

Connection

Is there a natural phenomenon that simply amazes you in its beauty?

Content

Mental Health - Faith, Hope, and Healing in the Maze of Life.

Mental Health and Mental Illness are not the same term.

Mental Health is a state that someone is in, being a positive or negative.

Mental Illness is a disorder that someone is diagnosed with.

Mental Illness is not the same as the feelings someone experiences,
but rather is something that impacts how that person lives life.

1. Theology means “What does God think about a subject.” Read Psalm 94:17-19, noticing the writer’s vulnerability and honesty with God. Reflect reflect on this question: How do you get to a place of pure honesty with God?

Know - God knows you!

2. Read Psalm 139:1-6. As we look at our own lives, we need to understand that God knows us, even to the point of knowing when we sit and stand up. How can we always find comfort in that?

3. Matthew 6:25-27 reminds us of how deeply God values us. What is one worry in your life that you’re facing currently that you can begin giving over to Christ?

Near - God is near you!

4. Psalm 139:7-12. David's writing shows us that it doesn't matter how far you run from God, he is still there for you. When is one time in your life that you felt God's nearness?

5. Read Isaiah 41:10. We are first and foremost relational beings, created to have relationships with each other and with God. Who is someone God has placed in your life that you are thankful for in this moment?

Knit - God has knit you!

6. Read Psalm 139:13-18. God created you, and you were knitted together, and every stitch matters. What words jump out to you from this passage that reassure you of this?

Commitment

7. Psalm 40:1-3 says:

"I waited patiently for the Lord;
he turned to me and heard my cry.

He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.

He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the Lord
and put their trust in him."

Gods **knows** us. He is always **near** us. God **knitted** us together. Copy the above verses and post them somewhere in your home to remind you of these truths. And this week, when you find your mental health being challenged, look to this passage for guidance.

Challenge Assignment: Memorize **Psalm 40:1** this week and put these words to heart.

"I waited patiently for the Lord;
he turned to me and heard my cry."