



WHAT'S ON YOUR  
**MIND**

# I Can't Change My Mind

ROMANS 8:18

## I. We all struggle mentally to be who we know God wants us to be, which is why we need \_\_\_\_\_.

*For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing. ... Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord! Romans 7:18-19, 24-25a*

### CAN MENTAL ILLNESS BE ATTRIBUTED TO DEMON ATTACK OR POSSESSION?

*Scripture teaches us that Satan seeks to tempt, deceive, accuse, infirm, or possess people, but Scripture gives no examples of believers losing control of their faculties to demons.*

1. In Christ we are the temple of the Holy Spirit. (1 Cor 6:19)
2. In Christ we are indwelt by God who is greater than the devil. (1 Jn 4:4)
3. In Christ we are in the light and there is no room for darkness. (1 Jn 1:5)

## II. When we can't change our mind, it doesn't mean God doesn't have a \_\_\_\_\_.

*So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. Three times I pleaded with the Lord about this, that it should leave me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong. 2 Corinthians 12:7-10*

## III. We all look forward to the day when God will change what we can't change \_\_\_\_\_.

*For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. ... And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience. Romans 8:18, 23-25*

## A Holistic Approach to Care for Those Who Can't Change Their Minds

*If one member suffers, all suffer together; if one member is honored, all rejoice together. 1 Corinthians 12:26*

- PHYSICAL Share the responsibility to care for a person's \_\_\_\_\_ needs.
- RELATIONAL Offer your \_\_\_\_\_ as the greatest gift you can give.
- SPIRITUAL Draw strength to care for others from Christ's \_\_\_\_\_ care for you.
- EMOTIONAL Change your mindset from *WHAT IF* to \_\_\_\_\_, which propels you to praise.

*Even if the fig tree does not blossom, and there is no fruit on the vines, if the yield of the olive fails, and the fields produce no food, even if the flock disappears from the fold, and there are no cattle in the stalls, yet I will triumph in the Lord, I will rejoice in the God of my salvation. Habakkuk 3:17-18 (NASB)*



## DEVOTIONAL & HOME GROUP STUDY

1. How has this series helped your walk with Christ? Has there been a particular part of one of the sermons that especially provided you a new insight?

2. Read 2 Corinthians 12:7-10. How well do you relate to what Paul is talking about here? What role does patience play?

3. Read the quote by George Matheson at right. Have you ever considered thanksgiving to be a part of what you tell the Lord when you share your struggles with Him? How does an attitude of thankfulness grow us spiritually in our suffering?

4. Read Romans 8:35, 37-39. How does Paul's writing here encourage you, no matter what you may be facing?

5. Read Habakkuk 3:17-18 (the NASB translation is suggested in this case). What do these verses teach us about how a person who loves God should respond to suffering? Insert your own personal "even ifs" into this passage and use it as a prayer to the Lord.

*"George Matheson was a well-known blind Scottish preacher who wrote the hymn, "O Love That Will Not Let Me Go." He says of his blindness: 'My God, I have never thanked Thee for my thorn. I have thanked Thee a thousand times for my roses, but not once for my thorn. I have been looking forward to a world where I shall get compensation for my cross; but I have never thought of my cross as itself a present glory. Teach me the glory of my cross; teach me the value of my thorn. Show me that I have climbed to Thee by the path of pain. Show me that my tears have made my rainbows.'"*

*Vaneetha Risner, The Scars That Have Shaped Me: How God Meets Us in Suffering*

### RESOURCES FOR FURTHER STUDY

- Troubled Minds: Mental Illness and the Church's Mission* by Amy Simpson
- The Anxious Christian: Can God Use Your Anxiety for Good?* by Rhett Smith
- Finding Jesus in the Storm: The Spiritual Lives of Christian with Mental Health Challenges* by John Swinton
- The Scars That Have Shaped Me: How God Meets Us in Suffering* by Vaneetha Risner
- Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness* by Matthew Stanford
- Depression: A Stubborn Darkness* by Ed Welch

### HOME GROUP VIDEO

#### EXCLUSIVE VIDEO CONTENT FOR DISCUSSION

#### ROSS TATUM, M.D.

*Board Certified, General and Child/Adolescent Psychiatry and Credentialed Spiritual Director*

According to Dr. Tatum, what are the three reasons why people don't pursue mental health care?

What are the five parts of the self laid out by Jesus in Mark chapter 12, and how does Dr. Tatum use these as a "formula" for patients?

What insight did you gain from the illustration of the three figures and the cliff?

"I think believers feel it's a spiritual failure to need care. ... We live in a very broken world, and one of the broken places is our body. For instance, if you have broken kidneys, that is associated with hypertension; if you have a broken pancreas, that's associated with diabetes. And it's often more complicated than this, but if you have a broken brain, that's often associated with mental health disorder: anxiety, depression, bipolar disorder, even ADHD."

Dr. Ross Tatum

### COMING UP AT CHRIST CHAPEL

Here's a glimpse at what you need to know for this week at Christ Chapel. If you'd like to find out even more, visit [www.cbcfamily.org/events](http://www.cbcfamily.org/events). That's a great spot to see what's coming up!

**READY TO SERVE YOUR CHURCH OR COMMUNITY?** The truth is, we need you serving with us! Text "CCBCServe" to 94090 and we'll send you some ideas for getting started today.

**BE A PART OF TOMORROW'S HOPE LOCAL ADOPTION EVENT.** On Monday, May 3, Hope Local, a ministry partner of Christ Chapel, is bringing together potential adoptive families (both licensed and not yet licensed) and representatives of kids who are waiting to be adopted in our community. If you're considering adoption or would just like to learn more about the adoption process, you can join the Facebook Live event at 7 p.m. Head to [www.cbcfamily.org/events](http://www.cbcfamily.org/events) to hear more about Hope Local and the event.

**PRAY WITH US THIS THURSDAY, MAY 6 ON NATIONAL DAY OF PRAYER.** This year we want to challenge every Christ Chapelite to set aside 10 minutes to pray for our country and world on National Day of Prayer. If you'd like to join us on campus, the Sanctuary will be open from 7 a.m. to 7 p.m. We're even having a lunchtime hour of prayer and worship from noon to 1 p.m. If you can't make it in person, then pray wherever you are! You can sign up for a time at [www.cbcfamily.org/events](http://www.cbcfamily.org/events). That's also where you'll find the 2021 prayer guide.

**PARTNER WITH CHILDREN'S MINISTRY ON SUNDAYS.** We have loved welcoming back more and more families to Children's Ministry on Sundays, and we're not done yet! We're looking for Christ Chapelites just like you to serve with us. Will you help us open more classrooms so kiddos can learn about the God who loves them? Email the Children's Ministry team at [children@christchapelbc.org](mailto:children@christchapelbc.org) to learn more this week.

**SUMMER STUDIES FOR BAND OF BROTHERS AND WOMEN IN THE WORD START IN MAY.** If you're looking for a place to plug in and meet some people at Christ Chapel, these short, summer studies are a great place to start. Men, Band of Brothers will be studying the book of Jonah on Thursdays, starting May 13. Ladies, Women in the Word will be in the book of Judges with a study called "Amazing Grace" on Thursdays, starting May 27. Learn more about both studies and sign up at [www.cbcfamily.org/events](http://www.cbcfamily.org/events).

**PLANNING SUMMER ACTIVITIES FOR YOUR KIDS?** Summer at Christ Chapel is roaring, rowdy, friend-filled good times. Whether your child is in elementary, middle or high school, they'll love what we have planned. Head to [www.cbcfamily.org/summer](http://www.cbcfamily.org/summer) to learn more, register and share the link with a friend!

**NEW TO CHRIST CHAPEL OR READY TO START CONNECTING?** Scan the QR code here to fill out a Connect Card. Our team will reach out this week with next steps and more information.

**IF YOU'D LIKE TO GIVE AN OFFERING TODAY, YOU CAN DO SO STRAIGHT FROM YOUR PHONE.** The process is quick and easy—just text "CCBCFW" to 77977 to get started.

