



HOW TO SAVE YOUR CHILDREN FROM MENTAL HEALTH ISSUES

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uh Mark and Grace trisal here real marriage podcast I want to have a conversation about a new book and if you're a nerd and you want to study marriage and family or you're a pastor uh it's super awful it's called the two parent privilege it's by Melissa Kerney subtitle how Americans stopped getting married and started falling behind and so this is more of an economic datadriven approach to marriage and family and uh it looked over the course of a few decades so this is a comprehensive longitudinal study and the summary um I wanted to share and have a discussion about it says uh the break here's the summary from an interview done with the author the breakdown of marriage and family is the subject and it says children in particular are more likely to experience mental health problems when there's a family breakdown if Mom and Dad aren't married or they get divorced that significantly contributes to exploding rates of child mental health two things I would say by way of preface number one if you are a single parent or you're a divorced family it doesn't mean there's no hope for you it just means you need to be aware that that increases the likelihood of your child or children to have some mental health struggles and so spiritual emotional support and care and possibly even counseling would be helpful for them for their future and well-being it doesn't mean it's hopeless but it does mean it's something to pay attention to number two it means if you are married or getting married and raising kids and you stay married you're actually doing them a great service and you are significantly reducing potential present and future uh rates of mental health problems and so even though marriage can be hard um children growing up in an intact family it really is a it is a help for them they call it a privilege going on uh people are more likely to thrive when they find themselves in the context of stable loving marriages and families you think about it like fish do good in water and plants do good in soil and children do good in marriages I mean it's just the environment that God created for life and flourishing uh as of 2020 15% of us teens reported a major depressive episode up from 8% in 2007 so what that means in 15 years um the number of teenagers with a major mental health event in a year's time almost doubled it went from 8 to 15% the suicide rate has increased by 38% in the last 20 years all-time highs the vast majority of Americans agree that we're facing a mental health crisis and then the question is how did we get there mhm um and they say it's two things number one and again this is based on the two parent privilege number one uh was co uh put a spirit of fear which is demonic on the whole planet send all the kids home filled with fear uh separate them from Friends separate them from school and sports and social activities um and then just feed them with constant paranoia and for kids that grew up during that time and they were in those little formative years they didn't learn how to read facial expressions because friends had masks they learned how to distance so they didn't learn how to wrestle and play sports and hug it really was a catastrophic mental health um I believe overreaction to what was a comparatively minor physical risk for children yes um number two well then in addition to that what it created was far more increased screen time mhm and so it it sent a whole generation of children home and just put them on a screen so now we have you know online learning and zoom classes and all of that was a complete and catastrophic failure um you know it was the underwear Academy the boys are at home in their underwear ignoring the teacher on the screen number two then is um that it is a lack of social connectedness and it says uh in fact loneliness has been found to be as harmful on health as obesity and cigarette smoking and the the summary is the number one underlying cause of increased mental health with children is the breakdown of marriage and family and so if you think about it the Cornerstone of a civilization is marriage in which children come produce family that then gives gives the man economic incentive to generate Revenue it gives the woman emotional spiritual incentive to remain loyal and faithful and that they make sacrifices for the children and then we're putting people in the future who are

going to contribute to the advancement of civilization if you break marriage you break family you break children you break Legacy that's the death of a civilization and um so I'll just read this we can have a discussion about children from divorced or single parent homes were 3.2 times more likely to experience an anxiety disorder 2.8 times more likely to experience depression 1.9 times more likely to suffer from ADHD compared to children that grew up in an intact family with Mom and Dad another study found that girls whose parents divorce were 50% more likely to attempt suicide compared to girls who grew up in intact homes and families and uh let me check if I missed anything the last few children from intact families are less likely to drop out of high school less likely to be expelled or repeat a grade less likely to be without a job or in school and early adulthood in addition it has benefits to getting married and staying married Mom and Dad have increased uh happiness better physical and mental health increase longevity lead longer lives and uh and our our government doesn't understand this because our government's run by idiots but a recent report on loneliness and the epidemic of loneliness by the Surgeon General omitted any consideration of strengthening marriage and family to fix the Mental Health crisis and so our our government just the Fool's parade decided we have record mental health for children and young adults what could help no consideration that their family environment was a contributing factor if not the primary contributing factor and in fact their study and their um their report for what the solution would be for increasing mental health for children and young adults um zero times in their entire diagnosis did they use the word family wow zero times that's insane and so what she's arguing is from an economic and also a mental health perspective um if we don't fix marriage then we will lose civiliz a but those who do focus on marriage and bring children into a healthy home environment those children are going to be the strongest most prepared people to determine the future of civilization massive concept yep and two very opposing views two very opposing views yeah the world would say children are broken huh I wonder why we don't know what we need for them is more government and more more programs and more medications and we need more departments and we need more taxes and we need more committees and we need the government to step into this mental health generational crisis and rescue these children take them out of their homes further away from mother father home environment no Authority let them figure out their life without any Authority and take their trauma and gender confusion and then normalize it maybe even take them away from their parents and their family they literally are destroying a culture also by altering bodies so that they can't even procreate so there's no future no Legacy yeah so on the flip side for those who are you know probably Christian couples that are hearing this and they have children and they aspire to have children how much of an encouragement should it be that that God's way is the only way and the path that they're on even though it may be hard and difficult they're on the right path I want to encourage God's people 100% yeah I mean we we're proof of that we know everyone in our church that does it God's way is proof of that and all families look different because they raised their kids different but there's principles that they followed biblically and yeah to think about it's just sad to me that the book is called two parent privilege that we've come so far away from two parents being normal that now it's a privilege I it's sad to me and I think you know the whole mental health rates and everything you know there's a lot of variables to that because mental health has also in some ways been redefined and and there's a lot less that be can be called mental health now where it used to just be life um and people can't deal with life anymore the same way but the the suicide rates are what really get me like when you see such an influx and increase in suicide rates in a short fairly short number of years with young people who should be looking forward to their future exactly not completely at a point of such hopelessness

that they don't want to even see their future that is catastrophic yeah I mean that was a very rare thing in our you know teen years if you think about like oh my gosh that person I mean it was rare to hear if someone committed suicide and looking back you think oh I can see like the trauma or the family whatever that they grew up and there was a a clear explanation as to why they felt that desperation whereas now kids are doing it with very little like you know they're bullied online or they're you know it's in comparison to why kids used to do it it's very different but you have to look at this and say there's a spiritual element to this there is there's something there's a base lie a foundational lie underneath all of this that kids are believing and it's all leading to the same conclusion for them like it's not worth it to stay here um that's that's disturbing and the answers like you're saying that the government is wanting to address that with like they're wanting to you know kill life at Birth um but then they're from conception yeah from conception but they also want to kill they want to promote killing of lives with mental health and and the government doesn't look at it that way they're they're seeing the problem but they're not seeing that they're causing more of the problem with their Solutions well and for me what just is so asinine and just sends me into orbit is all the stupidity of like well what you know the the problem is toxic masculinity the problem no the problem is not toxic masculinity masculinity is not toxic no what we need is more husbands more fathers more strength more men we need men who will bless and defend and provide for and protect women and children and we need men who aspire to be husbands and fathers and say you know what the government needs to stay and it's damn Lane and get out of my marriage and get out of my family and get out of the you know raising and rearing uh of my children and at the end of the day uh you know my family is my responsibility and my wife is my helper and my children are my blessing and we're going to create a home environment that isn't perfect but is saturated with the spirit of God and the word of God and our children are going to learn how to pray and unburden and we're going to sing and we're going to make joyful memories and we're going to protect them from trauma and abuse and harm and and we're going to guard these sacred deposits that God has given us in our in our children and and we're going to do so as a family and that's our god-given responsibility and you know it just infuriates me when it's like we need less fathers and more government I always say we need more fathers and less government and and maybe talk a little bit cuz you you you talked about you know a family that follow those biblical principles for their home environment what happens to a child that grows up in a not perfect but a healthy Spirit-filled Jesus centered joyful marriage environment of a family where Mom and Dad love Jesus and try to do life like God says what what happens to the development at the youngest of Ages to a kid I mean they're secure and so they feel safe growing and learning and failing and doing all the normal things that you have to do to become mature from childhood to adulthood they feel safe in that learning process because they have a foundation of people behind them that love them and are cheering them on and want good for them and want to help them get to that place of maturity and um and I just think of all the thing because you and I are so different and I think had the kids not had both of us in the home there would there would have been lack I mean we didn't parent perfect so there's lack you know in our kids and they're figuring that out and and um and we hear about some of the things that we did wrong now so it's it's an interesting season but it's good because we're learning from that too we're still learning and then we don't want to put some of those things in the grand kids so it's it's it's very um interesting to me to think about like what you contributed to the kids and what I contributed to the kids because it was very different we both contributed the Lord in different but even the angles of you know biblical um and prayer Bible and prayer and we did it differently with our kids so they saw different methods even though the

principles behind it were the same and without both of that they're not as full you know they're not as well-rounded human beings and so they needed both of us to contribute to their lives and so and that's where we you know we help single moms in our ministry because we want men to come in and try and help the families and Mentor the kids and um because it's hard I can't give my kids everything as their mom and you can't give them everything as a dad so having both is really essential and it gives them that security and that support they need to really grow up and be um feel like they can they can change the world you know like I'm going to take this on and I'm going to do what happens to Joy bonds neural Pathways brain science a child that's raised by a parent who's present because again the the buffoonery in our culture is the government made decisions to disincentivize marriage and family especially in inner city and ethnic families and then we make stupid decisions with things like covid that break a whole generation emotionally yeah and so now we've broken the family and we've broken the Next Generation we we've broken children and then the answer is well um let's just raise more taxes and have more government um and it's like no the government is the problem not the solution I think it was Ronald Reagan once said he said uh the scariest thing you can ever hear is hello I'm from the government and I'm here to help and I agree with that yeah that's wisdom um but you know if let's say you know we're going to go super you know chauvinistic toxic masculinity in this episode I guess because I'm feeling it but like let's say the man is well hypothetically the man is a man and he's okay with that and so he knows that his job is to go to work and to be provider and to come home and be protector uh and then mom is like you know what I'm going to give my first and best to to to raise these kids and be home and to be present what happens in that bond between mother and child the The Joy bonds the neural Pathways the brain science just the emotional mental spiritual development of a of a child yeah I mean Joy bonds are powerful you either have fear bonds or Joy bonds and joy bonds are what make like I said make a kid want to mature because they they feel safe in that and it's they have happy memories not fearful memories of what's my dad or my mom going to do you know um they realize okay this is it's okay it's going to be okay and I've got my parents to back me up and I've got joyful memories to go along with it and it creates Pathways where you're willing to take more risks because like healthy risks but it literally hardwires the brain it does yeah so that you're you're moving toward that you're moving toward that health of pursuing Joy not not we're not talking about fake happiness or always you know wanting pleasure and you're like it's Joy from the Lord It's joy that you feel a safety um in your brain because you know that when you do that you've got your parents to back you up you've got the Lord um you can hear from the Lord cuz you're you know the joy is very powerful joy of the Lord is our strength so Joy bonds are a big thing well and I think you bring up a great point and that is a fear-based environment leads to mental health and a Joy Based environment um leads to health and and so if if you want the Next Generation to be broken put them in a fearful environment um have Mom and Dad verbal process all their fears and anxieties with the kids uh leave the television on with news and doom and gloom on for the kids all the time uh that'll destroy the environment let them just you know wander the internet aimlessly and let the algorithms and the demons decide what is social media yeah and social media determine what is uh sort of preconditioning their worldview um if Dad is not around that creates an anxiety just because there's a lack of safety that does happen when Dad is around um and I think that happened a lot during Co which is what she talked about and parents didn't know how to deal with their own fears um and so if we aren't taking our fears to the Lord then we're putting that in our children and and there's we need to talk about that in our marriage first before we go talk to the kids and that's a lot of parents didn't know how to do that and so anytime you

know the next Co strain or whatever it was just frantic frantic frantic and am I going to die and for me like I was never afraid of it because I just wasn't the lord gave me a piece but I think for me I just I didn't want my our kids to feel afraid like that we needed to pray through human beings can only grow in an environment of joy and if you think about it before s the world the only environment for human life on the Earth was Joy MH God's present we're together there's no sin there's no curse there's no Satan there's no demons there's no death well all there is is joy and then Satan and demons and the fall and the curse show up now there's fear yeah and so you've got to decide in your home and I I really do appreciate the book The two parent privilege because it's saying the most important thing we can do is focus on the marriage and the environment of the home in which the children are raised and I think it comes all the way down to if it's a fear based broken environment those children are going to grow up with mental health problems um and it's not that they're not overcomable but they are very real and no amount of government uh spending and no amount of educational programs or medicinal um prescriptions are going to remedy that um instead like how do we get a home environment that is Joy Based yeah that um has hope and and it has um life and I like the bow and family system stuff and one of the things that they will say is one of the ways you know that there's a Joy Based home environment there's a sense of playfulness people laugh they make jokes the kids are messing around you know there's there's a levity about it yeah and so um so in that that's safe it's safe to feel that way natural grew up we sure didn't do it perfect cuz I was your dad but like our kids grew up and like they really love marriage they're Pro marriage they look forward to marriage they're excited about marriage because they grew up in an environment that they got to see our marriage not that we had a perfect marriage but like they want to get married yeah you know we're pro we're pro-life as deep as pro-life as you could be and we grew up celebrating kids and celebrating birth and making memories and taking photos and loving kids and so they're excited to be parents yeah you know and so if you grow up in an environment of life and joy in the spirit the children tend to grow up and they tend to be healthier and so you know think of it in this way I guess as we get toward the close is as frustrating as this is as we look at the culture should be as hopeful as possible when we look at the church cuz the church should be the counterculture the church should be um the the subculture and what this means is okay what if our kids grow up with two parents instead of one what if our kids grow up and they are not molested and abused but they're protected what if our kids grow up not in a fear-based environment but in a Joy Based environment what if our kids grow up not surrounded with the spirit of fear but the Holy Spirit what if our kids spend less screen time and more time outdoors in nature being kids um playing games at home hanging out with their family spending time with their friends what if rather than sitting at home on a screen all day they're going to church and you know making memories and having fun and serving and building relationships and getting to see God save people and do things what if our kids aren't growing up in a world where Mom and Dad are spending all their money on divorce attorneys but instead then able to help them buy a car go to college or buy a house it just means that this is a historic opportunity for not only the collapse of Western culture but also the rise of God's people that's right and just think about it if everybody else is you know mutilating their children and encouraging them to have abortions um or gay same-sex relationships then what that means is there's a potential of God's people to be the only people that are really sending people into the future and people who are joyful and healthy and anointed by the Holy Spirit to succeed and so give two or three generations and maybe we'll just fix the whole dump that's called America and the Western culture that would be great so and I just for me just addressing the spirit of fear um the scripture that comes to mind is God does not give us

a spirit of fear so if he doesn't if God doesn't give us a spirit of fear then who does Satan but what does God give us he gives us power love and sound mind and so that's what we want as Believers we want that in our homes we want that in our lives individually we want that in our marriages we want Power love and sound mind and the only way to get that is to not give into the spirit of fear and once we recognize that that is a counterfeit Spirit to the Holy Spirit then we can cleanse our homes of that and raise our families with joy and that is one of the biggest pieces that we need to recognize as Christians we have that power when we have the Holy Spirit we have that power to overcome that spirit of fear you want pray for him babe sure go de Lord thank you um that we have this example um in our home and that we are enjoying training coaching up others in that through podcasts and church and and people that you put in front of us Lord I pray that this would be a conviction for your people that we need to stay um committed to you committed to one another committed to our children and stay connected and unified and that is a powerful example to this very messed up culture so Lord I just pray that you would continue to empower us as your people to be able to walk the way you intended together in Jesus name amen thanks baby