

# **Understanding How to Trust God with Our Loved One's Mental Health Challenges**

5-day devotional for supporting your  
loved one's mental health journey.



**GRACE ALLIANCE**

HEALTHY SOLUTIONS FOR YOUR MIND

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**A 5-day devotional to help reframe distress into grace and rest in God.**

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Mental Health Grace Alliance is a 501(c)3 non-profit organization that cultivates healthy solutions for hearts and minds through a simple and innovative approach with biblical truths, scientific research, and practical tools.

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## **Intro: Understanding how to trust God with our loved one's mental health challenges.**

When we experience life challenges, we often hear the counsel to “just trust God.” In other words, God will work everything out to be good, so we don't need to worry; instead, “just trust God.” Unfortunately, this “trusting God” sets us up with a success/failure perspective for our faith, depending on the outcome. However, as we look at the stories throughout the Bible, we find a deeper relational (covenantal) experience with good and bad outcomes and, sometimes, even long-delayed responses. Yet, God is still at work with the negative and delayed outcomes. In this life, even with God, “results may vary.” “Trusting God” is a beautiful experience where God takes into account how we feel and the situation at hand and wants to partner with us through the whole experience and situation. God is not looking for a transaction of trust but rather a transformative togetherness experience of love – a simple **“togetherness-trust”** on both the mountaintops and in the dark valleys.

The Apostle Paul is one example of someone who learned this **“togetherness-trust”** with God as he suffered physically, mentally, and emotionally throughout his ministry (2 Cor. 6:3-10). With the help of God, Paul had to learn to trust God in good and bad and extremely disappointing situations (Phil. 4:12-13 and 1 Tim. 4:14-18). Paul was honest, validating his pain and expressing it all to God in prayer because He knew God cared and would provide grace to persevere and endure through great suffering (2 Cor. 1:3-4,8-10 and 12:9-10). This **“togetherness-trust”** was a transformative experience for Paul's life in and with Christ (Phil. 3:7-15).

Paul was also honest about his anxiety and burden for his loved ones, the churches (2 Cor. 11:28 and Gal. 4:19). We see how Paul prayed for these loved ones – the Lord's beloved – in his various letters to the Ephesians, Philippians, and others. Again, this was not a transactional prayer for God to work within his loved ones or beloved ones, but a transformative **“togetherness-trust”** or partnering work with and in Christ for their care and transformation (Eph. 3:15 and 1 Cor. 3:9).

**We are in a transformative “togetherness-trust” with and in Christ  
for our loved one's good in their mental health journey ... with His  
good working just as much in us.**

Trusting God for “answers” is often a process with long-suffering which causes us to feel weary. It is okay to feel weary, and, like many in the Bible, we can boldly share our grief with Him (Ps. 61, 69, 88). Jesus taught about a long-suffering faith and patience with delayed answers, not losing heart with a loving God (Luke 18:1-8, comp. Ps. 55:16-18). Remember that God is not uncaring; instead, He is long-suffering with us in the delay. He hears our “cry” or “prayer” and the answer is in the delay. He is “together” with us in the delay. All along the way, God still desires to “satisfy our lives and desires with good” (Ps. 103:4) and “not withhold anything good” (Ps. 84:11). God is not testing our trust of Him; rather, His Spirit in us reminds us of the presence of Christ and the love of a God for a **“togetherness-trust”** journey.

As you explore and use this short devotional, let it help you see all the favor, value, worth, and love you already have ... no work or performance to get from God. Let it help you rewrite and discover a new grace story about who you are and your loved one. Use it as a discovery tool to learn about your **“togetherness-trust”** in and with God.

## **DAY 1: Togetherness-Trusting God with our grief healing.**

The topic of “**grief**” in the Scriptures is an experience that God respects. We even see Biblical accounts show that there was a set ritual of time and process to allow for grief or mourning when someone passed away. Jesus was also speaking to experiences of suffering or distress when He said, “*Blessed are those who mourn, for they shall be comforted*” (Matt. 5:4). The word **comfort** means to be invited and called into proximity – **a togetherness-comfort**. Our loved one’s mental health journey may cause some initial “grief” as we learn to let go of what we can’t fix and accept a new uncertainty. God’s comfort is sharing in our grief and compassion for us and our loved ones. He comforts us into a renewal of mind and heart. Grief is healing.

### **Breathe, Ask, and Explore - Read John 11:30-36.**

Before reading, take a few slow breaths to relax, and then ask the Lord to give you loving discernment and understanding of the scripture.

### **Reflect on the meaning.**

Briefly write down your initial thoughts, ideas, images, or questions that come to your mind.

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### **Experiment with the new ideas.**

Describe how you might incorporate this idea in your life today (e.g., a simple reminder when feeling low and discouraged or before visiting and praying for your loved one).

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### **Simple Prayer.**

With new insights, how would you reframe an encouraging prayer for yourself and your loved one?

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### **Explore other Helpful Scriptures.**

Psalm 34:18; Isaiah 53:3; Matthew 9:36; Luke 19:41; Hebrews 2:16-18

## **DAY 2: Togetherness-Trusting God for our loved one's care.**

For most, asking God for positive outcomes for our loved one's mental health challenge is a longer therapeutic process with "faith and patience" (Rom. 12:12), not an instant cure. Mental health recovery or wellness does not necessarily mean the challenge is "healed," but that their life is no longer ruled by it. This wellness journey is a process with ups and downs but with a **"togetherness-trust" with God for each step of the care process (and treatment)**. Today's passage highlights this principle as Jesus responds to the faith of those "begging" or "entreating" him to heal a blind man (like prayer). Here, Jesus healed the blind man in two stages, not immediately like his other miracles. Without reading into the text about why it didn't work the first time, we can see this as an example of Jesus responding to the faith of those asking and His love to not give up on the process to improve the blind man's sight.

### **Breathe, Ask, and Explore - Read Mark 8:22-25.**

Before reading, take a few slow breaths to relax, and then ask the Lord to give you loving discernment and understanding of the scripture.

### **Reflect on the meaning.**

Briefly write down your initial thoughts, ideas, images, or questions that come to your mind.

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### **Experiment with the new ideas.**

Describe how you might incorporate this idea in your life today (e.g., a simple reminder when feeling low and discouraged or before visiting and praying for your loved one).

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### **Simple Prayer.**

With new insights, how would you reframe an encouraging prayer for yourself and your loved one?

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### **Explore other Helpful Scriptures.**

Psalm 147:3; Isaiah 38:21 and 61:1; 1 Timothy 5:23 (medicinal purposes for healing/wellness).

## **DAY 3: Togetherness-Trusting God for practical wisdom.**

Navigating life with our loved one’s mental health challenge will require unique **wisdom with practical application**. This is not always a quick answer but sometimes a progressive and growing wisdom (unique understanding) enduring with a sincere heart, peace, gentleness, kindness, and mercy that leads to good fruit (James 3:17). This wisdom from above and in Christ is about gaining new, unique insight, understanding, and perspective to the circumstance at hand. This new perspective leads to helpful and practical ideas to apply and to others with similar experiences who can add even more “wisdom” (education and insights) (Heb. 10:24). God desires to give us the wisdom to see a better way through the process.

### **Breathe, Ask, and Explore - Read James 1:2-5.**

Before reading, take a few slow breaths to relax, and then ask the Lord to give you loving discernment and understanding of the scripture.

### **Reflect on the meaning.**

Briefly write down your initial thoughts, ideas, images, or questions that come to your mind.

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### **Experiment with the new ideas.**

Describe how you might incorporate this idea in your life today (e.g., a simple reminder when feeling low, before a work meeting, school assignment, attending an event, or running errands).

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### **Share your insights.**

Is there someone you know who also needs this encouragement? You can share and pray it for them.

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### **Explore other Helpful Scriptures.**

Proverbs 2:6-7; Matthew 7:7-12; Colossians 1:9-12; James 1:17

## **DAY 4: Togetherness-Trusting God for your own needs.**

We can easily get tired from over-extending ourselves to help relieve our loved one’s mental distress and help them manage difficult circumstances that may arise from their condition (e.g., missing work or school, conflicts, etc.). It’s easy to skip **“trusting God” with your needs**, but God desires to care for and sustain us, too. This **“trust”** concept is for our “whole person” life (mentally, emotionally, physically). This is an invitation where God desires to take on the burden and be involved with us by **sustaining** us with energy, perspective, and peace from His steadfast love. God delights in taking on our burdens. He empowers us through them, not just giving us an escape from them. Though the challenging circumstances may continue for some time, this **“togetherness- trust”** with God sustains us throughout the difficulties and circumstances to new outcomes (for ourselves and our loved ones).

### **Breathe, Ask, and Explore - Read 1 Peter 5:7**

Before reading, take a few slow breaths to relax, and then ask the Lord to give you loving discernment and understanding of the scripture.

### **Reflect on the meaning.**

Briefly write down your initial thoughts, ideas, images, or questions that come to your mind.

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### **Experiment with the new ideas.**

Describe how you might incorporate this idea in your life today (e.g., a simple reminder when feeling low, before a work meeting, school assignment, attending an event, or running errands).

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### **Share your insights.**

Is there someone you know who also needs this encouragement? You can share and pray it for them.

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### **Explore other Helpful Scriptures.**

Psalm 34:15; Psalm 55:22; Psalm 59:10; Psalm 68:19-20; Isaiah 43:1-2; Romans 8:28.

## **DAY 5: Togetherness-Trusting God for understanding community.**

You're not alone, and you can still grow from this experience. There are millions with a similar story and some of them are most likely in your community or church. God desires us to help one another with understanding and support. There is plenty of scientific evidence revealing how we are designed to learn, grow, encourage, succeed in our goals, discover creative solutions, and even help (heal) one another through a life-giving community. These healthy community groups often become a **"togetherness-strength"** group building off their collective strengths, insights/wisdom (experience), information, resources, etc. Consider being a part of encouraging and engaging healthy [mental health groups](#) with supportive empathy, compassion, and a new discipleship-growth experience.

### **Breathe, Ask, and Explore - Read Romans 15:1-6, 13-14.**

Before reading, take a few slow breaths to relax, and then ask the Lord to give you loving discernment and understanding of the scripture.

### **Reflect on the meaning.**

Briefly write down your initial thoughts, ideas, images, or questions that come to your mind.

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### **Experiment with the new ideas.**

Describe how you might incorporate this idea in your life today (e.g., a simple reminder when feeling low, before a work meeting, school assignment, attending an event, or running errands).

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### **Share your insights.**

Is there someone you know who also needs this encouragement? You can share and pray it for them.

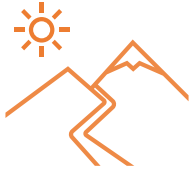
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### **Explore other Helpful Scriptures.**

John 13:34-35; John 17:22-23; Romans 12:9-19; Hebrews 10:23-25



## How can the Grace Alliance help?



**The journey toward mental health is a strength-based and whole-health (holistic) process of change that focuses on rebuilding and restoring life, relationships, and purpose.**

The Grace Alliance's mission is to provide simple and innovative Christian mental health resources and programs for families and individuals experiencing mental health challenges and to equip the Body of Christ with active community support and leadership tools.

Our [Living Grace](#), [Redefine Grace](#), [Living Hope](#), and [Family Grace](#) workbooks cover many of these topics in an introductory manner. Our [Thrive workbook](#) explores these topics in an in-depth, whole health (i.e., holistic) step-by-step course or process for mental health recovery, resilience, and wholeness. [You can also find a group near you.](#)

For access to more free e-books, devotionals, blog articles, and resources with responses to many challenging mental health and faith questions, mental health recovery and wellness tips, biblical mental health encouragement, and more. visit our website:

[www.mentalhealthgracealliance.org](http://www.mentalhealthgracealliance.org)