

A vibrant garden scene featuring a variety of flowers. In the foreground, there are numerous tall purple lupine flowers and clusters of small yellow flowers. The middle ground is filled with large white hydrangea flowers. The background consists of dense green foliage and more white flowers. The overall scene is bright and colorful, suggesting a healthy and thriving garden.

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”



shutterstock.com · 301429880

Impacts:
Individual
Relationships
Employment

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 emotions 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 enemy '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 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.