorders. A variety of factors may be involved, such as:

- *Biological differences* (physical changes in the brain)
- *Brain chemistry* (the neurotransmitters in the brain)
- *Hormones* (hormonal imbalance)
- *Inherited traits* (from biological relatives)
- *Life events* (traumatic event - death, financial problem, high stress, childhood trauma)

The Cause of Human Problem (in biblical/theological perspective)

Sin and Evil. We are all broken and sinners. The Evil force is triggering, influencing and controlling the problem (Ephesians 6:10-18).

Solution to Human Problem

Jesus Christ. He paid for our sins and crushed the power of Evil when he shed his blood on the cross, died and resurrected.

Biblical Verses for the Healing and Wellness of Mind and Emotion

*"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every **thought** to make it obedient to Christ."*

- 2 Corinthians 10:5:

*"He went down with them and stood on a level place. A large crowd of his disciples was there and a great number of people from all over Judea, from Jerusalem, and from the coastal region around Tyre and Sidon, who had come to hear him and to be healed of their diseases. **Those troubled by impure spirits were cured**, and the people all tried to touch him, because power was coming from him and healing them all."*

- Luke 6:17-19

*"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think** about such things."*

- Philippians 4:8

*"Do not conform to the pattern of this world, but be transformed by the **renewing of your mind**. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." - Romans 12:2:*

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all **understanding**, will guard your **hearts** and your **minds** in Christ Jesus."*

- Philippians 4:6-7