

# Looking At The Hard Things

**Rev. Dr. Cynthia L. Hale**  
**Ray of Hope Christian Church**  
**March 22, 2022**



# Psalm 42:1-5



©2022 Cynthia L. Hale Ministries, LLC.  
All Rights Reserved.

- **1 in 5 adults in the US – 43.8 million or 18% - experience mental illness in a given year.**
- **6.9% of adults in the U.S. – 16 million - had at least one major episode in the past year.**





- **18.1% of adults in the U.S. experienced an anxiety disorder such as posttraumatic stress disorder, obsessive compulsive disorder and specific phobias.**
- **1 in 5 youth aged 13-18 (21.4%) experience a severe mental disorder at some point in their life. For children aged 8-15, the estimate is 13%. (NAMI)**



- **750,000 – 1,000,000 people commit suicide a year. (Answers.com)**



# Failure to treat mental illness:

- leads to hospitalization.
- an increased risk of having chronic medical conditions. Untreated mental issues can affect you physically causing heart disease from stress and anxiety.





# Failure to treat mental illness:

- **Death for those living with a serious mental illness on average comes 25 years earlier than others, largely due to treatable medical conditions.**
- **1/3 of students with a mental health condition ages 14-21 and older who are served by special education drop out of school. This is the highest dropout rate of any disability group.**



# Failure to treat mental illness:

- **Suicide is the 10th leading cause of death in the U.S., the 3rd leading cause of death for people aged 10-14 and the second leading cause of death for people aged 15-24.**





# Failure to treat mental illness:

- More than 90% of children who die by suicide have a mental health condition.
- Each day an estimated 18-22 veterans die by suicide. (NAMI)



**Mental health illnesses,  
like physical health issues,  
do not define who we are.**



# Perfect Love Casts Out All Fear!



©2022 Cynthia L. Hale Ministries, LLC.  
All Rights Reserved.



**Let's define the issues – Mental Health illness can affect all of life, your thoughts, feelings, behavior and general interactions with the world and oneself. There are many forms of mental health illnesses:**



**Post-Traumatic Stress Disorder (PTSD) is a mental health disorder than can develop after a person is exposed to a traumatic event such as sexual assault, warfare, a traffic collision, or other threats in life.**



**A person with PTSD is at a  
higher risk for suicide and  
intentional self-harm.**





**1. Anxiety disorder – characterized by feelings of worry, anxiety or fear that is strong enough to interfere with one's daily activities.**



**2. Bipolar disorder – a disorder that is associated with episodes of mood swings ranging from depressive lows to manic highs.**



**3. Depression – covers a wide range of experiences from short-lived gloom or feelings of sadness to a deeper more prolonged immobility of spirit and body (or a feeling of being pressed down).**





**Depression can be a painful emotional illness in which the sufferer feels hopeless and in despair, isolated, preoccupied with the depressive state.**



**The depressed person may have  
murderous thoughts towards  
others and/or suicidal thoughts.**



**a. Depression arises from many main causes.**





# Discussion:

**What are the situations  
or challenges in your life that can  
lead to depression?**



**Depression can be the result of some deep-seated anger, which we have turned in on ourselves.**



**Anger is an emotion that can easily develop into depression when not properly disposed of quickly.**





# Matthew 21:12-13



©2022 Cynthia L. Hale Ministries, LLC.  
All Rights Reserved.

**Anger can be a healthy emotion when one is upset or disturbed about something.**

**When it is appropriately expressed, it allows you to get the negative emotion out of your body so that it does no harm.**



**In your anger do not sin. Do not let the sun go down while you are still angry and do not give the devil a stronghold.**

**Ephesians 4:26**





**Repressed anger is unexpressed  
anger, hurt or disappointment.**



**Repressed anger leads to bitterness  
which settles in our hearts,  
like lava in a volcano.**



**Repressed anger can lead to depression as do a lot of other repressed emotions.**





**Too many suffer from depression  
and because of the stigma  
attached to it, are not  
comfortable admitting it.**



**Some of the stigmas attached to depression are :**

**Emotional Weakness**



**Some of the stigmas attached to depression are :**

**Weakness of Faith**





**Some of the stigmas attached to depression are :**

**Feelings of guilt and shame.**



**Nothing, not even these,  
can separate us from the love of  
God that is in Christ Jesus.**

**Romans 8:39**



# What does the Bible say about depression and all the other forms of mental health illnesses?





**Depression and other forms  
of Mental Health illnesses are  
not a sign of spiritual failure  
or weakness.**



**The Psalmist was depressed when  
he said in: Why are you so downcast.  
O my soul. Why so disquieted within me?**

**Psalm 42:5**



**Why, are you so cast down? Hope in  
God, for I will yet praise him.**

**Psalms 43:5**





**Elijah told the Lord in  
I Kings 19:4 to take his life!**



**Jonah said in 4:3,  
It is better for me to die than to live.**



**Jesus himself said when in pain and prayer in the garden in Matthew 26:38, “My soul is exceedingly sorrowful, even unto death!”**





# How does one deal with Mental Health Illnesses, such as depression?



**When you are struggling with depression and other mental health illnesses, avoid being alone. Do not isolate.**



**Seek help from others.**



©2022 Cynthia L. Hale Ministries, LLC.  
All Rights Reserved.



**Acknowledge the presence of  
depression, sadness, anger, or  
bitterness in your life.**



**You can only correct what you  
are willing to confront.**

**T.D. Jakes**



**Recognize that the mental health illness is pointing to something deeper and be willing to address it.**





**It is time for us to take responsibility for our own stuff: The unhealthy emotions, the destructive, the addictive or compulsive behaviors, the adversities and fears that are dulling our talents, causing us to live beneath our character and potential.**

**T.D. Jakes**



# Discussion:

**Are there painful events or emotions that you have repressed or not expressed in a healthy way?**



**Acknowledge them  
to another human being.**





# Seek mental health and healing!



©2022 Cynthia L. Hale Ministries, LLC.  
All Rights Reserved.

**Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself’.**

**Matthew 22:37-39**



**Forgive those who have hurt you!**



©2022 Cynthia L. Hale Ministries, LLC.  
All Rights Reserved.



**Forgiveness is a thing of the heart.  
Forgiveness is releasing someone from  
a debt that they owe you. It is wiping  
the slate clean.**

**Cloud & Townsend**  
**Boundaries**



**Your forgiveness releases you from  
your hurt, your pain, your offense,  
your past, your sadness and  
depression.**



**We can forgive, but we don't  
always achieve reconciliation.**





**Forgiveness takes one;  
reconciliation takes two.**



**When you are free, you can move on  
with your life and see the wonderful  
possibilities that God has for you.**



**Take the lesson that  
depression teaches us.**





# HALT

**Do not allow yourself to become too  
Hungry, Angry, Lonely and Tired.**

**Claudette Copeland**



**Surround yourself with  
people who are filled with  
joy and praise.**

**I Samuel 16:14-23**



**Saturate your mind and heart  
with the word of God.**



©2022 Cynthia L. Hale Ministries, LLC.  
All Rights Reserved.



**Psalms 6, 13, 18, 23, 25, 27 ,31, 32, 34, 37, 38,  
39, 40, 42, 43, 46, 51, 55, 57, 62, 63, 69, 71, 73,  
77, 84, 86, 90, 91, 94, 95, 103m 104, 107, 110,  
116, 118, 121, 123, 124, 130, 138, 139, 141,  
142, 143, 146, 147.**



**When dealing with mental health illnesses,  
we want to make healthy decisions and  
choices in the ways that we deal  
with them. We also want to help  
others make healthy decisions and  
choices in dealing with them.**



**Anything that is perceived as mental health related is taboo in the Black community. To further complicate things, getting help is seen as a weakness so folks press on even when they are struggling.**

**Dr. Rheeda Walker**

**“The Unapologetic Guide to Black Mental Health”**





**Mental illnesses causes you to  
question your worth, your value  
and despair of life itself sometimes  
leading to suicide.**



**Suicide – the intentional taking  
of his or her life by the person  
involved.**



# 6 examples of those who have committed suicide, without comment on the morality of the act.

1. Judges 9:54 - Abimelech
2. I Samuel 31:4-5 – Saul and his armor bearer
3. II Samuel 17:23 – Ahithophel
4. I Kings 16:18 – Zimri
5. Matthew 27:5 – Judas Iscariot





**The early church, however, came to regard suicide as akin to murder (murder of self) and therefore, it is prohibited under the sixth commandment. Exodus 6:13, “You shall not commit murder.”**



**As Christians, we believe that only God has the right to give life and to take it away. So, suicide is challenging the sovereignty of God and so there is culpability when one takes one's life.**



**Suicide is ungodly.  
It is not God's perfect will for one's  
life. Therefore, it is sin.**





**Scripture teaches that  
“if we truly believe in Christ, we are  
guaranteed eternal life.”**

**John 3:16**



**As believers, we can know  
beyond any doubt that we  
possess eternal life.**

**1 John 5:13**



**Jesus says, I give them eternal life,  
and they shall never perish; no one  
will snatch them out of my hand.**

**John 10:28**





**The unsaved person who commmits  
suicide is not covered.**



# John 3:18



©2022 Cynthia L. Hale Ministries, LLC.  
All Rights Reserved.

**Since no one really knows what is happening in a person's heart at the moment of death, he or she may very well accept Christ and be saved.**





# I Samuel 16:7



©2022 Cynthia L. Hale Ministries, LLC.  
All Rights Reserved.

# Discussion:

**What are your thoughts on the eternal destiny of one who commits suicide? From where did your beliefs come?**



# Resources

**National Suicide Prevention Lifeline**

**Hours: Available 24 hours.**

**800-273-8255**

**Georgia Crisis and Access Line (GCAL)**

**1-800-715-4225**





# Resources

**Mosaics Counseling, Tucker Georgia (470)235-4245**

**MMH Professional Counseling (Virtual) (404)397-9924**

**Perspectives Psychological LLC (678)582-2487 ext.104**



# Resources

<https://OPENPATHCOLLECTIVE.ORG>

<https://WWW.PSYCHOLOGYTODAY.COM/US>

<https://WWW.THERAPYFORBLACKGIRLS.COM>

<https://THERAPYFORBLACKMEN.ORG>

<https://CLINICIANSOFCOLOR.ORG>

**The Boris Lawrence Henson Foundation**

<https://borishensonfoundation.org>

