
Words of Truth

A Growing Excuse For Sinful Behavior - Mental Problems

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Some say 1 in 5 adults have a mental health condition and Americas youth are severely depressed (<http://www.mentalhealthamerica.net/issues/state-mental-health-america>; <https://www.nami.org/learn-more/mental-health-by-the-numbers>). “Bipolar disorder” [Bipolar disorder is a mental health disorder characterized by extreme highs and lows in mood and energy...] is “very common” (Google) with over 3 million people per year in this country being diagnosed (<http://www.mentalhealthamerica.net/conditions/bipolar-disorder>). Anxiety and depression are some of the most common reported mental illness issues in our country.

Before I proceed, since this is being published online as well as locally, I am not denying that there are brain disorders in some people. My daughter is mentally retarded (her official diagnosis) and no one needs a doctor to tell you that her brain does not properly function if you observe her behavior. Nor am I going to deny that people have mood swings, depression, anger, etc. This article is about excusing bad behavior because a person with a medical degree says those people are excusable. If you are a faithful Christian, no one with a medical degree is your standard. The Scriptures are supposed to be your standard (Isaiah 8:20, Luke 4:4, John 6:63, I Corinthians 4:6, and II Timothy 3:15-17). Additionally, this world’s wisdom is supposed to be foolishness to you (I Corinthians 1:18-2:6 and I Corinthians 3:18-19).

The word of God DOES confirm that people suffer from things like depression (Psalms 16:4, Psalms 32:10, Proverbs 15:13, Isaiah 48:22, Isaiah 57:21, Romans 3:12-18, etc.). Living in this world is problematic (John 16:33). Jesus suffered with mental anguish (Mark 14:32-42 and Hebrews 5:1-10). Paul suffered mentally (Romans 9:1-3 and II Corinthians 4:8-5:1; 7:5). Jesus didn’t allow His troubles to cause Him to err (Hebrews 4:14-16). Paul didn’t allow his troubles to cause him to err (I Corinthians 4:7-16; 9:27). Tough times do not justify sin.

As Christians, we are supposed to be able to reign in the mental struggles this world brings about (Psalms 127:1-2, Proverbs 12:25, Proverbs 17:22, John 14:1-3, II Timothy 2:3-4, and I Peter 5:6-7). The Lord gives us the information on how to do so (I Samuel 30:6, Matthew 6:24-34, and Philippians 4:6-9). As saints, we are supposed to have focused minds (Proverbs 16:3, Isaiah 55:6-9, II Corinthians 10:1-5, Ephesians 4:22-23, Colossians 3:1-4, and I Peter 1:13-16). That tells us, whom are in Christ, that we have control over our thinking and our emotions. Therefore, though the world may say otherwise, the things we face in this lifetime that cause us emotional distress will NOT make us unaccountable for our deeds.

Your Emotional Mindset Will NOT Excuse Sinful Behavior

The world says that some with “bipolar disorder” cannot fully control their actions during a manic episode (<https://www.healthline.com/health/bipolar-disorder/caregiver-unpredictability#signs-of-emergency>). Whether or not that is true to some degree, I will not debate. I know that human emotions do cloud judgment. I also know that a person can make choices that cause them to lose control. The word of God says so (Proverbs 14:17, Proverbs 19:19, Ecclesiastes 7:8-9, and James 1:19-20). Here is a fact about people who are capable of reason. The person capable of reason CAN control the things that leads up to them “losing their minds.” The word of God says: *“Therefore to him that knoweth to do good, and doeth it not, to him it is sin”* (James 4:17). Emotions CAN be controlled (Ephesians 4:26).

If you are a person capable of reason, there is no biblical excuse for you to act sinfully. If you proclaim to not be capable of controlling yourself, you belong in a padded room in a medical facility for your safety and for the safety of others. That is where individuals who really have no control belong. If you are going to use the “I cannot control myself excuse”, why are you walking about free from the proper care?

The Lord does not excuse the person who loses control. He compares them to a broken city (Proverbs 25:28). God says that there is no temptation that occurs that He has not equipped us to overcome (I Corinthians 10:1-13). He says you can rule your spirit (Proverbs 16:32). Don't let the world excuse you! Keep your thinking in check.

How You Think Matters

Where does sin begin? The word of God says it starts in your heart; your thinking (Mark 7:20-23). For the accountable individual, your desire for something is what leads you to sinful actions (James 1:13-16). Upon conversion into Christ your thinking was supposed to change (Ephesians 4:22-5:11). The Lord said: *“The thoughts of the righteous are right: but the counsels of the wicked are deceit”* (Proverbs 12:5). As we have already proven, the word of God says that we, as accountable individuals, can control our thinking. Instead of allowing the world to indoctrinate us with the idea that we have certain things that can happen to cause us to lack control, listen to God! You will not stand before “Health Care Professionals” on the Judgment Day (Romans 14:11-12).

Conclusion

If you allow the world to tell you that you cannot control your mind, you're going to be sorely surprised on the Judgment Day when the Lord holds you accountable for what you have done (John 5:28-29 and II Corinthians 5:10). Get (or keep) your thinking in check (Romans 12:1-3). Listen to the Scriptures that will judge you (John 12:48), rather than worldly doctors.