



**FREEDOM FOR MEN • New Heart • New Mind • New Life**  
*Trusted, experienced, faith-based men helping men find hope and freedom!*

**Chapter 10. Uncovering your wounds and finding HEALING.**

**Week 40: What about Mental Health, depression, chronic pain and medication?**

**Video: The Chosen, 12 year bleeding woman**

[Click here to watch a video clip in our Vimeo account.](#)

**Word of the Week: Sick**

**Theme verse:** *On hearing this, Jesus said to them, “It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.”* – Mark 2:17

**Theme Quote:** “If your friend is sick and dying, the most important thing he wants is not an explanation; he wants you to sit with him. He’s terrified of being alone more than anything else. So, God has not left us alone.” – Lee Strobel

**John Eldredge:** “We don’t live in the Garden. We live far from Eden. Every life is full of heartaches. Every life, frankly, is unspeakably sad.”

**Questions:** Where do you turn for comfort when you are sick? How has God used sickness for your benefit? Can you see how sick you once were, and how far you have come in your healing?

**Highlight Video: Managing Mental Illness,** Pastor Rick and Kay Warren

[Click here to watch in our Vimeo account.](#)

## Word of the Week: Sick

### Dictionary:

*adjective, sickness*

- affected with ill health, disease, or illness; ailing.
- affected with nausea; inclined to vomit.
- deeply affected with unpleasant feeling, as of sorrow: *to be sick at heart*.
- mentally, morally, or emotionally deranged, corrupt, or unsound: *a sick mind; he made wild statements that made him seem sick*.

**Quotes: “Much of your pain is the bitter potion by which the physician within you heals your sick self.”** – Khalil Gibran

**“As soon as we receive Jesus in Holy Communion, let us go in haste to give Him to our sisters, to our poor, to the sick, to the dying, to the lepers, to the unwanted, and the unloved. By this we make Jesus present in the world today.”** – Mother Teresa

**“If your friend is sick and dying, the most important thing he wants is not an explanation; he wants you to sit with him. He’s terrified of being alone more than anything else. So, God has not left us alone.”**  
– Lee Strobel

**“Many families remain for years in the same place, though both husband and wife are sick of it, simply because there is neither complete division nor agreement between them.”** – Leo Tolstoy

**“Health is a good thing; but sickness is far better, if it leads us to God.”**  
– J. C. Ryle

### Bible: Exodus 23:25

Worship the Lord your God, and his blessing will be on your food and water. I will take away **sickness** from among you.

### Psalm 41:1-3

Blessed are those who have regard for the weak; the Lord delivers them in times of trouble. The Lord protects and preserves them—they are counted among the blessed in the land—he does not give them over to the desire of their foes. The Lord sustains them on their **sickbed** and restores them from their bed of illness.

### **Proverbs 18:14**

The human spirit can endure in **sickness**, but a crushed spirit who can bear?

### **Matthew 8:16**

When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all the **sick**.

### **Matthew 10:1**

Jesus called his twelve disciples to him and gave them authority to drive out impure spirits and to heal every disease and **sickness**.

### **Matthew 10:7-8**

“As you go, proclaim this message: ‘The kingdom of heaven has come near.’ Heal the **sick**, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.”

### **Matthew 25:35-37**

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was **sick** and you looked after me, I was in prison and you came to visit me.’ “Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink?’

### **Mark 2:17**

On hearing this, Jesus said to them, “It is not the healthy who need a doctor, but the **sick**. I have not come to call the righteous, but sinners.”

### **John 11:4-6**

When he heard this, Jesus said, “This **sickness** will not end in death. No, it is for God’s glory so that God’s Son may be glorified through it.” Now Jesus loved Martha and her sister and Lazarus. So when he heard that Lazarus was sick, he stayed where he was two more days.

### **James 5:14-15**

Is anyone among you **sick**? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the **sick** person well; the Lord will raise them up. If they have sinned, they will be forgiven.