

# **WE'RE HERE FOR YOU.**

Text us anytime:

Text **502-717-1783**

- **CHAT** (text with a pastor)
- **PRAYER** (submit a prayer request)
- **RESOURCES** (list of professional next steps)
- **LISTEN** (schedule an in-person conversation)



LET'S TALK ABOUT MENTAL HEALTH

— SEASON THREE —



## ROMANS 5:3-8

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love. When we were utterly helpless, Christ came at just the right time and died for us sinners.



## ROMANS 5:3-8

Now, most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good. But God showed His great love for us by sending Christ to die for us while we were still sinners.



Grief is so much more than an emotion. It's one thing to say a person is sad, or happy, or confused, or regretful, or depressed, or even angry. You can picture sadness. You can imagine happiness. You can understand feelings of confusion. You can empathize with regret. You can feel depression. You can relate to anger. **But grief.** There's no way to really explain this word. It's impossible to define. Grief can't be placed in any certain category, because grief carries every other emotion inside of it.



I can cry in my grief one day and laugh another. I can look back with sadness as I grieve, but I can also look back with an overwhelming feeling of thankfulness. I can praise God for what I had while swinging my fist at what I've lost. Grief is complicated. Grief is not for wimps and yet no one has the right to decide if they are strong enough to handle it, because grief doesn't wait for an invitation.



Grief happens while we're trying to live a good life or while we're choosing to live a not-so-good life. Grief doesn't play favorites, and grief never goes away once it decides to enter your world. **-TAMMY NISCHAN**



“We numb our pain through denial, blaming, rationalizations, addictions, and avoidance. We demand others take our pain. Yet we all face many deaths within our lives. The choice is whether these deaths will crush our spirit and life or open us up to new possibilities & depths of transformation in Christ.” - **PETE SCAZZERO**



## **JOB 1:1-3**

In the land of Uz there lived a man whose name was Job. This man was blameless & upright; he feared God & shunned evil. He had seven sons and three daughters, and he owned seven thousand sheep, three thousand camels, five hundred yoke of oxen and five hundred donkeys and had a large number of servants. He was the greatest man among all the people of the East.



## **JOB 1:20-22**

At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship and said: Naked I came from my mother's womb and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised." In all this, Job did not sin by charging God with wrongdoing.



# **QUESTION FROM THE YOUTHS**

Why is bad mental health often dismissed as not having strong faith?



“Am I angry with God? Honestly, no. I had thought about what I would feel and how I would keep myself from falling into this pit of anger & resentment like I had previously before Mia. I have spent years working on forgiving myself for those feelings and that time in our lives. I know God is good. I know that because, more than ever I can see, our Mia is a miracle. He gave her to us and her life is evidence every day to me of His faithfulness and grace.”



“But am I confused? Of course I am. Do I wonder why He allowed this to happen? For sure. But do I think He is weeping in Heaven with us? Absolutely. Do I want to know the ‘good’ that He is going to make out of this? Absolutely. But I understand that I may not see this or it may not look like what I imagined.”

**- CHRISTIN STEWART**



# **BIBLICAL GRIEVING:**

**1. Pay attention to your emotions**

**2.**

**3.**

**4.**



## **JOB 3:3; 6:2-3**

“May the day of my birth perish and the night that said, ‘A boy is conceived!’ May that day turn to darkness...If only my anguish could be weighed and all my misery be placed on the scales. It would surely outweighs the sand of the seas.”



# **BIBLICAL GRIEVING:**

- 1. Pay attention to your emotions**
- 2. Wait in the confusing in-between**
- 3.**
- 4.**



# **BIBLICAL GRIEVING:**

- 1. Pay attention to your emotions**
- 2. Wait in the confusing in-between**
- 3. Embrace the gift of limits**
- 4.**



# LIMITS TO CONSIDER:

- Your physical body
- Your family of origin
- Marital status
- Your material wealth
- Your time
- Your work
- Your spiritual understanding



# **BIBLICAL GRIEVING:**

- 1. Pay attention to your emotions**
- 2. Wait in the confusing in-between**
- 3. Embrace the gift of limits**
- 4. Let the old birth the new**



Good grieving is not just letting go,  
but also letting it bless us.”



## JOHN 12:24

“I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives.”



“Grief, though cruel, longs to love me through my hurt.”

**TAMMY NISCHAN**



# PSALM 23

The Lord is my shepherd; I have all that I need. He lets me rest in green meadows. He leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to His name. Even when I walk through the darkest valley, I will not be afraid for You are close beside me. Your rod and Your staff protect and comfort me.



# PSALM 23

You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely Your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.