

Can Faith Solve America's Mental Health Crisis?

Dr. George Barna, a leading researcher at the Cultural Research Center at Arizona Christian University, argues that America's mental health crisis may actually be a symptom of a deeper spiritual void. As he sees it, "We're in a situation where the best estimates [are] that we have ... about one out of every four adults [with] some kind of diagnosable mental illness."

The data, however, reveal an even starker reality for younger generations: more than half of Gen Z and nearly half of Millennials report consistent struggles with anxiety, depression and fear.

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Yet Barna believes these issues go beyond chemical imbalances or physical triggers. "What may be happening is that it's not that they have some kind of chemical imbalance or physical issue ... what's causing it may be their belief structure, their worldview," he told CBN's Billy Hallowell. For Barna, this is a clear indication that mental health and spiritual health are closely intertwined.



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Barna's research reveals a correlation between mental well-being and worldview. Among Gen Z, only 1% hold a biblical worldview, a shocking figure if there ever was one. In contrast, older generations with a higher prevalence of biblical beliefs report fewer struggles with mental health. "There's a fairly strong correlation there between all of

these kinds of issues,” Barna explains. While he acknowledges that faith alone cannot eliminate mental illness, he believes it “significantly diminishes the probability” of experiencing mental wellness struggles.

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Moreover, Barna notes that those with a biblical worldview tend to have a clearer sense of purpose and fulfillment. “They’re more likely, based on self-report, to come out as saying that they’re happy with their life, to say that they’re feeling fulfilled with their life,” he says. People grounded in faith, he argues, often lead lives marked by stability, longer-lasting marriages and a sense of direction.

Barna’s findings challenge us to consider whether society’s drift from faith is, in part, fueling the mental health epidemic. In previous generations, such as ancient Israel, abandoning God often led to calamities of the worst kind. The lesson we as Americans must learn is essential: when a society turns its back on God, it opens the door to unrest, disorder and chaos. In our modern world, the absence of a biblical worldview is costing America more than just peace of mind—it’s costing a generation its very foundation.

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