

My Head: How To Not Let Mental Issues Kill Your Destiny

Pastor John Carmichael

[2Ki 4:19 NASB95] 19 He said to his father, "My head, my head." And he said to his servant, "Carry him to his mother."

- The child was working (v18). He possibly had an aneurism (v19). The mom laid him on the bed of the prophet (v21). She spoke positively, "It is well" (v23, 26). Other people could not help (v31). They prayed (v33). The prophet laid on the boy (mouth, eyes, hands) (v34). The boy revived and sneezed seven times (JBF: progressive?) (v35).
- JBF – most likely a sun stroke from being overcome in the heat.
- Although this is a real story about a physical issue. This can also be allegorical of how the issues in our head (mental, emotional) can kill us even though we have a God-given destiny.
- Left unchecked, the pressures of life can wear us to point that we can not fulfill the plan of God.
- In Philippians 4:6-9 - The Apostle Paul gave us clear prescription to deal with issues in our mind.
- [Phi 4:6-9 NASB95] 6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. 8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

What does God want us to know about the mental issues that try to destroy our destiny?

Here are five truths God wants us to know about how to deal with mental issues that try to destroy our destiny.

I. God does not want anxiety to be part of our lives.

- a. V6 - Be anxious for nothing . . .
- b. God loves you. He did not intend us to be deal with negative situations.
- c. Although there is a command in this statement, there is also great compassion from the Father. He knows what anxiety will do to us.
- d. Refuse to accept anxiety as part of your life.

II. God wants us to deal with the mental issues starting with submitting them to Him.

- a. V6 - . . . but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- b. God wants us to turn to Him first, not to the flesh.
- c. The boy turned to the flesh first, instead of to God.
- d. Take the issues (abuses, hurts, pains) to Him.
- e. Do not ignore the mental, emotional issues.
- f. We start with God and get help from others, if needed. We need each other.

III. God will respond to our mental, emotional issues that we have given to Him.

- a. V7 - And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.
- b. Healing and wholeness are God's will for you.

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- c. Life In The Spirit (LITS) Com.: “The outworking of this peace is best illustrated in the Hebrew word shalom—wholeness and total well-being (which only God can bestow; cf. Eph. 2:14; 2 Thess. 3:16).”

IV. God encourages us to think about what we are thinking about.

- a. V8 - Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.
- b. Deal with everything. Dwell on somethings.
- c. LITS: The main verb of verses 8–9 is “think” (logizomai), a favorite word of the apostle. It is used here in the sense of focusing one’s attention on something, with a view to having it ultimately govern one’s behavior (Fee, 415). The expression “keep this in the forefront of your mind” may convey the sense of this important verb.
- d. We have a part to play in the issues of mental health.
- e. Choosing our thoughts. Refusing to dwell on somethings. Controlling the narrative in our head.

V. God is with us in the battle of our mind.

- a. V9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.
 - b. This is discipleship. “learned, received, heard, seen...practice...”
 - c. This is progressive.
 - d. This brings God’s Presence.
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- Although mental issues can potentially stop us, God wants us to give them to Him and allow Him through supernatural and natural means bring wholeness as we dwell in His Presence.
 - When the boy got his mouth (saying), eyes (seeing), and hands (doing) in alignment with God, his head issue did not stop him.
 - As we submit ourselves to God, He will bring healing to our head (emotional, mental) issues.