

David Reynolds
COMMUNICATION PASTOR

Consider Mental Health

2 CORINTHIANS 4:7-12

1

Consider Culture: A mental health crisis.

In 2019-2020, 20.78% of adults were experiencing a mental illness. That is equivalent to over 50 million Americans.

54.7% of adults with a mental illness
do not receive treatment.

Over 1 in 10 youth in the U.S. are experiencing depression that is severely impairing their ability to function at school or work, at home, with family, or in their social life.

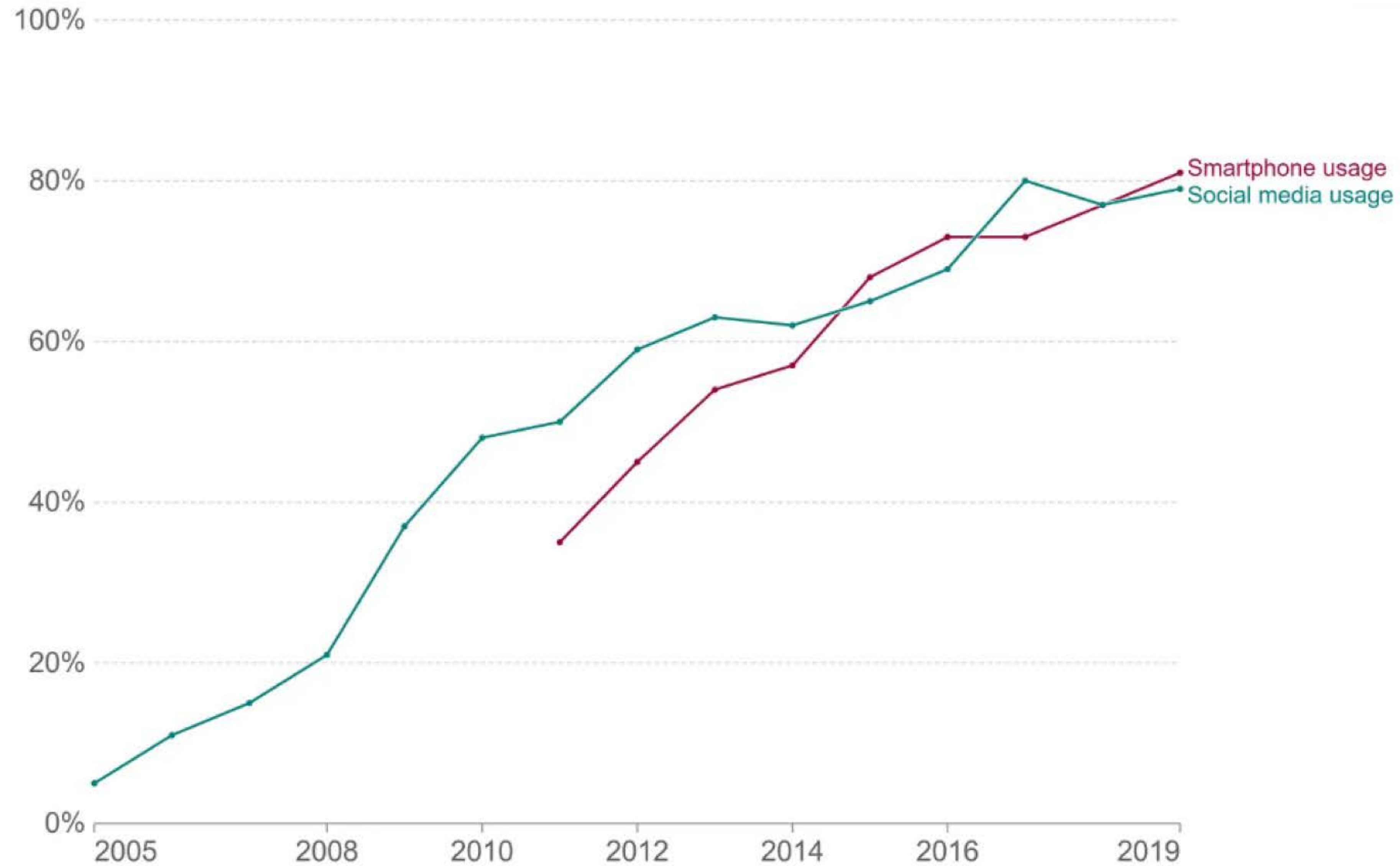
16.39% of youth (age 12-17) report suffering from at least one major depressive episode (MDE) in the past year.

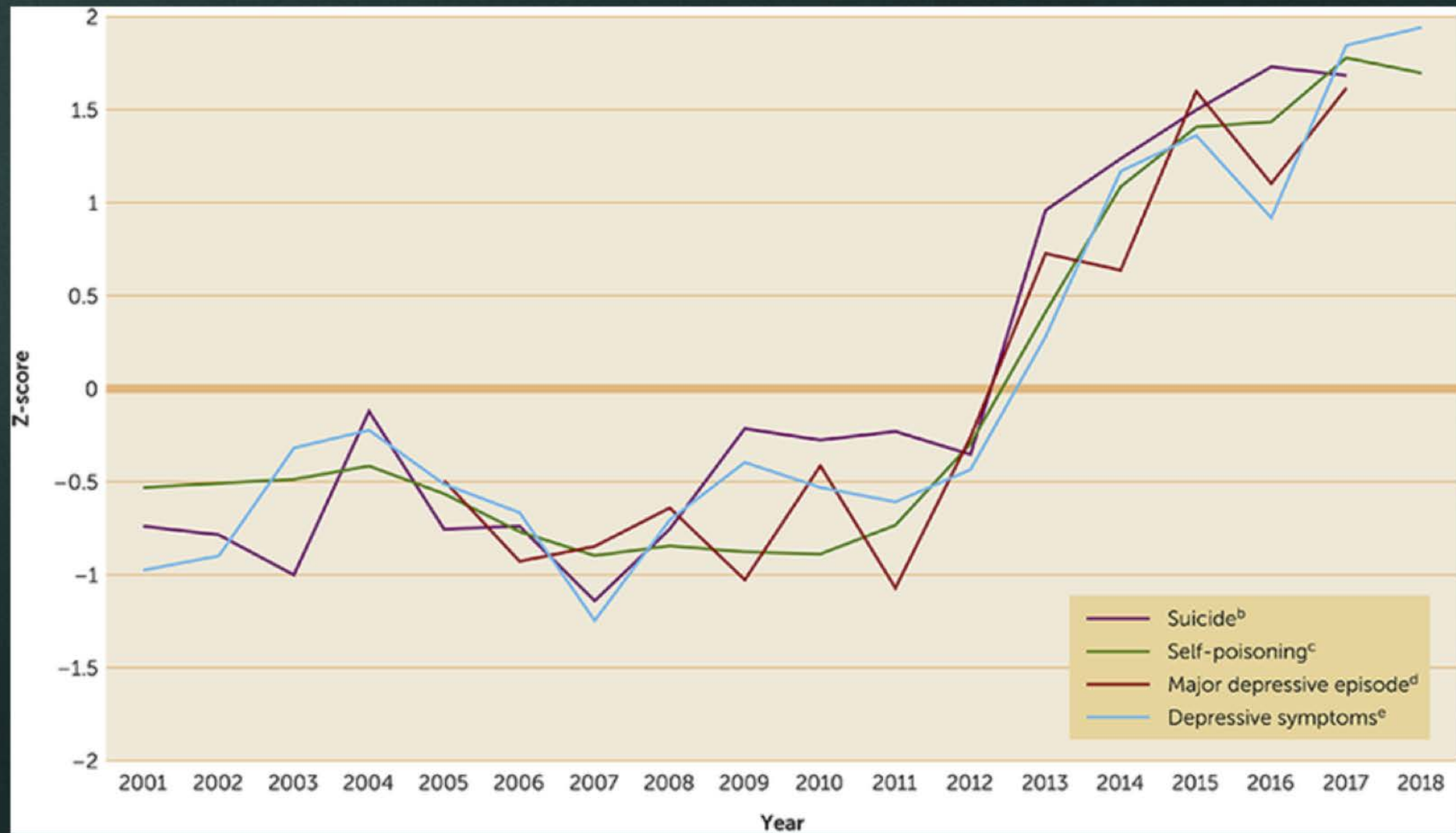
11.5% of youth (over 2.7 million youth) are experiencing severe major depression.

4.84% of adults in the US reported having serious thoughts of suicide, totaling over 12.1 million individuals.

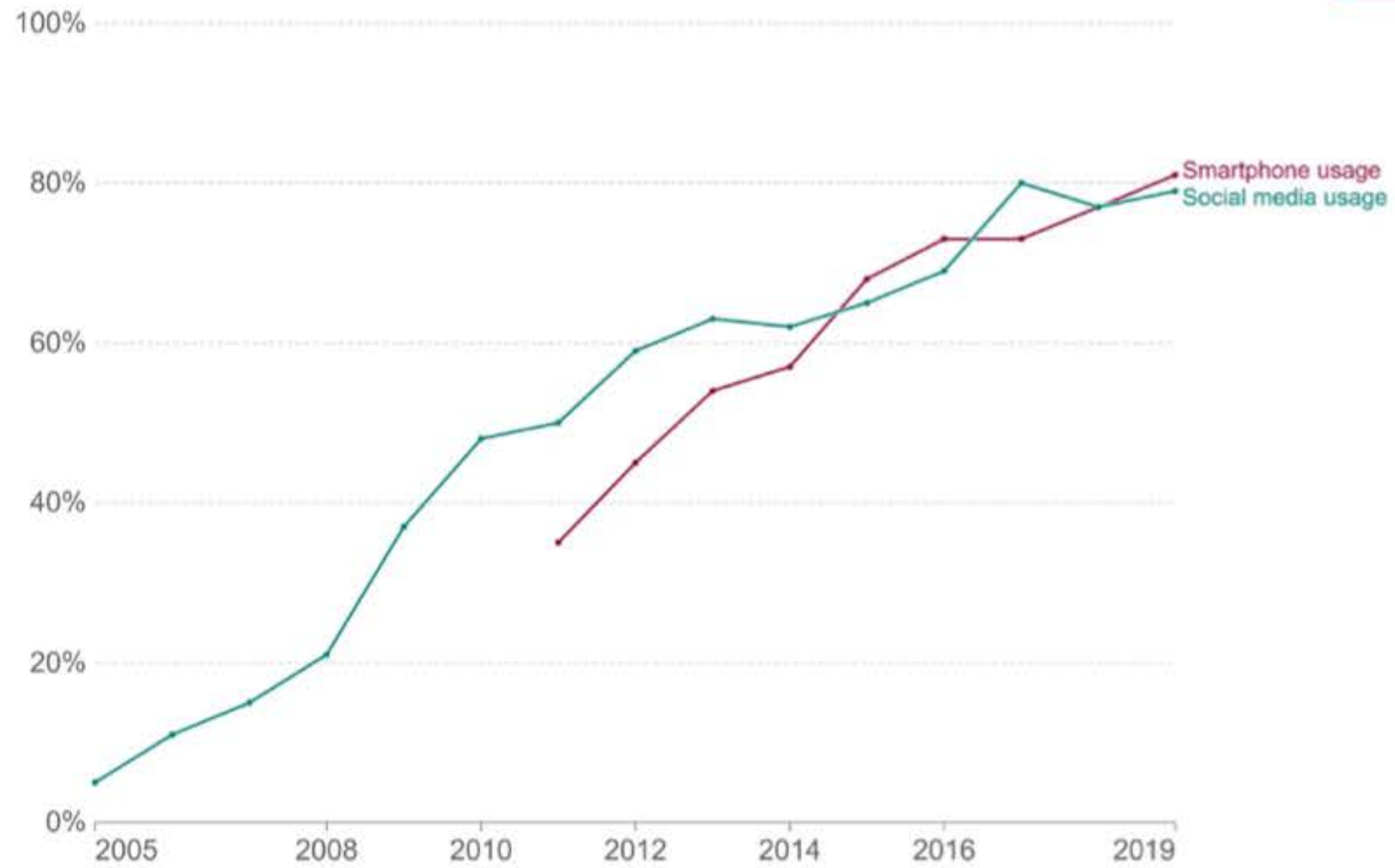
90% of US adults say mental health is a crisis in the United States, CNN/KFF poll finds, published Oct. 5, 2022.

Share of US households using specific technologies, 2005 to 2019



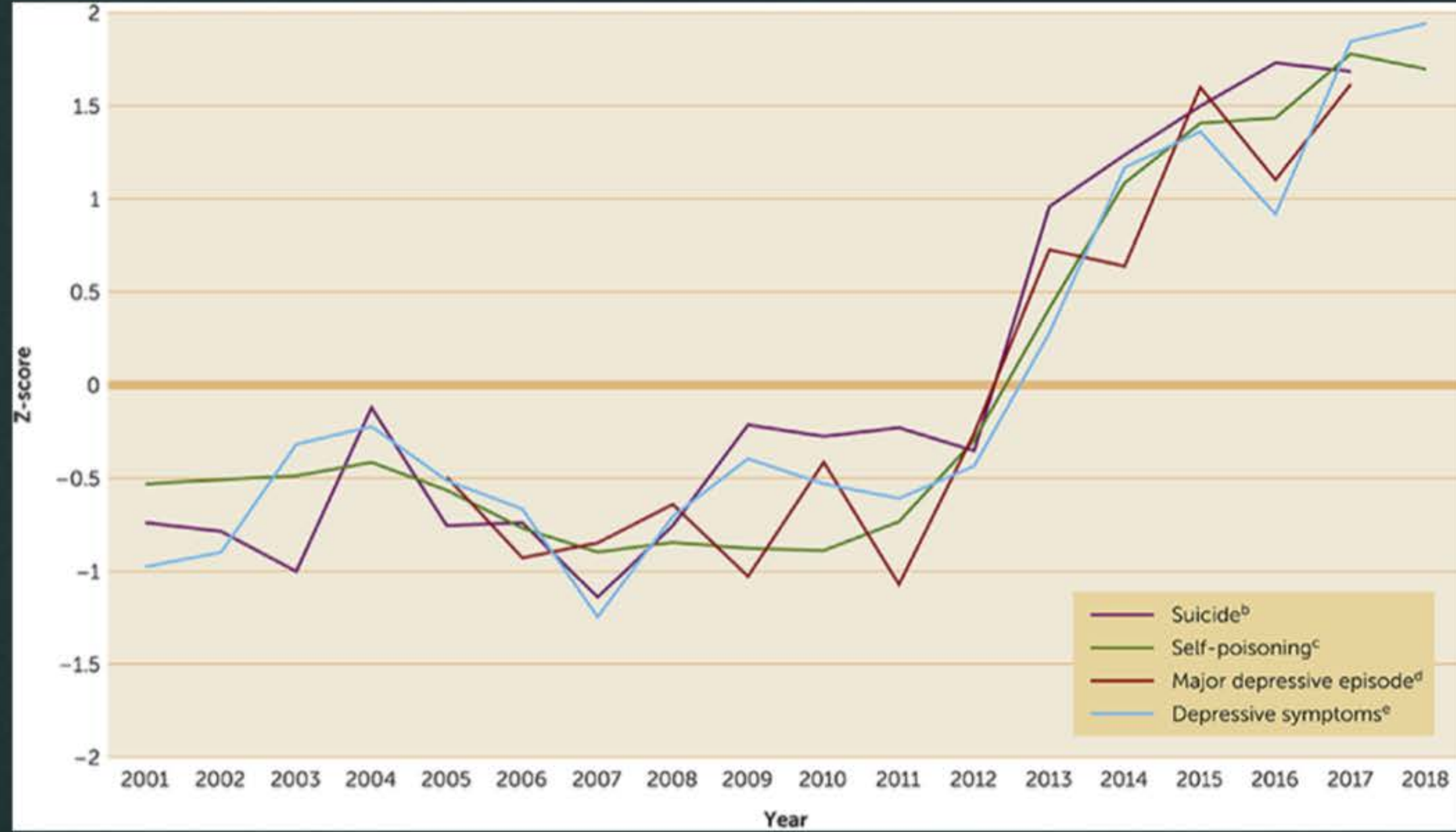


Share of US households using specific technologies, 2005 to 2019



Source: Comin and Hobijn (2004) and others

OurWorldInData.org/technology-adoption/ • CC BY



Psalm 6:6-7 (NIV)

I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears.

Psalm 6:6-7 (NIV)

7 My eyes grow weak with sorrow;
they fail because of all my foes.

Jeremiah 20:14-18 (NIV)

Cursed be the day I was born!

May the day my mother bore me not be blessed!

Jeremiah 20:14-18 (NIV)

15 Cursed be the man who brought my father the news, who made him very glad, saying, "A child is born to you—a son!"

Jeremiah 20:14-18 (NIV)

16 May that man be like the towns the Lord overthrew without pity. May he hear wailing in the morning, a battle cry at noon.

Jeremiah 20:14-18 (NIV)

17 For he did not kill me in the womb,
with my mother as my grave, her womb enlarged forever.

Jeremiah 20:14-18 (NIV)

18 Why did I ever come out of the womb to see trouble and sorrow and to end my days in shame?

2 Corinthians 4:7-12 (NIV)

7 But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.

2 Corinthians 4:7-12 (NIV)

8 We are hard pressed on every side, but not crushed;
perplexed, but not in despair; 9 persecuted,

2 Corinthians 4:7-12 (NIV)
but not abandoned;
struck down, but not destroyed.

2 Corinthians 4:7-12 (NIV)

¹⁰ We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

2 Corinthians 4:7-12 (NIV)

11 For we who are alive are always being given over to death for Jesus' sake,

2 Corinthians 4:7-12 (NIV)

so that his life may also be revealed in our mortal body.
12 So then, death is at work in us, but life is at work in you.

2

Consider your life.

2

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- Valuable and vulnerable

2 Corinthians 4:8-10 (NIV)

8 We are hard pressed on every side, but not crushed;
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Consider your life.

- Afflicted but not alone

Philippians 3:10 (NASB)

¹⁰ that I may know Him and the power of His resurrection and the fellowship of His sufferings, being conformed to His death;

3

Consider your role.

2 Corinthians 4:11-12 (NIV)

11 For we who are alive are always being given over to death for Jesus' sake,

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so that his life may also be revealed in our mortal body.
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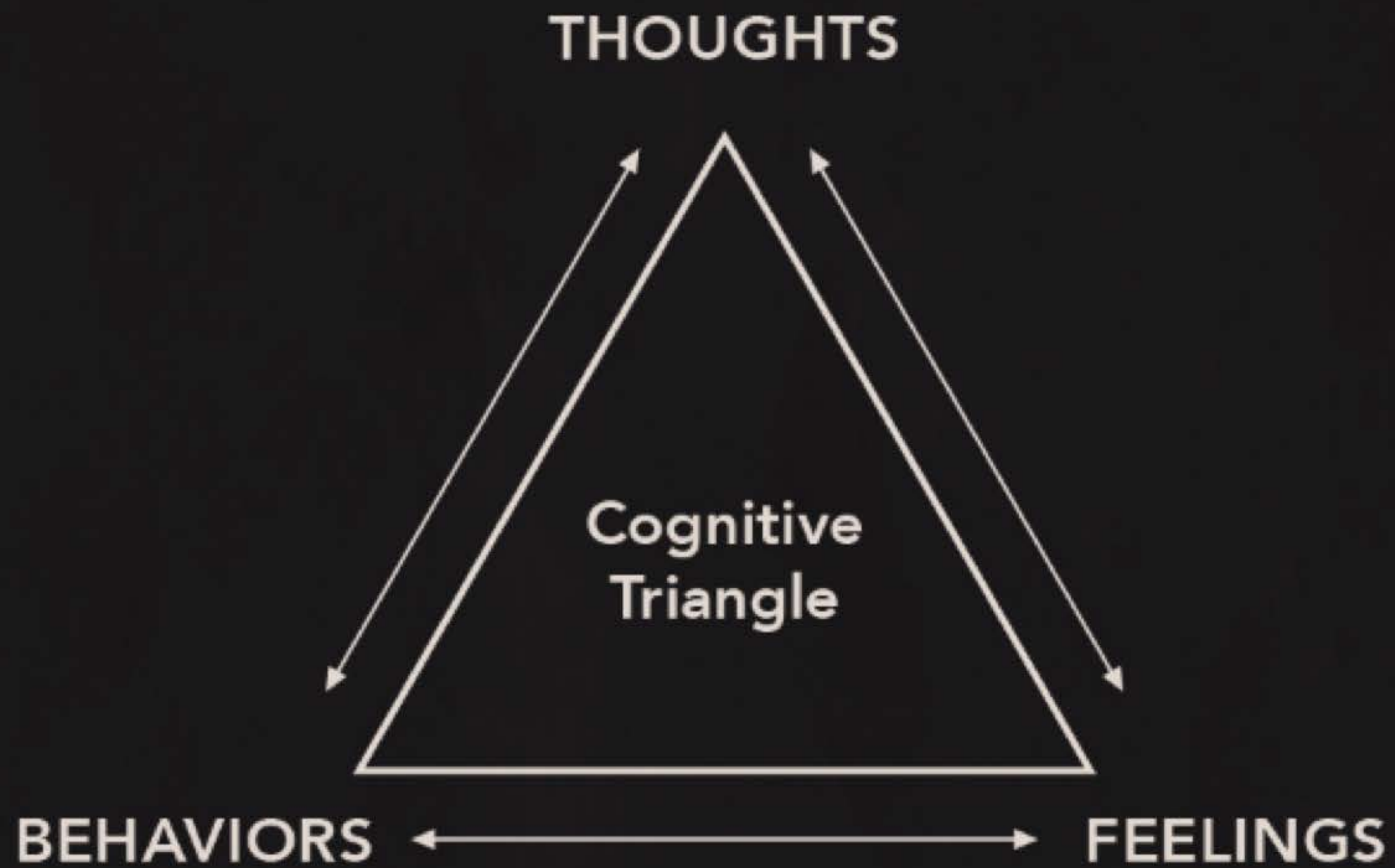
Eric Trauth

COUNSELING MINISTRY DIRECTOR

Raelyn Ceja

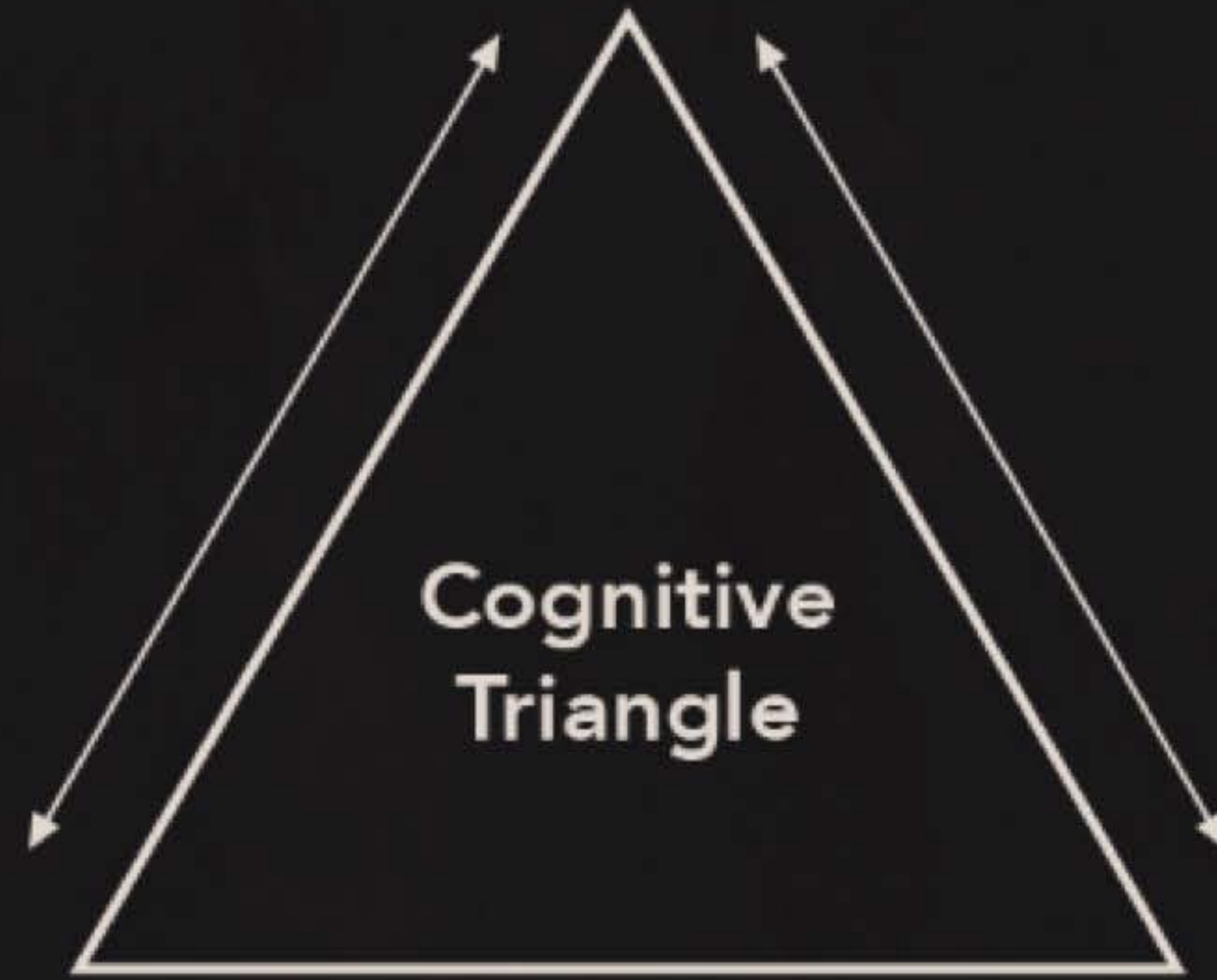
COUNSELING MINISTRY ASSISTANT DIRECTOR

Counseling at The Grove Corner
951-571-9096



"I'm unlovable"

THOUGHTS



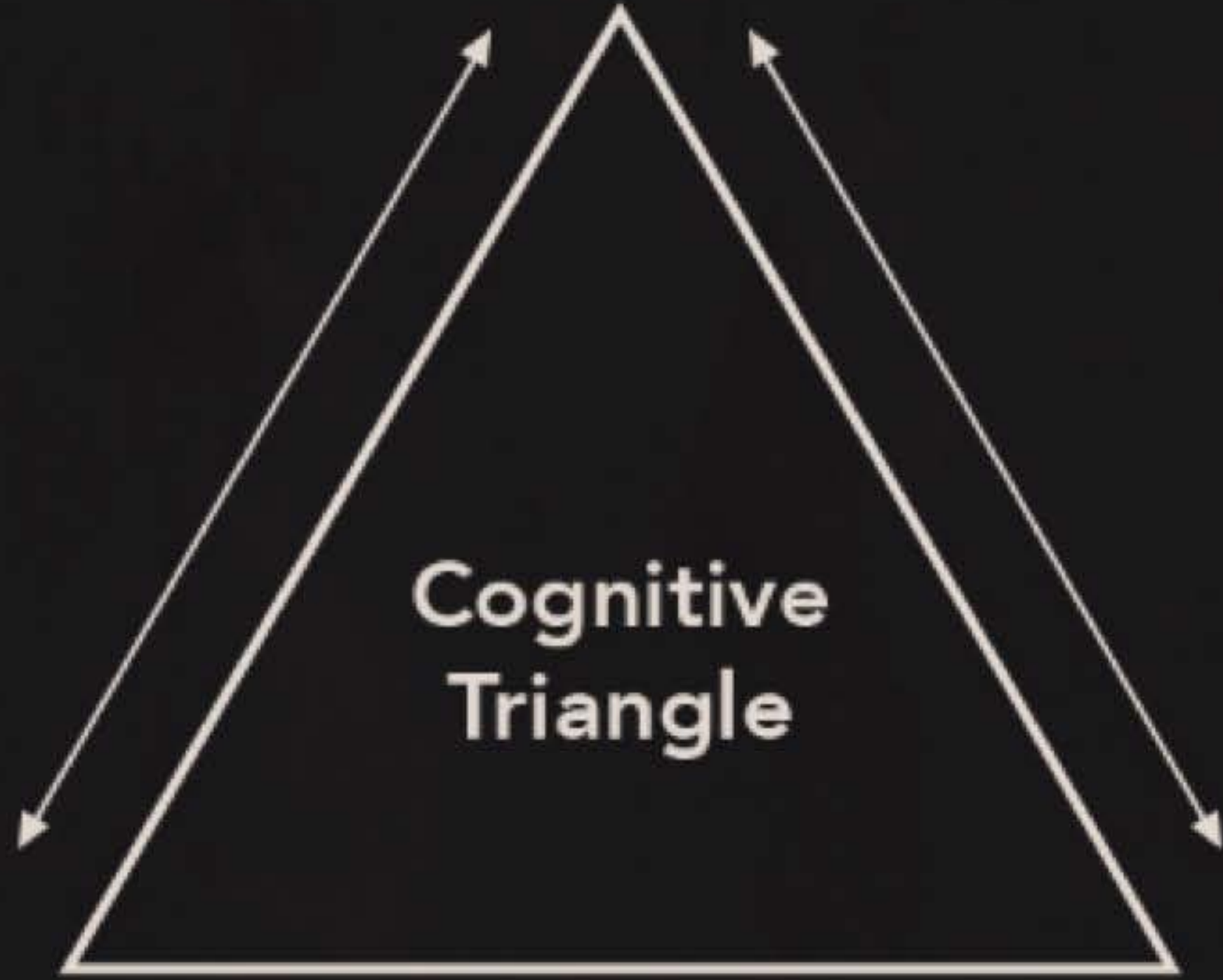
**Cognitive
Triangle**

BEHAVIORS

FEELINGS

"I'm unlovable"

THOUGHTS



**Cognitive
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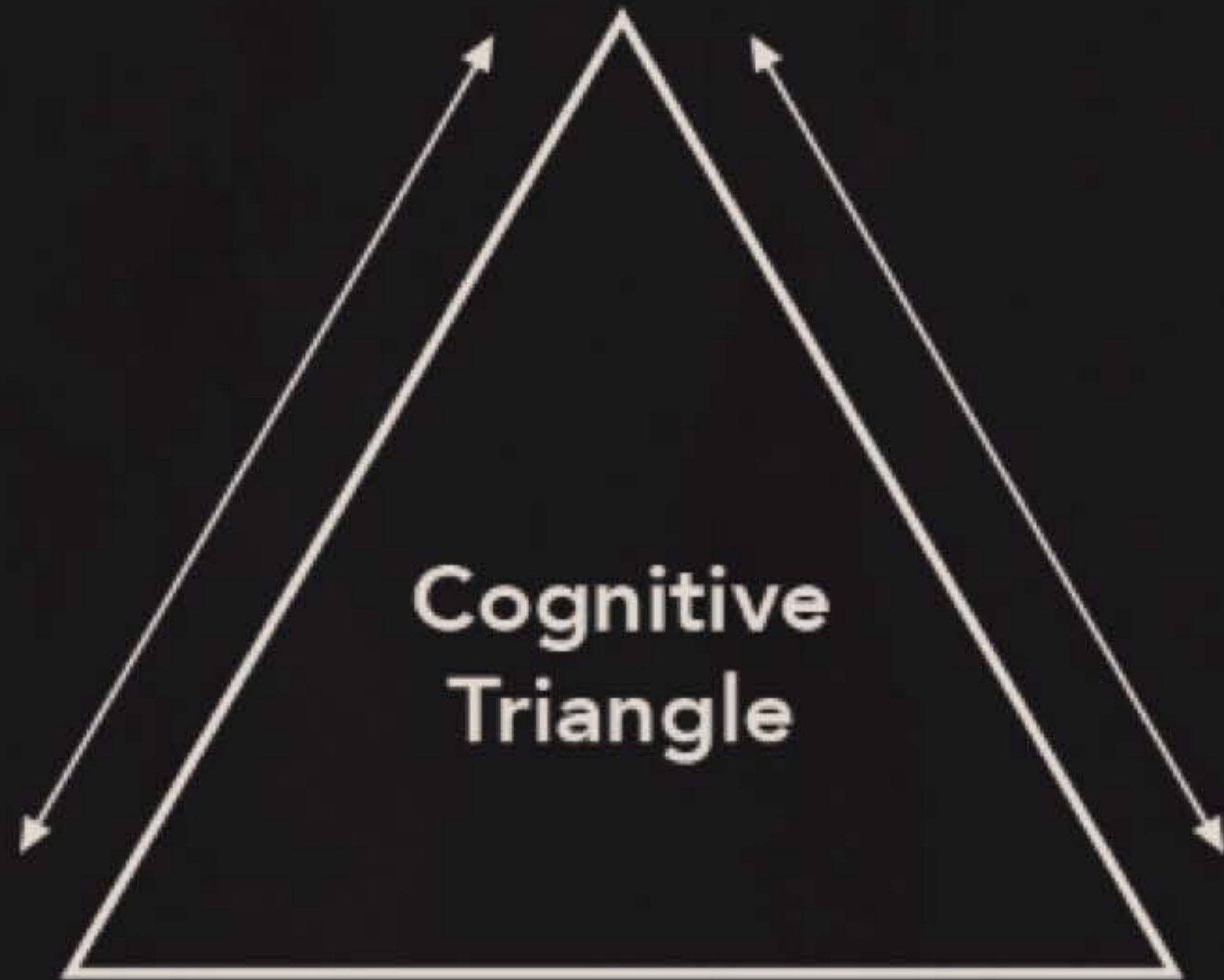


FEELINGS

Sad
Hopeless

"I'm unlovable"

THOUGHTS



**Cognitive
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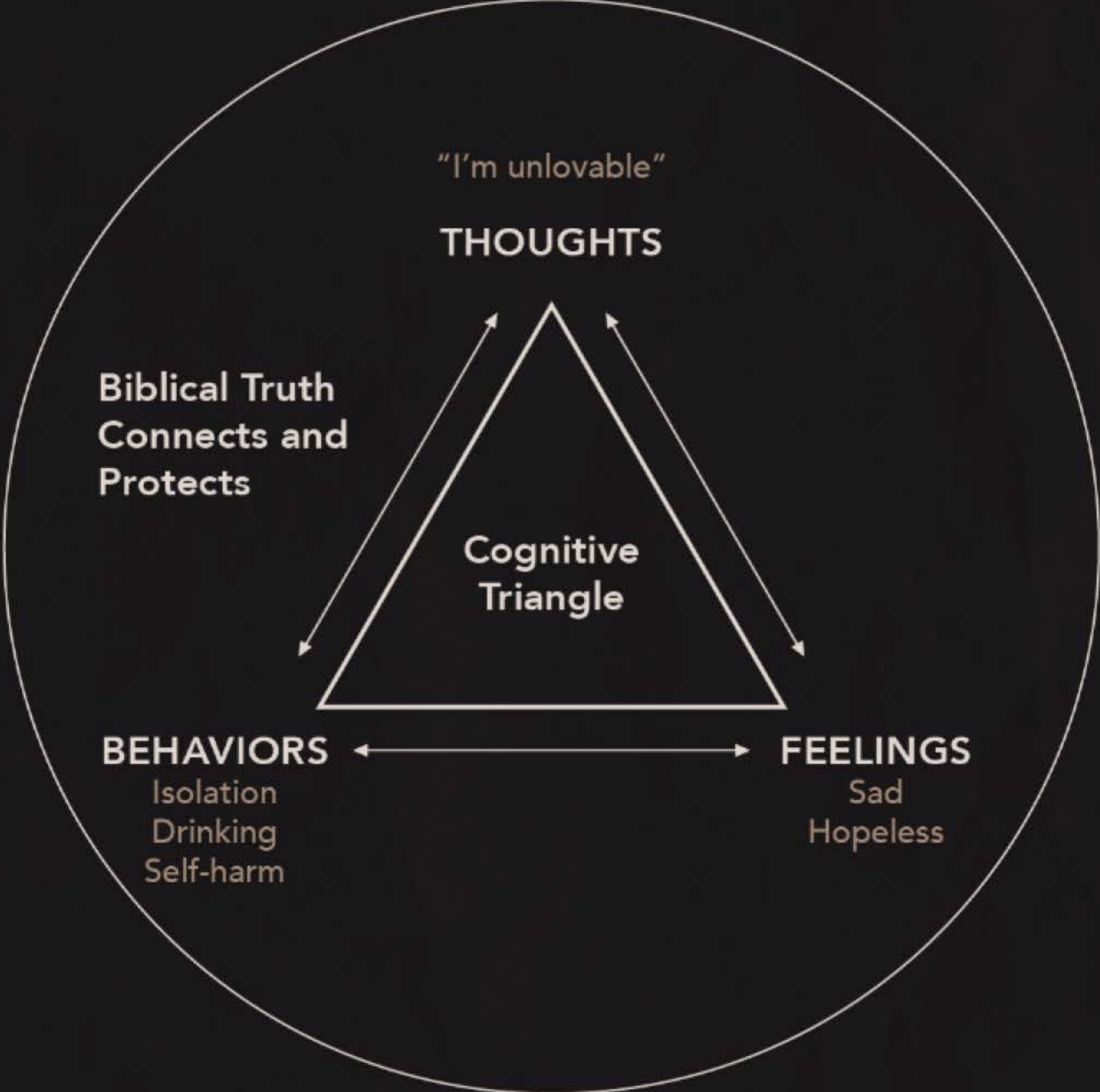
BEHAVIORS

Isolation
Drinking
Self-harm

FEELINGS

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"I'm unlovable"

THOUGHTS

**Biblical Truth
Connects and
Protects**

**Cognitive
Triangle**

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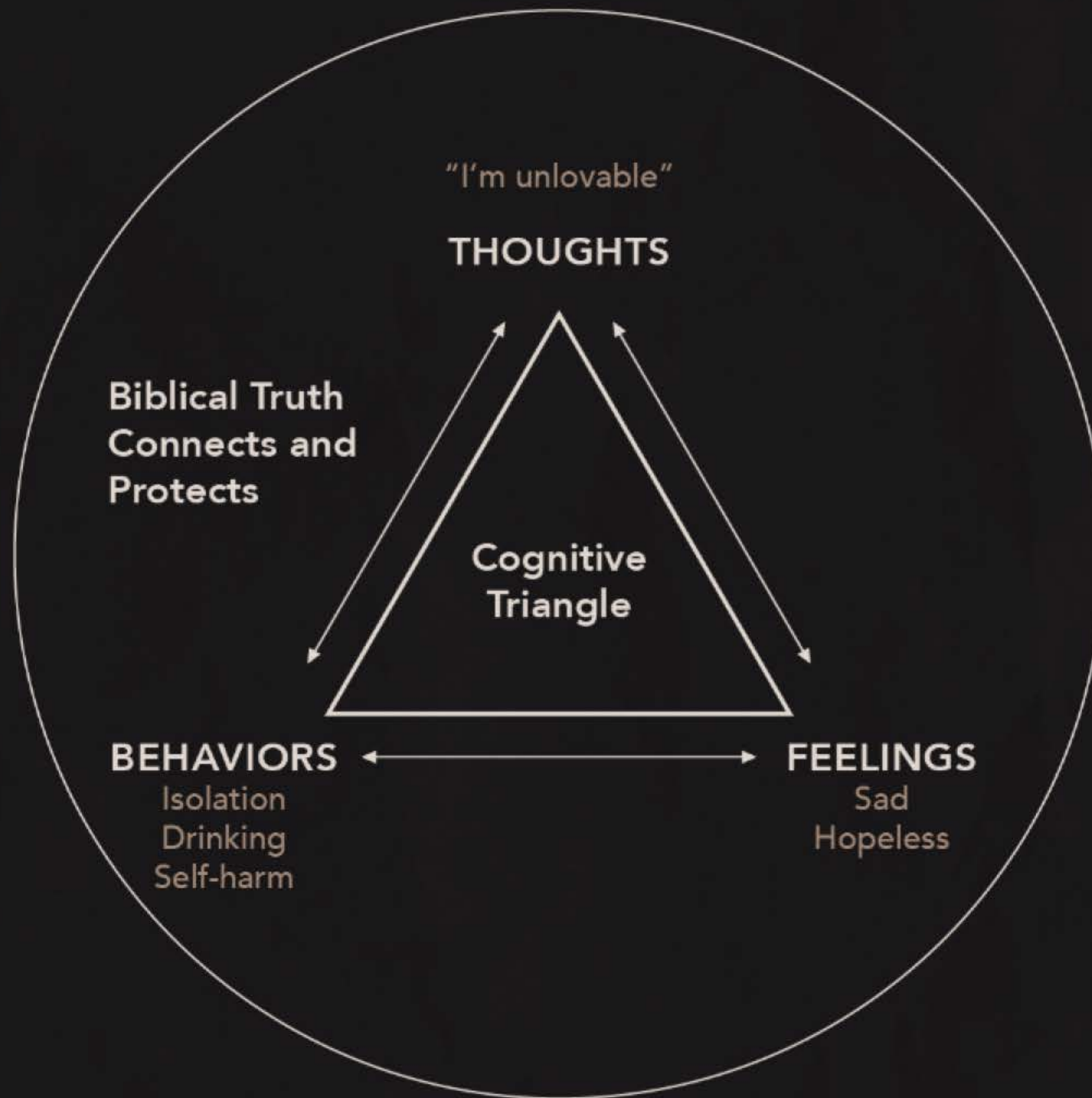
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Psalm 41:9

"Even my close friend,
someone I trusted, one
who shared my bread,
has turned against me"

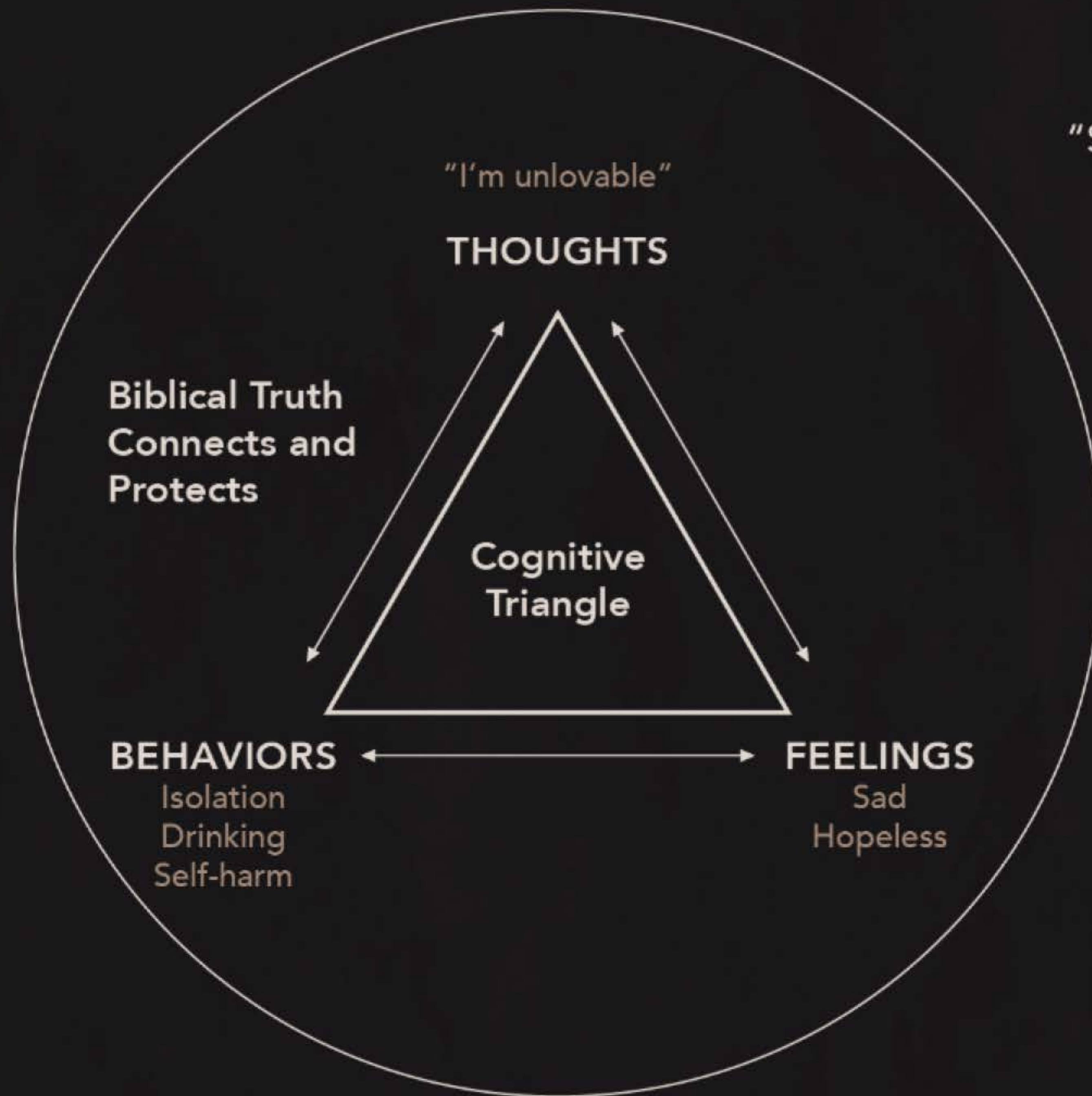


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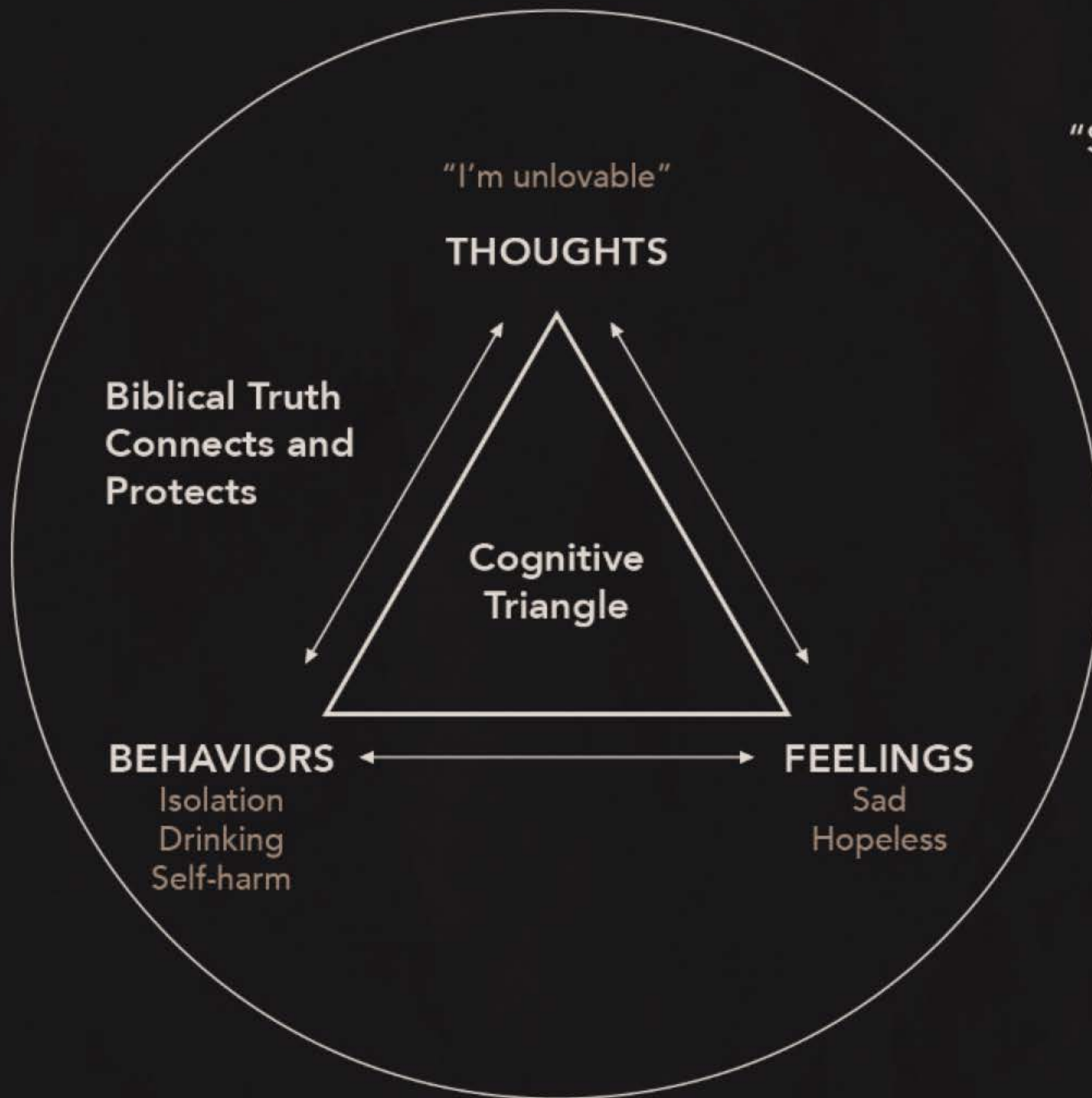
"Even my close friend,
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1 John 3:1

"See what kind of love the
Father has given to us,
that we should be called
children of God."



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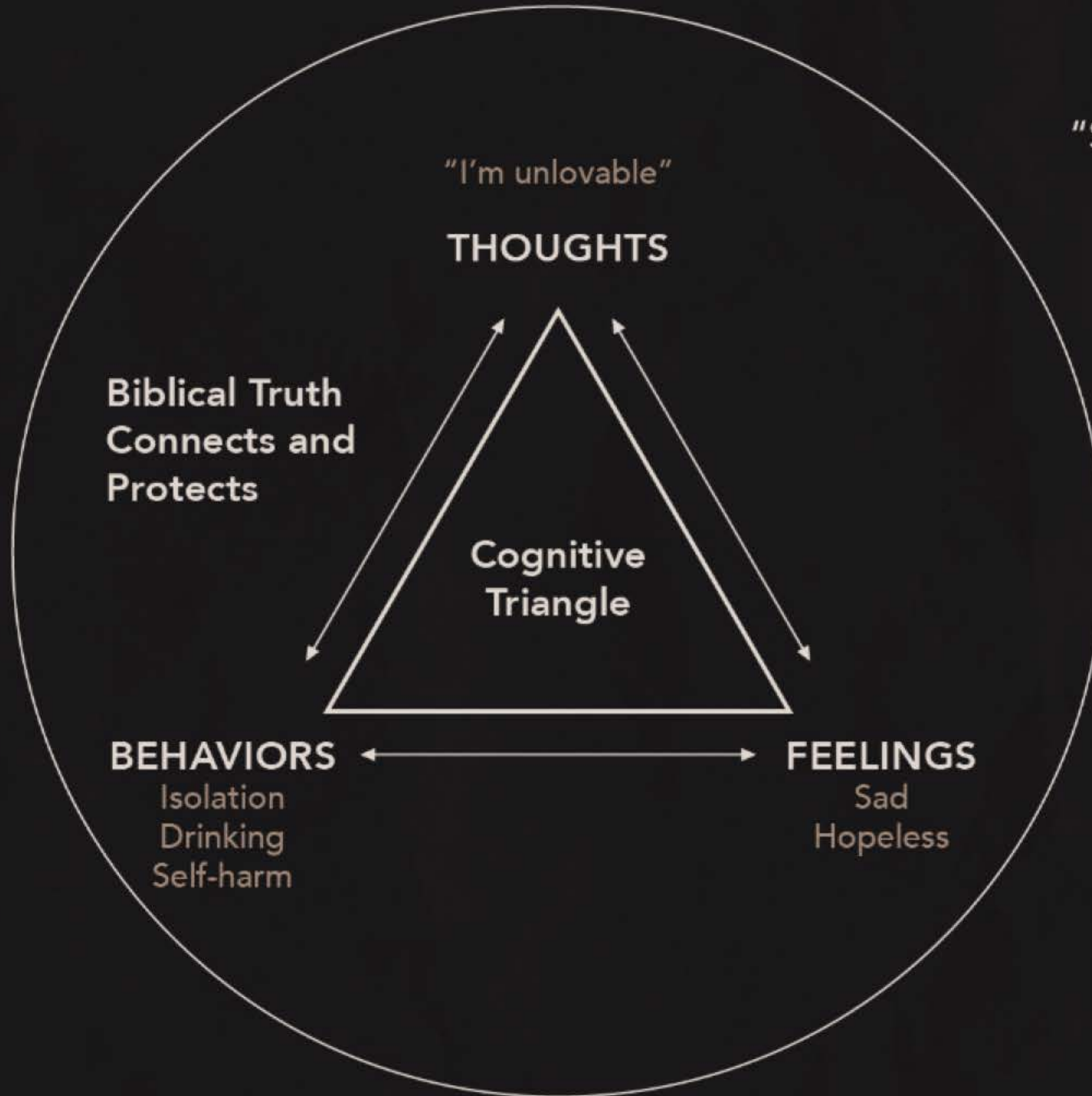


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"The heart is deceitful
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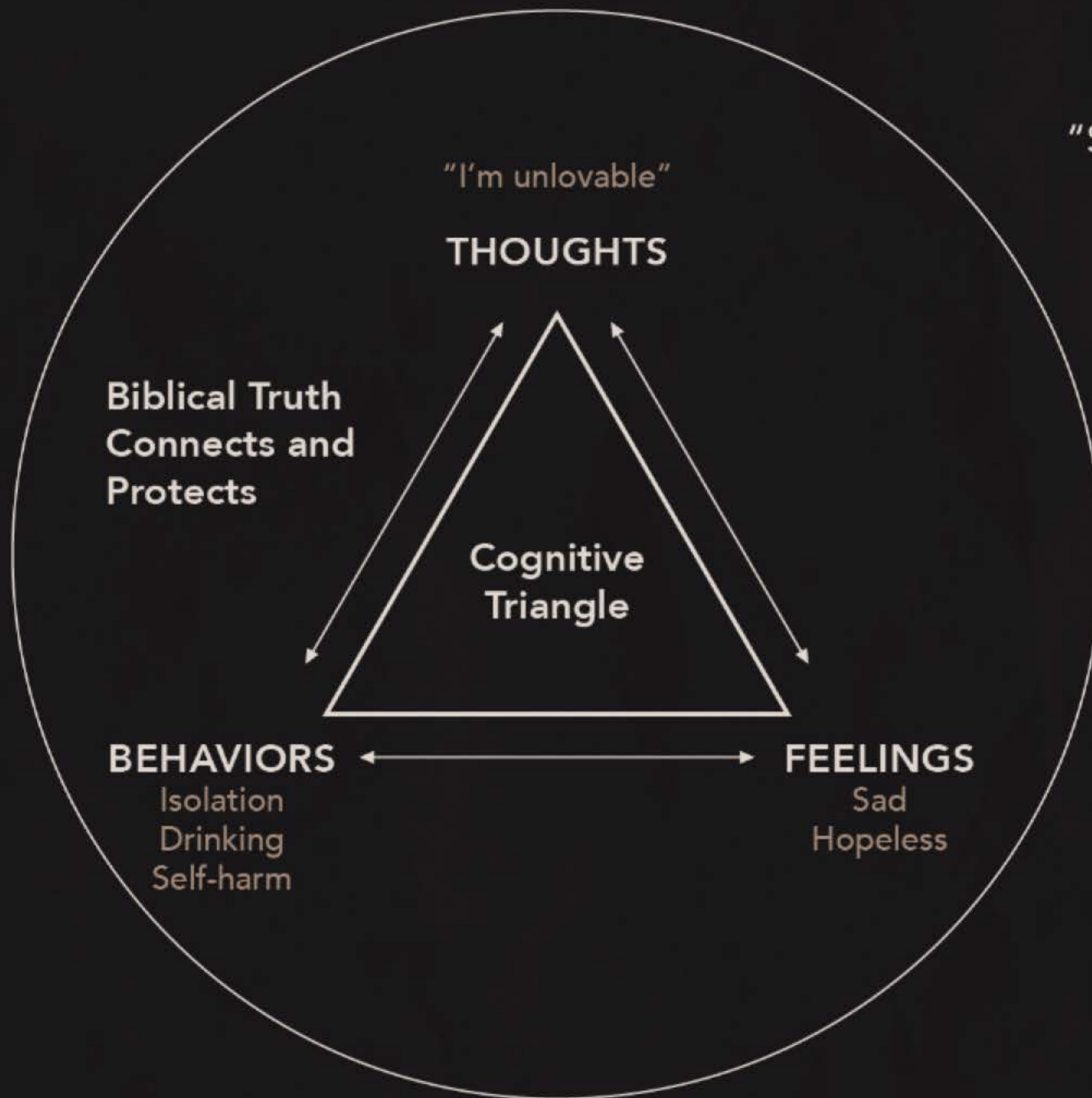
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Proverbs 23:18

"There is surely a future
hope for you, and your
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Romans 7:15
"For what I want to
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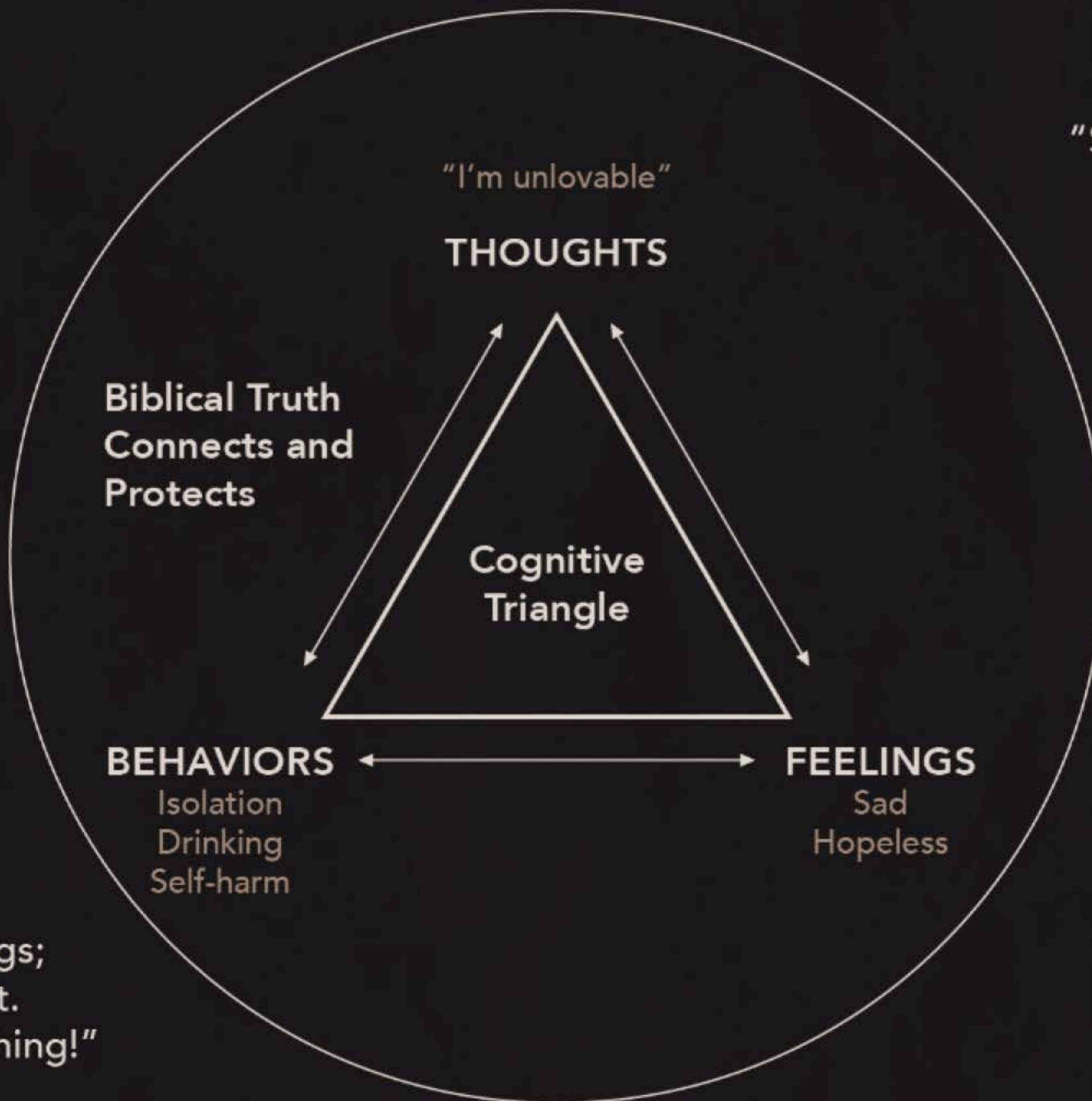
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Isaiah 43:18-19
"Forget the former things;
do not dwell on the past.
See, I am doing a new thing!"



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4

Consider Jesus, find hope.

2 Corinthians 4:13-18 (NIV)

It is written: "I believed; therefore I have spoken." Since we have that same spirit of faith, we also believe and therefore

2 Corinthians 4:13-18 (NIV)

speaking, because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus

2 Corinthians 4:13-18 (NIV)

and present us with you to himself. All this is for your benefit,
so that the grace that is reaching more and more people

2 Corinthians 4:13-18 (NIV)

may cause thanksgiving to overflow to the glory of God.
Therefore we do not lose heart.

2 Corinthians 4:13-18 (NIV)

Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary

2 Corinthians 4:13-18 (NIV)

troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen,

2 Corinthians 4:13-18 (NIV)

but on what is unseen, since what is seen is temporary, but
what is unseen is eternal.