



Martin Luther on Mental Health
Practical Advice for Christians Today
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Purpose: Five centuries ago, dispensed advice that essentially foretold modern cognitive and behavioral therapy techniques. This advice, from Luther and viewed through the lens of contemporary psychology, is practical and applicable to Christians today. For readers who struggle with their mental health (or have loved ones who do), this book provides assurance

that God knows our suffering and loves us.

Study Outline

Session #1: Getting Oriented to the Challenge – 7/14

- Preface and Introduction
- Chapter 1: Rates of Mental Illness and Associated Problems pp. 7-25

Session #2: Gaining Understanding – 7/21

- Chapter 2: Mental Health, Mental Health Problems, and Mental Illness pp. 26-40
- Chapter 6: Thoughts, Behaviors, and Mental Health Problems pp. 68-75

Session #3: Spiritual Distress or Mental Illness? – 7/28

- Luther on *Anfechtung* from *Preface to German Writings* Handout
- Chapter 5: *Anfechtung* and Mental Illness pp. 57-67

Session #4: Cognitive Approaches – 8/11

- Chapter 7: Luther's Cognitive Advice pp. 76-98

Session #5: Behavioral Approaches – 8/18

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Session #6: Helping 8/25

- Chapter 9: Applying Luther's Advice pp. 118-138
- Chapter 10: Helping vs. Referring pp. 139-151