

Cahn Addresses Mental Wellness Amid MacArthur Backlash

Pastor John MacArthur is facing backlash from the Christian community after his statements that PTSD is nothing more than grief.

“If you understand, take PTSD, for example, what that really is, is grief. You are fighting a war you lost. Your buddies, you have a certain amount of survival guilt because you made it back, they didn’t. How do you deal with grief? Grief is a real thing. But grief is part of life, and if you can’t navigate grief, you can’t live life,” MacArthur said.

These statements landed MacArthur in hot water with well-known Christian speaker and author, Beth Moore. While she gave MacArthur grace about potentially misspeaking, she said there was no way he could understand what her own husband has dealt with by having PTSD.

Get your FREE CHARISMA NEWSLETTERS today! Stay up to date with current issues, Holy Spirit news, Christian teachings, Charisma videos & more!

“There is simply no way he could know, for example, what my husband has endured over being in a fire with his brother when he was a toddler and watching him burn and not acknowledge the reality of PTSD,” Moore wrote on X.

Amid this perplexing turmoil about mental health, Rabbi Jonathan Cahn gives an excellent message about experiencing lasting emotional stability.

Breaking News. Spirit-Filled Stories. Subscribe to Charisma on YouTube now!

"You have to be willing to always commit to God," Cahn says.

Cahn says when you give to God the things that He asks of you to and trust that He has your future in His hands, you will experience lasting peace.

"Paul said you can actually cast down thoughts. You can actually have control over your mind. You can have mental wholeness of being," Cahn shares.

Cahn says we typically hear stories of people who have been committed for their mental health struggles. What he proposes is that a commitment to God, of trusting Him with your thought life, can make all the difference in the world.

"You are not a captive to your mind. Your mind might have habits, your mind might have thoughts...if you take it captive, take it under the Lord's count the Word of God, it's going to start changing," Cahn says.

Join Charisma Magazine Online to follow everything the Holy Spirit is doing around the world!

Thank you for visiting . To enjoy the rest of this MyCharisma post, please visit this link: .