

# Mental Health & Faith – God Cares About Your Whole Self

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## Introduction: Why this Matters

Mental health isn't just a trending topic—it's a deep, daily reality for so many people, including those in the church. Anxiety, depression, burnout, and trauma affect people in every walk of life, regardless of how strong their faith is.

At **Love Church**, we believe that following Jesus doesn't mean pretending everything's okay. It means bringing everything—even the broken pieces—to Him. We know firsthand that many have felt pressure to hide their struggles or have been told things like "Just pray it away" or "Real Christians don't deal with that."

We want to say clearly: **You are not alone, and you are not broken beyond repair.**

You don't need to pretend you're okay. You don't need to carry your pain by yourself. God sees you, loves you, and cares deeply about your mind and your heart. And we do too.

Whether you're walking through a hard season, navigating lifelong mental illness, or just feeling overwhelmed—there's hope. Healing is possible. And your mental health matters to God.

# What We Believe — A Whole-Person Gospel

At **Love Church**, we believe the Gospel is good news for every part of your life—**spirit, soul, and body** (1 Thessalonians 5:23). That includes your mind and mental health.

We affirm:

- **Mental health is real.** Anxiety, depression, PTSD, OCD, bipolar disorder—these are not signs of weak faith. They are real conditions that many people, including Christians, experience.
- **Medicine is not anti-faith.** We believe God can heal supernaturally and through doctors, therapy, and medication. We don't shame people for taking medication or seeking medical help. That's wisdom, not weakness.
- **Therapy is a gift.** Talking to a counselor, therapist, or trusted spiritual leader can bring clarity, healing, and freedom. We encourage it—and we want to help connect you to the right resources.
- **Prayer and Scripture are powerful.** We also believe in the healing power of Jesus. We pray boldly, we stand on truth, and we invite the Holy Spirit into every part of the healing journey.

Faith and mental health aren't enemies—they work together. Sometimes God calms the storm. Sometimes He walks with us through it. Either way, He never leaves our side.

As Psalm 34:18 says:

| **“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”**

# Breaking the Stigma in the Church

For too long, the Church hasn't always known how to talk about mental health. People struggling with anxiety, depression, trauma, or suicidal thoughts have often been met with silence, shame, or oversimplified answers like:

- “Just pray more.”
- “You need more faith.”
- “Christians shouldn't struggle like that.”

But here's the truth: **Christians can love Jesus and still battle depression.** You can trust God and still wrestle with anxiety. Being in a fight doesn't mean you've failed—it means you're human.

At **Love Church**, we want to create a new culture:

- **A place where it's okay to not be okay.**
- **A community that listens with compassion instead of quick fixes.**
- **A family that reminds you: you're not alone. You're not broken. You're loved.**

We are passionate about removing the shame that so many carry in silence. Mental health is not a sign of spiritual failure—it's part of the journey we walk through in a broken world, with a God who heals, restores, and walks beside us.

We're committed to saying:

| **“You are seen. You are valuable. And we will walk with you.”**

# Faith and Therapy — Working Together

We believe that **faith and professional care are not enemies**—they're partners. Just like we would see a doctor for a broken arm, we can and should seek help for our minds and emotions.

God can work through:

- **Therapists** — trained professionals who help us process trauma, patterns, and pain
- **Doctors and medication** — for chemical imbalances, anxiety disorders, depression, PTSD, and more
- **Support groups** — where healing happens in community
- **Prayer and Scripture** — anchoring us in hope and truth

You don't have to choose between prayer and therapy. **You can have both.** We reject the stigma that "real Christians don't need help." Instead, we affirm:

| **"Real Christians get help, walk in wisdom, and trust God through every step."**

At **Love Church**, all of our pastors are **trained and certified in suicide prevention** through our partnership with **Stay Here**, a faith-based mental health organization. We are committed to providing safe spaces for honest conversations and real healing.

We also connect people to licensed Christian counselors and walk with them toward long-term care and hope.

# Jesus and Mental Health — What Scripture Shows Us

Jesus understands mental and emotional pain. He was not distant from suffering—He entered into it.

**“He was despised and rejected by mankind,  
a man of suffering, and familiar with pain.”  
– Isaiah 53:3**

In the Gospels, we see Jesus:

- **Grieve deeply over the death of Lazarus (John 11:35)**
- **Withdraw to lonely places for rest and prayer (Luke 5:16)**
- **Cry out in anguish on the cross, feeling abandoned (Matthew 27:46)**

Jesus wasn't emotionless. He experienced sadness, grief, stress, and relational pain—yet without sin. His humanity means He gets it.

The Bible also highlights other examples of emotional and mental distress:

- **Elijah was suicidal after spiritual burnout (1 Kings 19)**
- **David expressed deep depression and despair in the Psalms**
- **Jeremiah was called the weeping prophet**
- **Paul wrote of despairing of life itself (2 Corinthians 1:8)**

These were not weak people. They were deeply loved and powerfully used by God. The Bible doesn't dismiss emotional pain—it dignifies it.

**“The Lord is close to the brokenhearted  
and saves those who are crushed in spirit.”  
– Psalm 34:18**

At **Love Church**, we want everyone to know: **Jesus doesn't shame you for your struggle. He meets you in it.**

# Creating a Church Culture That Cares

At **Love Church**, we are committed to building a culture where it's okay to not be okay—but it's not okay to stay there alone.

We want to be the kind of church where:

- You can talk about your anxiety without fear.
- You can say “I’m struggling” and be met with support, not shame.
- You’re encouraged to pray and also seek therapy.
- Taking medication for mental health is not seen as a lack of faith.
- Asking for help is a sign of strength, not weakness.

This means:

- Our pastors are trained and certified in suicide prevention through Stay Here.
- We actively talk about mental health from the platform.
- We refer people to professional counselors and therapists.
- We create safe groups and environments for vulnerability.
- We fight against isolation with authentic community.

We believe mental health and discipleship go hand in hand. You can love Jesus and still wrestle with depression. You can pray and still need medication. You can lead and still need counseling.

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”  
– Galatians 6:2

No one should have to carry their pain alone. That’s why we exist—not to fix people, but to walk with them toward healing.

# Final Words of Hope + Practical Resources

At **Love Church**, we lead with **empathy**—but we also lead with **hope**. We believe Jesus meets us in our pain, but He doesn't leave us there. There is healing. There is freedom. There is a future.

Whether you're battling depression, walking through anxiety, or carrying silent pain—you **are not alone, and you are not stuck**.

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”  
– Psalm 34:18

We believe:

- **Healing is possible** — through God's power and through wise support.
- **Breakthrough happens** — in prayer, in community, and over time.
- **Hope is real** — not hype, not a quick fix, but anchored in the love of Jesus.

We also know healing isn't always instant. Sometimes it's a process. Sometimes it includes doctors and therapists. Sometimes it's one step, one breath, one prayer at a time.

But we are committed to walking with you.

## Helpful Resources

- **Stay Here** – Our trusted mental health partner; offers practical tools for suicide prevention and emotional health. [stayhere.live](https://stayhere.live)
- **Professional Counseling Referrals** – We can connect you with Christian therapists in the San Diego area and virtually.

## Books & Podcasts:

- “The Ruthless Elimination of Hurry” by John Mark Comer
- “Emotionally Healthy Spirituality” by Pete Scazzero
- “Winning the War in Your Mind” by Craig Groeschel

## Final Thought

If you're struggling, **don't stay silent**. Reach out. Talk to someone. Get prayer. **Ask for help. You are loved, seen, and worth fighting for.**

Jesus sees you. We see you. And there's **more** for your life than pain and survival. **There's purpose, peace, and joy ahead.**