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MESSAGE NOTES

Mental Health and Relationships

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1. You Were Created as a Social Being

You were not designed to be alone.

Colossians 1:19,22 “ For God was pleased to have all his fullness dwell in him, **20** and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.**21** Once you were alienated from God and were enemies in your minds because of^[a] your evil behavior. **22** But now he has reconciled you by Christ’s physical body through death to present you holy in his sight, without blemish and free from accusation—

2. Mental Health and Relationships

Issues like depression, anxiety or anger are only destructive if they pull us away from our relationships with God and others.

3. Anxiety is Like a Warning Light

It lets me know that I’m trusting in my own solutions and that I’m not trusting in God leading me. If I’m leading my life, anxiety is a logical response. Anxiety is what it feels like to mistrust God.

Hebrews 4:14-16 “Therefore, since we have a great high priest who has ascended into heaven,^[a] Jesus the Son of God, let us hold firmly to the faith we profess. **15** For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. **16** Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Romans 8:38-39 “For I am convinced that neither death nor life, neither angels nor demons,^[a] neither the present nor the future, nor any powers, **39** neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

Conclusion

God lifts us out of the “pit” and doesn’t just say get out of that slimy pit! God wants to restore us and makes us whole again. (Psalm 40:2)