Covid-19, Mental Health and Spiritual Reset

A Biblical Text

Genesis 11:1-9 The Tower of Babel Genesis 12:1-3 The Call of Abram

Is the last 24 months the Tower of Babel moment?

What about your Christian call and the call of the Church

The Extraordinary 24 months

- A new virus
- A new approach to public health
- A new treatment
- New definitions eg case, vaccine, immunity vs protection, antivax, fully vaxxed, keeping you safe
- Not so new "movements" eg The Great Reset, New World Order
- The state vs the individuals, democracy vs autocracy

The Mental Health Problems from the Lockdown: Individual **Relationships**

Employment and Businesses

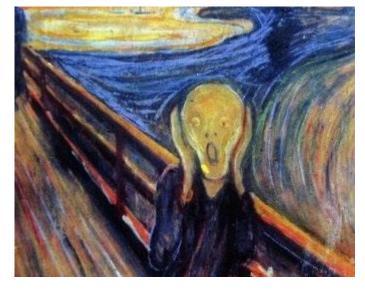
The "Vaccine"



Individual Relationships Employment

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The Erosion of Freedom



Endless lockdowns Police enforced quarantines Travel ban and restrictions Vaccine mandates Suppression of scientific debates Censorship Deplatforming **Public shaming** "Social leprosy" **Medical apartheid**

What does your "locking in" experience bring you?

Is there a calling out moment following the Tower of Babel?

How are you feeling ? Anxious and fearful? Grievous and depression? Angry and rage? **Defeated and resigned?** Shamed? **Guilty**?

Our Mental Health is the Battle Ground of Our Spiritual Life

How we deal with our mental health has a very profound effect on our calling and walk with God eg Job

Are your unresolved issues, negative emotions, mental health problems blocking your calling??

Dealing with your negative emotions? Acknowledge Confession Forgiveness *Commitment to change* Spiritual reset

God says-----

We are chosen 1 Peter 2:9 We are a royal priesthood 1 Peter 2:9 We are a holy nation 1 Peter 2:9 We are victors and not victims 1 John 5:4 We are a family John 1:12 We are called to be prophets to the world and the GI has a prophetic destiny during this time in human history

The Forgiveness and Surrendering Prayer

- Thank you Jesus for dying for me that I might be forgiven. Now, I choose to forgive from my heart and release from my judgement those who have hurt and offended me......(name quietly on lips)
- I confess and repent to You my sins of......(name quietly on lips), and ask you to forgive and cleanse me by Your blood.
- I surrender to you and lay on the Cross my negative emntions of......(name quietly on lips)
- Father, help me Jesus to walk in the destiny that You have reserved for me with a renewed mind, godly believes and transformed behaviour by the power of the Holy Spirit
- In the sweet name of Yeshua, my Messiah
- Amen

JESUS AS LORD----powerful decision

It elevates us to seat positionally with Jesus in the Heavenly realms, protected and empowered by Christ 's Spirit to have victory over sin.

It releases us from the enermy 's control and enables us to walk in our identity and authority as sons and daughters.

The Lordship of Jesus

LORD Jesus Christ, I acknowledge my need of you and accept you as my Saviour, my Redeemer, my LORD and my Deliverer.

I invite you now to be the LORD of the whole of my life.

LORD of my mind and my attitudes and my mental health LORD of my body and my physical health LORD of my spirit and all my worship LORD of my family and all of my relationships LORD of my sexuality and its expression LORD of my work and service for you LORD of my material goods and needs LORD of all my finances LORD of all my finances LORD of all my emotions and all of my reactions LORD of my will and all my decisions LORD of the manner and time of my death

Thank you that Your blood was shed that I might be set free. AMEN.