

The Spiritual Secret to a Sound Mind

During Mental Health Awareness month, many people may be wondering what more they can possibly do to experience peace of mind. All of us struggle with stress, anxiety and worries. However, there's a spiritual secret that has been proven to help carry the weight of the world.

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As Fox News reported, the mental health crisis is gripping an entire generation, with suicide rates higher right now than even following the Great Depression. However, a 2020 study by Harvard showed that those who attended religious services were much less likely to fall to this kind of fate. In fact, 68% of women and 33% of men who found themselves in the pews were less likely to die by this manner.

Through church attendance, we not only have the opportunity to connect corporately with God and others, but we are fed with the Word of God and gain the chance to spend time with others serving the community.

Yet, even with God as a clear necessity for a sound mind, it is those in the mental health profession who are most lacking when it comes to faith.

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As Fox noted, the journal Sociology of Religion recorded that 61% of psychology professors consider themselves either atheists or agnostics. If the people who are supposed to help us with our mental well-being are missing the secret

ingredient of faith, it's a wonder if they too struggle on more unprecedented levels with mental illnesses.

We will undoubtedly face attacks against our mind on a daily basis. This is because our battle is not against flesh and blood but against powers and principalities. There's a reason Scripture tells us God has not given us spirit of fear, but of power, love and a sound mind (2 Tim. 1:7).



Mental health struggles are real, but God asks that we cling to Him no matter what things look like. We can combat mental health issues using therapy and the Word of God.

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To learn more information about Kenza Haddock's upcoming book, "The Three Enemies of Your Mental Health," visit .

If you are in crisis, please call 988 or visit . You are not alone.

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