

How Spirit-Led Believers Must Respond to Today's Dire Mental Health Crisis

Do you feel lost, empty or distant from God? Larry Tomczak talks about feeling that way when he was in a band, (ironically) titled, "The Lost Souls." Over time, he found community in a church that led him to Jesus, and everything changed. Raised Roman Catholic, he did not expect what he found when a stranger—who picked him up after his car broke down—invited him to a Protestant church.

"And they were singing, and they were clapping their hands. And ... as they were clapping, a lady said, 'Come on, clap your hands,' and [was] really jovial and courteous.

"And I said, 'Oh, you don't do that in church.' I was not familiar with that. For me, a church was liturgy and silence. It was like walking into a library. Doesn't make any sense. ...

"Folks, that was really a beginning point, that series of events there. The man's love extended the invite, and I didn't become a Christian that day—but I drove home, and I thought something's different. I was a 20-year-old college student. ...

"[Later,] I realized I needed to give my life to Jesus Christ—that I was lost. And God did a miracle. It was saving faith."

Tomczak says when it comes to today's mental health crisis, sharing the gospel and reaching people before it's too late is crucial. He points to Robin Williams and Amy Winehouse as examples. The two celebrities were wildly successful up until they each tragically died by suicide.

"The suicide rate today is skyrocketing. And people smile, and

they're ... taking drugs and getting high and happy and doing all this stuff. And then next thing you hear, 'Oh, yeah, he was 27. He's dead.' ...

"Why does this happen? Well, people deep down inside are really empty. The Bible says there's no peace for the wicked. People don't realize their perilous state. But you and I are privileged to build relationships, to be like Jesus."

Listen to the podcast to learn more about lifestyle evangelism. {[eoa](#)}