

# LET'S TALK ABOUT MENTAL HEALTH

— SEASON THREE —



# 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.



# POINTS OF TRAUMA

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



# "THE WALL"

“For most of us the Wall appears through a crisis that turns our world upside down. It comes, perhaps, through a divorce, a job loss, the death of a close friend or family member, a cancer diagnosis, a disillusioning church experience, a betrayal, a shattered dream, a wayward child, a car accident, an inability to get pregnant, a deep desire to marry that remains unfulfilled, a dryness or loss of joy in our relationship with God. We question ourselves, God, the church.



We discover for the first time that our faith does not appear to “work.” We have more questions than answers as the very foundation of our faith feels like it is on the line. We don’t know where God is, what He is doing, where He is going, how He is getting us there, or when this will be over... Our good feelings of God’s presence evaporate. We feel the door of Heaven has been shut as we pray.” - **PETE SCAZZERO**



The background features a central horizontal band of solid brown color. Above and below this band, the background is a light blue-grey color with faint, white, hand-drawn scribbles and lines. The text is centered within the brown band.

**"THE WALL"**  
-You can't avoid Walls.



## **JAMES 1:2**

Dear brothers & sisters, when troubles of any kind come your way, consider it an opportunity for great joy.



# "THE WALL"

- You can't avoid Walls.
- Walls damage you emotionally.



“When I try to raise my thoughts to Heaven – there is such convicting emptiness that those very thoughts return like sharp knives and hurt my very soul. Love – the word – it brings nothing. I am told God loves me – and yet the reality of darkness and coldness and emptiness is so great that nothing touches my soul... In spite of all – this darkness and emptiness is not as painful as the longing for God...



Before, I could spend hours before Our Lord –  
loving Him – talking to Him – and now – not even  
meditation goes properly... Yet deep down  
somewhere in my heart that longing for God keeps  
breaking through the darkness... My soul is just like  
[an] ice block – I have nothing to say.”

**-MOTHER TERESA**



# "THE WALL"

- You can't avoid Walls.
- Walls damage you emotionally.
- Walls can grow you spiritually.



**MATURITY - JAMES 1:3-4** – For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

**WISDOM - JAMES 1:5** – If you need wisdom, ask our generous God, and He will give it to you.

**WELL-BEING - ROMANS 8:28** – And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them.



# "THE WALL"

- You can't avoid Walls.
- Walls damage you emotionally.
- Walls can grow you spiritually.
- You have to go through the Wall.



# **DID GOD CAUSE THE "THE WALL"?**

It depends. Is the Wall evil or is it just really hard?



# DISCIPLINE FROM OUR HEAVENLY FATHER

## HEBREWS 12:9-11

Since we respected our earthly fathers who disciplined us, shouldn't we submit even more to the discipline of the Father of our spirits, and live forever? For our earthly fathers disciplined us for a few years, doing the best they knew how. But God's discipline is always good for us, so that we might share in His holiness. No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.



-God is not evil, God is love.

-God created human and spiritual beings to share that love.

-For love to be possible, God had to give us freedom to choose it.

-Our freedom to choose love is also freedom not to.



Rather than using His power to take our free-will when it goes bad, God uses His love to renew our free-will when it goes bad.



# **1. KARMA**

You earned it, what goes around comes around.

# **2. ILLUSION**

Suffering is a state of mind that can be overcome through self-control.

# **3. FATE**

Adversity is out of your control, don't try and explain it, just endure it.



# **STRATEGY/METRIC #1 - INTIMACY WITH GOD**

- A feeling of closeness to God
- Spending more time with God
- Peace that passes understanding
- Joy that transcends circumstances
- Love that goes deeper than my insecurities
- Disciplines of Disengagement



“To be clear, God does not need you. He wants you. He did not send His Son to recruit you to change the world. He sent His Son to reconcile you to Himself. Your value to God is not in your effectiveness, but in your presence.” -**SKYE JETHANI, IMMEASURABLE**



# **STRATEGY/METRIC #1 - INTIMACY WITH GOD**

- A feeling of closeness to God
- Spending more time with God
- Peace that passes understanding
- Joy that transcends circumstances
- Love that goes deeper than my insecurities
- Disciplines of Disengagement



# **STRATEGY/METRIC #2 - SURRENDER TO GOD**



# A GREATER LEVEL OF BROKENNESS.

## LUKE 6:20-23

Then Jesus turned to His disciples and said, “God blesses you who are **poor**, for the Kingdom of God is yours. God blesses you who are **hungry** now, for you will be satisfied. God blesses you who **weep** now, for in due time you will laugh. What blessings await you when people **hate you** and exclude you and mock you and curse you as evil because you follow the Son of Man.”



**A GREATER LEVEL OF BROKENNESS.**

**LUKE 6:20-23**

"When that happens, be happy! Yes, leap for joy!  
For a great reward awaits you in heaven. And remember,  
their ancestors treated the ancient prophets that same way."



(1) Life is hard.

(2) You are not that important.

(3) Your life is not about you.

(4) You are not in control.

(5) You are going to die.



## LUKE 18:9-14

Then Jesus told this story to some who had great confidence in their own righteousness and scorned everyone else:

“Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. The Pharisee stood by himself and prayed this prayer: ‘I thank You, God, that I am not like other people—cheaters, sinners, adulterers. I’m certainly not like that tax collector! I fast twice a week, and I give you a tenth of my income.’



## LUKE 18:9-14

“But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, ‘O God, be merciful to me, for I am a sinner.’ I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”



“Imagine an inflated egotistical person who, when criticized, judged, or insulted, immediately puffs up and reacts. They go on the attack or decide we no longer exist and cut you off. Imagine an insecure people pleaser who, when criticized or offered feedback, gets hurt and either loathes the person who was honest or takes it so personally that it wounds their inner sense of self-worth.”



“Contrast that image with a broke person who is so secure in the love of God that she is unable to be insulted. When criticized, judged, or insulted, she thinks to herself, *It is far worse than you think!*”

**- PETE SCAZZERO, EHS**



# **A GREATER APPRECIATION FOR HOLY UNKNOWNING.**

- Romans 11:33-36 - Oh, how great are God's riches and wisdom and knowledge! How impossible it is for us to understand His decisions and His ways! For who can know the Lord's thoughts? Who knows enough to give Him advice? And who has given Him so much that He needs to pay it back? For everything comes from Him and exists by His power and is intended for His glory. All glory to Him forever! Amen.



# A GREATER APPRECIATION FOR HOLY UNKNOWNING.

- Augustine wrote, “If you understand, it is not God you understand.”
- Thomas Aquinas 13th century wrote the Summa Theologica. One of the greatest works of theology ever. In total it is 38 tracts, 631 questions, 3000 articles, 10,000 objections and their answers. A twenty-volume work on God. He began his work: “This is the ultimate knowledge about God, to know that we do not know.”



The Trinity – 3 = 1.

Incarnation – Fully God. Fully human.

Scripture – Inspired by God. Written by people.

Christian Living – Grace AND Truth.

Why is God hidden?

If God is both loving and all powerful then why does evil still exist?

“Why hasn’t Jesus come back yet?” – Palmer

What is God’s will for my life?



**A DEEPER ABILITY TO WAIT FOR GOD.**



**A GREATER DETACHMENT.**



## PHILIPPIANS 4:10-14

How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything.



## PHILIPPIANS 4:10-14

I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength. Even so, you have done well to share with me in my present difficulty.



## **INTIMACY WITH GOD**

- A feeling of closeness to God
- Spending more time with God
- Peace that passes understanding
- Joy that transcends circumstances
- Love that goes deeper than my insecurities
- Disciplines of Disengagement

## **SURRENDER TO GOD**

- A greater level of brokenness
- A greater appreciation for holy unknowing
- A deeper ability to wait for God.
- A greater detachment