



University of Michigan: Antidepressant use for 12–24-year-olds is up 66.3% since 2016.

1 in 5 adults are currently on psychiatric medications.

CDC: about 20 million U.S. children ages 3–17 have a mental illness; common categories include

ADHD, anxiety, depression, and behavioral disorders, and childhood anxiety/depression diagnoses have increased over time.

NIMH: 22.8% of U.S. adults (18+) suffer from a mental illness.

APA estimate: in 2008, 1 in 10 Americans were taking psychotropic medication; by 2021, that estimate became 1 in 4.

1. A label can describe your struggle but it must not define your identity.

Normal struggles get renamed into disorders:

- fear → “phobia”
- strict/orderly → “OCD”
- shy → “social anxiety”
- distracted → “attention disorder”

Many mental health diagnoses are based on reported symptoms. Often there’s no blood test, X-ray, or scan to confirm them like many physical diseases.

DSM Changes - Homosexuality

- 1952 DSM-I: disorder
- 1968 DSM-II: “sexual deviations”
- 1980 DSM-III: “ego-dystonic homosexuality”
- 1987 DSM-III-R: removed
- 2013 DSM-5: not a disorder

DSM Changes - Gender Diagnoses

- 1980 DSM-III: “Transsexualism” and “Gender Identity Disorder of Childhood”
- 1994 DSM-IV: consolidated into “Gender Identity Disorder”
- 2013 DSM-5: replaced with “Gender Dysphoria” (focus on distress)
- 2022 DSM-5-TR: wording/specifier updates for sensitivity

When we inflate diagnoses for mild struggles, we confuse people and harm those truly suffering—serious pain gets minimized, help gets diluted, and “mental illness” becomes so broad it loses meaning.

2. The brain is not the mind; the mind does the thinking, and the brain is the instrument it uses.

The brain is like a piano, and the mind is like the pianist.

A broken piano can affect the sound. But the piano does not choose the song.

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Romans 12:2



God doesn't command the renewal of your brain; He commands the renewal of your mind.

3. The mind's deepest problem isn't sickness; it's sin.

Medication can tune the piano. Only Jesus can change the pianist.

We call things disease that the Bible calls *disobedience*. We've replaced *repentance* with *treatment*.

The Bible's diagnosis is deeper than modern labels. The Bible doesn't say the mind is just *unhealthy*; it says it's darkened.

The Bible describes the unbelieving mind as:

- *Blind* (2 Cor. 4:4)
- *Corrupted* (2 Tim. 3:8)
- *Darkened* (Eph. 4:18)
- *Deceitful* (Jer. 17:9)
- *Depraved* (Rom. 1:28; 1 Tim. 6:5)
- *Defiled* (Tit. 1:15)
- *Futile* (Eph. 4:17)
- *Hardened* (Exod. 7:14)
- *Sick* (Jer. 17:9)

Secular therapy cannot see how profoundly sin affects us: it corrupts motives, fuels relational conflict, clouds thoughts and blinds us to spiritual reality.

Salvation doesn't upgrade the mind—God changes it: He gives a new heart (Ezek 36:26–27), a new identity (2 Cor 5:17), and begins renewing the mind (Rom 12:2) with new light (2 Cor 4:6) and new power over thoughts.