

LET'S TALK ABOUT MENTAL HEALTH

— SEASON THREE —

COLOSSIANS 3:1-17

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God. And when Christ, who is your life, is revealed to the whole world, you will share in all His glory. So put to death the sinful, earthly things lurking within you.

COLOSSIANS 3:1-17

Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world. Because of these sins, the anger of God is coming. You used to do these things when your life was still part of this world. But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds.

COLOSSIANS 3:1-17

Put on your new nature, and be renewed as you learn to know your Creator and become like Him. In this new life, it doesn't matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and He lives in all of us. Since God chose you to be the holy people He loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

COLOSSIANS 3:1-17

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom He gives.

COLOSSIANS 3:1-17

Sing psalms and hymns and spiritual songs to God with thankful hearts. And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through Him to God the Father.

- At least 20% of adults struggle with mental health in a given year.**
- The percentage always trends higher among teens.**
- In June 2020, CDC reported 40% of Americans struggling with mental health or substance abuse.**

QUESTION FROM THE YOUTHS #11 – Does the church help improve someone's mental health? How can I use the church as support when I'm struggling? Does my faith have anything to do w/my mental health?

- 1. We advocate a wholistic approach to mental health.**
- 2. Mental health problems are rarely faith problems.**
- 3. Mental health problems do have faith solutions.**
- 4. We believe talking about our mental health problems with one other is vital.**
- 4b. The Church should be the place we share our burdens, not the place we hide them.**
- 5. Our pastors are here for you, but we stay in our lane.**

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)

SEASON #3

EMOTIONALLY HEALTHY SPIRITUALITY

- For everyone, no matter what you think about your mental health.
- Proactive pursuit of Christian maturity.
- Goal is to let Jesus into your emotional life.
- Based on Pete Scazzero's material.

10 SYMPTOMS OF EMOTIONALLY UNHEALTHY SPIRITUALITY

- 1. Using God to run from God.**
- 2. Ignoring anger, sadness, and fear.**
- 3. Dying to the wrong things.**
- 4. Denying the impact of my past on my present.**
- 5. Dividing life into “secular” and “sacred” compartments.**

10 SYMPTOMS OF EMOTIONALLY UNHEALTHY SPIRITUALITY

6. Doing *for* God instead of being *with* God.
7. Spiritualizing away conflict.
8. Covering over brokenness, weakness, and failure.
9. Living without limits.
10. Judging other people's spiritual journey.

Until we address our emotional health,
we'll always have a spiritual lid.

PARTS OF WHO WE ARE



POINTS OF TRAUMA

- Loss
- Extended Ambiguity & Uncertainty
- Extended Isolation
- Betrayal & Abandonment

INTERNAL MESSAGES:

- This is not really a family to us.
- I am not unconditionally loved,
I am conditionally liked.
- When people leave, it exposes my inadequacy
as a preacher and leader.
- The last 10 years of ministry were a failure in the
lives of hundreds.

INTERNAL MESSAGES:

- I have a divisive personality for addressing tough issues.
- I shouldn't get too close to anyone, they could be next.
- Maybe I'm the wrong leader for this moment.
- The staff is suffering because of my decisions.
- Maybe there's no hope in the local church.
- I would probably be happier coaching baseball.

COLOSSIANS 3:1-4

Since you have been raised to new life with Christ, **set your sights on** the realities of heaven, where Christ sits in the place of honor at God's right hand. **Think about** the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God. And when Christ, who is your life, is revealed to the whole world, you will share in all His glory.

ORIENTATION OF THE WILL

3:1-4 - "Set your sights on" + "Think about"
the alternative heavenly reality of Christ on the throne
your new identity with Christ in God

3:5-11 - Put off the "Old Self"
(v.5) Put to death!
(v.8) Rid yourselves!

3:12-17 - Put on the "New Self"

WE BELIEVE IN A HIDDEN BUT TANGIBLE ALTERNATIVE HEAVENLY REALITY.

“Christ sits in the place of honor at God’s right hand.”

“Your real life is hidden with Christ in God.”

“When Christ is revealed you will share in all His glory.”

WE RECEIVE A ROYAL AND MISSIONAL IDENTITY WITH CHRIST IN GOD.

- “Raised to new life with Christ”
- “the Lord forgave you”
- “died to this life”
- “members of one body”
- “new nature”
- “representative of the
King Jesus”
- “Christ lives in [you]”
- “God [is your] father”.
- “holy people Christ loves”

COLOSSIANS 3:1-4

Since you have been raised to new life with Christ, **set your sights on** the realities of heaven, where Christ sits in the place of honor at God's right hand. **Think about** the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God. And when Christ, who is your life, is revealed to the whole world, you will share in all His glory.