

Why Can't We Just Pray “it” Out?

By: Zane Raber, MA, LPC

Big Picture

Points to Ponder

1. Spectrum: Physical/Spiritual
2. Physical Aspect
3. Spiritual Aspect
4. The Grey Area
5. The Answer
6. What can we do?

Spectrum

SPIRITUAL<----->**PHYSICAL**

- “God must lack goodness and/or power, because his creation is not ‘Happy’.” -C.S. Lewis “The Problem of Pain”
- I’m Praying...Why isn’t God answering?



The “IT”

Mental Illness

“Medical conditions that disrupt a person’s thinking, feeling, mood, ability to relate to others and daily functioning, which also results in a diminished capacity for coping with the ordinary demands of life.”

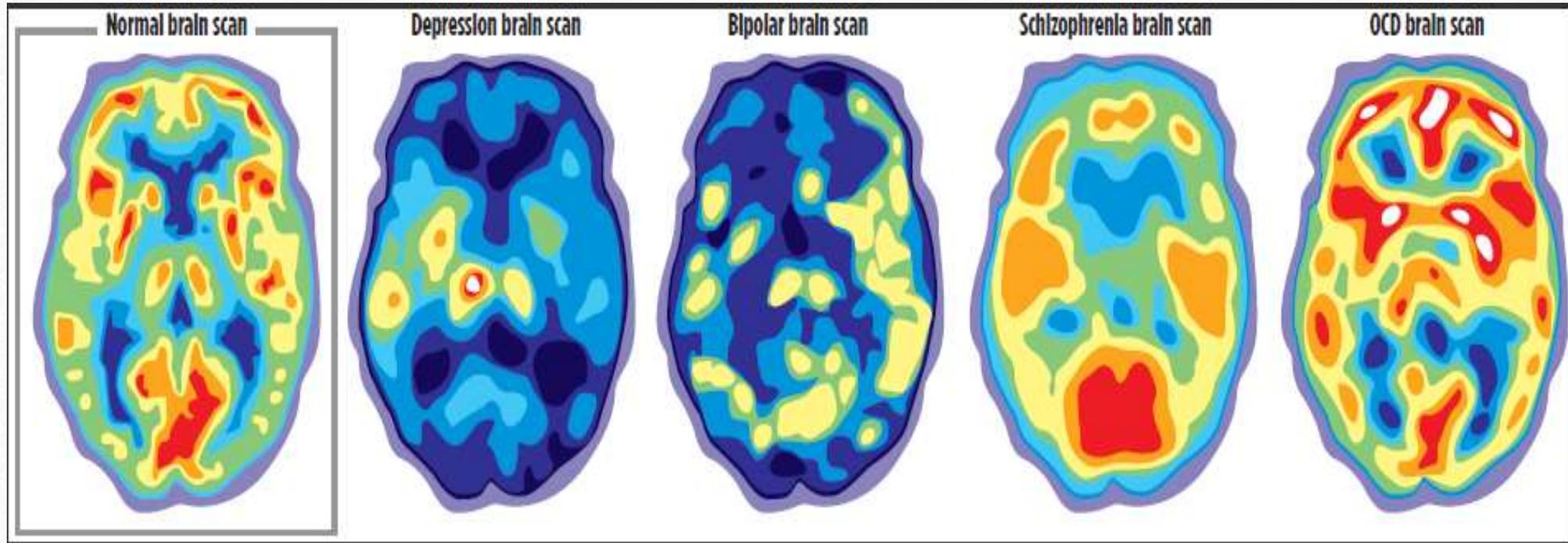
-NAMI

Mental Disorder

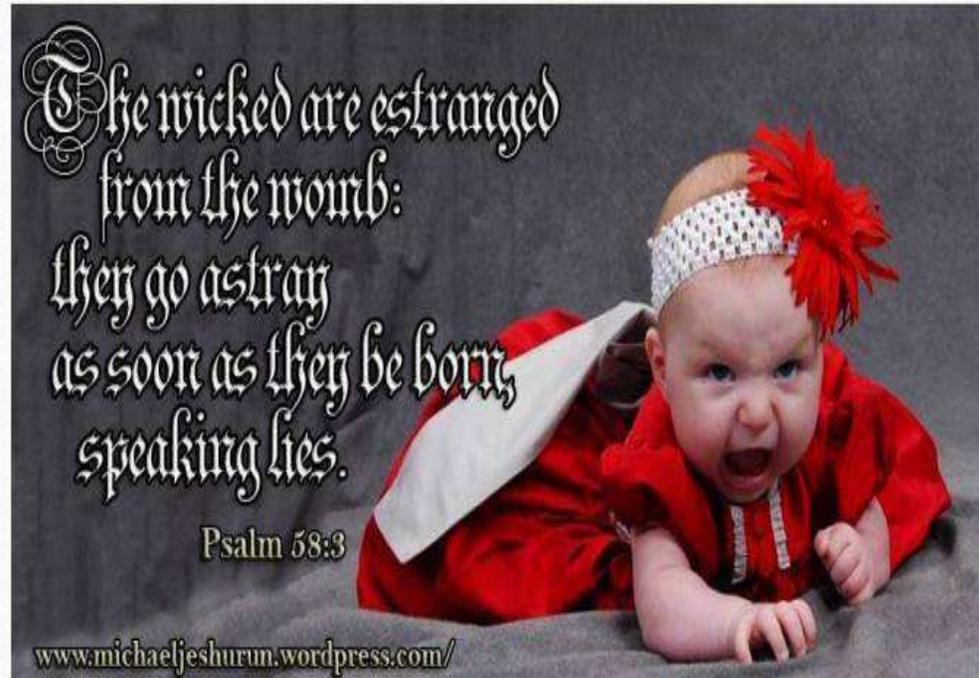
“A syndrome characterized by clinically significant disturbance in an individual’s cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning. Mental disorders are usually associated with significant distress or disability in social, occupational, or other important activities”

-DSM 5

Physical “IT”



Spiritual WHY?: Total Depravity



Meaning of Total Depravity

- Sin has affected every facet of humanity, including the soul and body.
- Nothing works as God originally intended

Umbrella of Original Sin

- Everyday Life
- Events and Factors
- Personal Sin



The Gray Area

- Some Healed/Some Not?
- I'm Praying...Why isn't God answering?
- Bad things happen to good people
- Good things happen to bad people

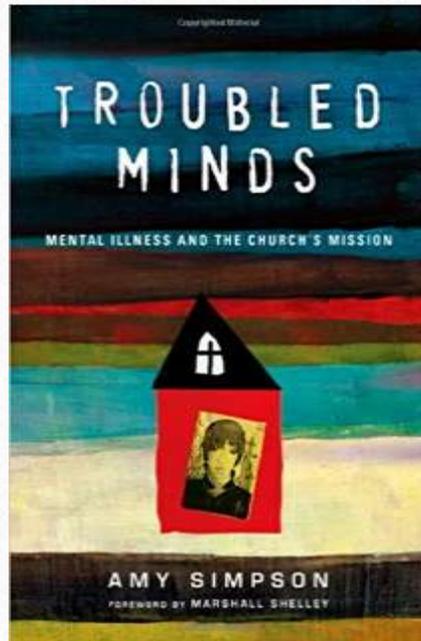
Isaiah 55:8-9

Story of Job

Paul's Thorn

John 9

So... Why Can't We Just Pray "IT" Out?



- Quote From
 - Mental Illness: What is the Church's Role? by Amy Simpson
- Spiritual and Physical Condition
- Miracles

What can we do?

- Get help if you are struggling
- Tell your own story
- Get educated
- **De-Stigmatize**
- Talk about Mental Illness
- Encourage Relationships
- Ask what you can do to help
- **Be present**
- Radiate Acceptance
- **Be Patient**
- Help with practical needs
- Confer with Counselors
- **Draw Boundaries and Stick to them**
- Encourage Small Groups
- **Know your Limits**
- Use Resources
- Start a support group
- Start a professional counseling ministry

We Can Pray!

God whispers to us in our pleasures, speaks to us in our conscience, but shouts to us in our pain: it is His megaphone to rouse a deaf world.”

–C.S. Lewis “The Problem of Pain”