**Showers to Flowers** (graphic)

**The Dark Cloud**

**Any mental illness (AMI)**is defined as a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment

In 2020, there were an estimated 52.9 million adults aged 18 or older in the United States with mental illness. This number represented 21.0% of all U.S. adults.

*\*\** [*https://www.nimh.nih.gov/health/statistics/mental-illness*](https://www.nimh.nih.gov/health/statistics/mental-illness) *\*\*Make this a footnote on the slide*

Young adults aged 18-25 years had the highest prevalence of AMI (30.6%) compared to adults aged 26-49 years (25.3%) and aged 50 and older (14.5%).

*\*\** [*https://www.nimh.nih.gov/health/statistics/mental-illness*](https://www.nimh.nih.gov/health/statistics/mental-illness) *\*\*Make this a footnote on the slide*

Causes of mental illness: **Biological**

* Hereditary
* Infections
* Brain injury
* Substance abuse

Causes of mental illness: **Phycological**

* Childhood trauma
* Emotional/Physical abuse
* Loosing a parent at a young age
* Neglect

Causes of mental illness: **Environmental**

* Stress induced
* Death or divorce
* Dysfunctional family life
* Low self-esteem/anger/loneliness
* Changing jobs or schools
* Substance abuse by the person or persons parents

**All** mental health issues happen because we live in a **broken world**.

Struggling with your mental health **does not make you weaker** than others or more **deserving** of **hardships**.

Mental health treatment **should include** a medical approach.

As a church we must approach mental illness in the same way God would approach any brokenness: with **grace and mercy.**

God can **miraculously heal** all physical and mental needs.

(1 Kings 19:3-8)

“Elijah was **afraid** and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day’s journey into the wilderness.”

(1 Kings 19:3-8)

“He came to a broom bush, sat down under it and **prayed that he might die**. “I have had enough, Lord,” he said, “**Take my life; I am no better than my ancestors**.” Then he lay down under the bush and fell asleep.”

(1 Kings 19:3-8)

“All at once an angel touched him and said, “**Get up and eat**.” He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then **lay down again**.”

(1 Kings 19:3-8)

“The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” So he got up and ate and drank. **Strengthened by that food**, he traveled forty days and forty nights until he reached Horeb, the mountain of God.”

1. The focus of our minds will hinder or help our emotional health.

(Philippians 4:8-9)

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—**if anything is excellent or praiseworthy**—**think about such things**.”

1. Recognize that you have **limitations**.

(Psalm 139:23-24)

“Search me, God, and know my heart; test me and know my **anxious** thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

1. God can work through your **brokenness**.

2 Corinthians 12:9

“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”