Coping With Corona: Group Therapy With Our Heart Fixer and Mind Regulator

Matthew 11:25-30

Dr. Frederick D. Haynes III

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Hip Hop and Mental Health

• J Cole

“There’s all sorts of trauma from drama that children see. Type of ish that normally would call for therapy. But you know just how it go in our community. Keep that ish inside, it don’t matter how hard it be. Fast forward, them kids is grown and they blowing trees.”

• Mos Def

“When you start keeping up pace
They start changing up the tempo!”
Artists and Mental Health

- Kirsty Latoya
- Tsoku Maela
The mental health challenges faced by the audience addressed by Jesus

Dr. Howard Thurman helps us to understand that Jesus has a word for those who “stand at a moment in history with their backs against the wall.” *Jesus and the Disinherited* reminds us that Jesus was a Palestinian Jew who ministered to those on the margins who lived under Roman occupation and oppression. According to Dr. Thurman, they were under constant mental assaults on their humanity and fear would “dog their footsteps like the hound of hell”.

Jesus shares a revelation to those who are overwhelmed and underestimated

A people under the constant psychic attacks of Roman occupation and oppression are bombarded with images that reinforce oppression. Jesus, reveals in His connection with the Father who He is. This would unleash a psychic and theological revolution in the minds of those in the audience.
Jesus shares a revelation to those who are overwhelmed and underestimated

Statius referred to the emperor as the “lord of the earth,” “Great Father of the world,” and “ruler of the nations.” Philostratus referred to the emperor as “master of sea and land.” Jesus is invoking the sovereignty of God which overrules Roman power.
Jesus extends an invitation

• Notice the word “Labor.” Labor means “worn out, weary, tired and exhausted; wearisome, exhausting and unending.” In the LXX, it refers to beatings, physical exhaustion from work, heat or battle. This speaks of those who are burdened by life under the Roman imperial control because of its unjust political and socioeconomic structures.

• Heavy laden: to put a burden upon, to load one with a burden, to overload. It’s a picture of a backpack with too much in it.
Jesus issues a stipulation

- Rest means to refresh so you can recover and regain your strength. It means to pause. Push the pause button.
- Invite Jesus into the harness so He can help you pull the plow.
- Jesus is inviting those who are victimized by constant psychic attacks to join God’s Empire. The Empire of God is characterized by kindness and goodness.