

God's Way to Emotional & Mental Health

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PASSOVER

The Bible teaches that "*Christ is our Passover.*"¹ Jesus Christ is our passover from sin to righteousness. He is our passover from Egyptian bondage into the Promised Land. He is our passover from selfishness to love; from fear to faith; from failure to success; from impurity to holiness; from death to life; and from depression to joy unspeakable and full of glory. JESUS CHRIST IS OUR PASSOVER from everything bad to everything good; from everything negative to everything positive. Glory to God forevermore!

NOTHING PERSONAL

As believers, we must learn to take nothing personal. We are Christ's representatives; nothing more, nothing less.² Everything that we face in life must be seen as relative to having no life of our own. We are not our own; we belong to Christ.³ Every weapon that the devil slings at us must be seen as a personal attack against the Lord Jesus and the Word of God. When an official from the Soviet Union verbally attacks an ambassador from the United States, it was seen as an attack against the US government, not just against the person of the US ambassador.

The parable of the sower in Mark 4 says that Satan comes immediately to take away THE WORD. This parable tells us that persecutions, afflictions, cares, lusts, and deceit arise because of THE WORD'S SAKE. Every test we face is Satan trying to take the Word out of our hearts before it bears fruit. But if we act on God's Word, taking nothing personal, we will passover our tests with "TEST-imonies" to God's glory.

PASS IT OVER

When I was a little boy, I enjoyed watching the "Three Stooges" television comedy. Often, Moe would bark out an order to Larry. Then Larry would turn around and bark out the order to Curley. Then Curley would turn to bark out the order to someone else, only to realize that there was no one else there. Reluctantly, or with a snarl, Curley would walk off to obey the order. As disciples of Christ, we need to be like the middleman, Larry. When we are troubled by anyone or any circumstance, we should quickly pass-it-over to the Lord. The Bible depicts Jesus as our BURDEN-BEARER, not our burden sharer. He didn't come to share our problems. He came to utterly take them away. "*Cast thy burden upon the Lord and He shall sustain thee.*"⁴ Pass it over to Jesus. Pass it on to Him.

PASS IT ON

Four P's should be passed on to the Lord if we want to enjoy emotional and spiritual health. If you keep any of these P's as a personal yoke, they can drain you of emotional and mental energy. **The big four are: Persecution, Pressure, Pain, Praise.**

Persecution

Persecution is people pressure. People can persecute you by criticism, rejection, misunderstanding, mockery, physical harm or abuse, insults, gossip, ignoring you, false accusations, lawsuits, and many more ways. You have to make a choice that you'll never take persecution personally. Everyone is tempted to yield to people pressure. But PASS IT ON. "*The insults of those who insult you have fallen on me.*"⁵ So when people are on your case, just look up and say: "Jesus, so-and-so is criticizing you. I pass this persecution on to you. I bless so-

and-so. I forgive so-and-so. This is not my problem, it is yours, Jesus. I don't have it anymore. You work on so-and-so; you created them, you can change them."

Pressure

The circumstances of life can bring great mental pressure. Pressure to worry. Pressure to fear. Pressure to quit. Pressure to fret. Pressure to run away. Pressure to throw in the towel. Pressure to lie. Pressure to compromise. Pressure to be disloyal in relationships. **MENTAL PRESSURE!** The key to overcoming the circumstances of life is to transfer the pressure over on God's Word. The Bible teaches that God's Word can **STAND THE HEAT** for - it has been through the refiner's fire no less than seven times.⁶ Our fragile minds overload and tilt from too much pressure. But God's Word stands forever. So transfer the pressure over on to God's Word and let the Word put the pressure on your circumstances to change. Say you look at your checkbook figure. "Oh no, financial trouble; things aren't looking good." But as one preacher put it, **IF THINGS AREN'T LOOKING GOOD, QUIT LOOKING AT THINGS! LOOK AT THE PROMISES!** So you transfer the pressure by praying, "Father, I cast the mental burden of this financial pressure over on you. Now, I am a tither and an obedient giver, so I transfer the pressure over on your Word. Your Word says in Mal. 3:9,10 that you would pour me out an uncontainable blessing. Your Words says in Luke 6:38 that men would give into my bosom. So I believe I receive that financial blessing of so much, in Jesus name. Now Father, I have passed the pressure on to you. Now, that I am out of the way, You can pass the needed money on to me!"

Pain

Emotional pain can come into our lives through an unexpected turn of events, the death of a loved one, or friend, or just an unfulfilled expectation. So much pain can be inflicted on us that it seems our hearts are overwhelmed with sorrow or emotional turmoil. If we don't get rid of our emotional aches, we'll become a "basket case." Some people go insane and have nervous breakdowns because they don't know how to pass on the pain. So don't keep the pain - get rid of it! Isaiah 61 tells us that Jesus came to give us **COMFORT** and **THE OIL OF JOY** in exchange for **MOURNING**; **BEAUTY** in exchange for **ASHES**; and the **GARMENT OF PRAISE** in exchange for **HEAVINESS**. Mourning is grief and remorse. Ashes are shame, embarrassment, disappointment and discouragement. Heaviness is depression. Jesus paid the price for all this. But even though the price has been paid in full; we must reach out with hands of faith and receive the merchandise already purchased. In order to get rid of the throbbing pain, one must make an exchange in prayer. **PASS YOUR PAIN ON. JESUS WILL GLADLY TAKE IT AND PASS YOU BACK EMOTIONAL RELIEF.** Release your pain to Him. Unload it on Him even if it must be done through tears. He will listen. He will heal.

Praise

"The crucible for silver and the furnace for gold, but man is tested by the praise he receives." (Proverbs 27:21 NIV). Another thing we must pass on to the Lord is men's praise. We should be careful to give God the glory. We should never take compliments and praise too seriously. Anything good that people see in our lives must be credited to **HIM IN WHOM WE LIVE, AND MOVE AND HAVE OUR BEING**. There is nothing wrong with complimenting one another, thanking one another, and encouraging one another. And one can receive a compliment without being too superspiritual. One can simply say, "Thank you, God has been good." You don't have to go into an obnoxious dissertation: "Oh no, brother, give God the glory. Not me, but Him. No flesh glory." But when men do praise us, soon afterwards, we should go to the Lord in prayer and pass it on to Him. We must be sure to give Him the credit. Even Jesus was careful to attribute the credit to God the Father. **THE BIG HEAD** is bad for our health and will erode our character. So **PASS THE PRAISE ON! PASS-IT-OVER!**

Scripture References: 1) I Cor 5:17 , 2) II Cor 5:20, 3) I Cor 6:19-20, 4) Psalm 55:22, 5) Rom 15:3 (NIV), 6) Psalm 12:6