



series overview

It seems like life is only getting more stressful and the world is only getting more cynical. More young people than ever are experiencing and expressing their struggle with anxiety, depression, and plenty of other symptoms and diagnoses of poor mental health. What is mental health and how does it relate with my faith? In this series, we're going to be exploring what Jesus has to say about our mental health, how to maintain mental health, and finding hope while experiencing poor mental health.

week 1: mental health & being a Jesus follower.

BOTTOM LINE: Mental health is something everyone has and is something that God cares deeply about.

KEY SCRIPTURE: 1 Samuel 1:6-8, Psalm 6:6-7, Psalm 68:3, Psalm 90:13-15, 1 Kings 19:4, John 11:33-35, Isaiah 53:3, Psalm 34:18, 1 Peter 1:6-7

week 2: maintaining & improving our mental health with God.

BOTTOM LINE: Taking care of our mental health is something we need to care about because it's something God cares about.

KEY SCRIPTURE: Psalm, 1 Peter 1:6-7

week 3: hope in mental health.

BOTTOM LINE: Real, life-changing hope is found in Jesus who promises that He will be with us in every moment, every situation, and every challenge we go through in life.

KEY SCRIPTURE: Romans 8:18-25, 1 Peter 1:6-7