

Mental Health: A Biblical Perspective - Pt 1 6/22/25

- e. The DSM (see Jenn Chen Handout)
 - i. Founded in 1952 by the APA.

3. The Failure of the Mental Health Worldview

a. A Failure to Define

- i. 1 in 5 American adults have at least one mental disorder.
- ii. "The concept of mental disorder is so amorphous, protean, and heterogeneous that it inherently defies definition. This is a hole at the center of psychiatric classification." - Dr. Allen Francis, *Saving Normal*, 24.
- iii. "Thousands went to bed without an illness but upon publication of the DSM-V they woke up sick." - Dr. Allen Frances
- iv. Ecclesiastes 2
- v. Ps 32
- vi. Ps 42-43
- vii. Eph 4:17-19
- viii. 2 Corinthians 1:8

- b. A Failure to Discern
 - i. Mind vs. Brain
 - ii. The mind is not naturally healthy or good
 - iii. Eph 4:17
 - iv. Rom 12:1-2
 - v. Jer 17:9
 - vi. Eccl 9:3
 - vii. Mind Renewal vs. a mere change of thinking/treatment
 - viii. Eph 4:22-24
 - ix. Prov 28:13
- c. A Failure to Diagnose
 - i. Diagnoses are not based on objective science, but on the subjective response of the patient and the doctor.
 - ii. Your diagnosis becomes your identity
- d. A Failure to Deliver (the solutions/answers)
 - i. Recent popular ideas include:
 - 1. Trauma is stored in the body - The Body Keeps the Score
 - 2. Attachment Theories
 - 3. Bio-determinism

4. A Biblical View of Mental Health

- a. Source of Authority
- b. Sin
- c. Salvation
- d. Sanctification
- e. Support System
- f. Sparring
- g. Servants of the System