

A WOMAN OF GODLY INFLUENCE (AWOGI)

Seeking God's Perspective in an Uncertain Society

The wise woman builds her house, but with her own hands the foolish one tears hers down (Proverbs 14:1)



AWOGI BIBLE STUDY: SATURDAY, OCTOBER 11, 2025

WHAT DOES THE BIBLE SAY ABOUT MENTAL ILLNESS?

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3 John 1:2

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your *mood, thinking, and behavior*. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. Mental health conditions can be the result of a combination of factors such as *gene and brain chemistry; life experiences (trauma and chronic stress); substance use and certain medical conditions*.

- Our mental health is part of our physical health.
- Mental illness not a sin, it's a physical struggle, an element of mental suffering.
- Christians do suffer from sickness, disease, and mental illness.
- There are many people in the Bible who experienced mental health issues.
 - o King David (Psalms 6:6-7; 42:5-7; 55:4-5)
 - o Prophet Jeremiah (Jer. 8:18, 21)
 - o Prophet Elijah (1 Kings 19:4)
 - o Job (Job 3:20-21)
 - o The Apostle Paul says, "*We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed*" (2 Corinthians 4:8-9)
- Pray for God's help, strength, guidance, and healing.

Illness, disease, suffering and struggle are a result of a fallen world. Once sin entered into the world, man was no longer perfect and therefore susceptible to sickness and suffering.

Just like physical health conditions, there are some mental health conditions that we can manage by making changes to our personal routine, habits, and actions. But just like physical health conditions, some mental health conditions require the support of *professionals (physicians and counselors), medication, and sometimes hospitalization*.

Mission Statement: to encourage and inspire women to seek Godly wisdom and live by biblical principles

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Knowledge is Power: Remove the Stigma Around Mental Health Conditions

Even in our information age, mental health is still misunderstood. People with mental health conditions often feel isolated. It's time to remove the stigma and learn more about how to manage our mental health and support others.

- Mental illness has often been viewed as a sign of weakness, moral failing, or demonic possession.
- Many people lack basic knowledge about mental health conditions, leading to misunderstandings and fear.
- Stereotypes, such as the belief that people with mental illness are dangerous or unpredictable, contribute to negative perceptions.
- Healthcare systems and social institutions can sometimes fail to provide adequate support and treatment for people with mental illness, further marginalizing them.

Encouragement and Support

Just as we would encourage and support others with a physical illness, we must also encourage and support those with mental health conditions.

- Share God's Promises
- Encourage guidance towards professional help
- Learn more about how the condition and how you can offer needed support

Prayer and Scripture Meditation

Prayer is always in order, but sometimes prayer is not enough.

- Philippians 4:6-7 *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*
- Philippians 4:8 *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

Learn Strategies Reduce to Risks and Improve Overall Health

- Get regular exercise
- Develop healthier eating habits
- Learn more about what can trigger mental health episodes
- Avoid unnecessary stressors
- Adhere to the prescribed medications and the advice of professionals

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Power in the Word of God

1. Anxiety and Worry

- **Philippians 4:6–7 (NKJV)**

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

- **Matthew 6:34 (ESV)**

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

- **Psalms 23:4 (NIV)**

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

2. Depression and Sadness

- **Psalms 34:18 (NIV)**

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

- **Psalms 42:11 (NIV)**

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

- **Psalms 9:9 (NIV)**

The LORD is a refuge for the oppressed, a stronghold in times of trouble.

3. Peace of Mind

- **Isaiah 26:3 (NKJV)**

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

- **John 14:27 (NIV)**

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

- **John 16:33 (NIV)**

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

4. Renewal and Restoration

- **Romans 12:2 (NIV)**

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

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- **2 Corinthians 4:16 (NIV)**

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

- **Matthew 11:28-29 (NKJV)**

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls."

5. Strength in Weakness

- **2 Corinthians 12:9 (NIV)**

My grace is sufficient for you, for my power is made perfect in weakness.

- **Isaiah 40:31 (NKJV)**

But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles ...

- **1 Corinthians 1:28-29 (NIV)**

God chose the lowly things of this world and the despised things — and the things that are not—to nullify the things that are, so that no one may boast before him.

6. Mental Soundness

- **2 Timothy 1:7 (NKJV)**

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

- **Ephesians 6:12 (ESV)**

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

- **Colossians 3:2 (NIV)**

Set your minds on things above, not on earthly things.

7. Healing

- **Jeremiah 30:17 (NIV)**

But I will restore you to health and heal your wounds,' declares the Lord.

- **Psalms 147:3 (NIV)**

He heals the brokenhearted and binds up their wounds.

- **Isaiah 38:16b-17 (NIV)**

You restored me to health and let me live. Surely it was for my benefit that I suffered such anguish. In your love you kept me from the pit of destruction; you have put all my sins behind your back.

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