



### I. REVIEW/INTRO

#### A. Tired of tired

**3 John 1:2 (NKJV) Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.**

#### B. People are mentally exhausted

- Our souls are not healthy, not prospering, and that leads to:
  - Irritability and anger
  - Fatigue or low energy
  - Lack of motivation or interest in things
  - Anxiety, nervousness or worry
  - Headaches
  - Feeling sad or depressed
  - Indigestion, acid reflux or upset stomach
  - Muscle tension
  - Appetite changes

**Proverbs 4:23 (GNT) Be careful how you think; your life is shaped by your thoughts.**

**2 Peter 1:5a, 10b (NKJV) <sup>5</sup> But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge... <sup>10</sup> for if you do these things you will never stumble;**

- **Virtue is moral excellence in words, actions, and thoughts**

#### C. Mental health

- **What Is Mental Health?**
  - Mental health includes our emotional, psychological, and social well-being
  - It affects how we think, feel, and act
  - It also helps determine how we handle stress, relate to others, and make choices
- **If you're struggling, it doesn't mean you're not a good Christian. It means you're human.**

#### D. God wants us to have health and a sound mind

**2 Timothy 1:7 (NKJV) For God has not given us a spirit of fear, but of power and of love and of a sound mind.**

### II. EVERYONE HAS ONE

#### A. My story

- Two messages to listen to
  - Aug 28, Count it All Joy
  - Oct 2, Afterlife part 1



### B. The first 15

- 5 minutes of bible reading
- 5 Minutes of prayer
- 5 minutes of worship

**John 16:20 (NKJV) Most assuredly, I say to you that you will weep and lament, but the world will rejoice; and you will be sorrowful, but your sorrow will be turned into joy.**

### C. An overwhelmed heart

**Psalm 61:1-4 (NLT) O God, listen to my cry! Hear my prayer! <sup>2</sup>From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, <sup>3</sup>for you are my safe refuge, a fortress where my enemies cannot reach me. <sup>4</sup>Let me live forever in your sanctuary, safe beneath the shelter of your wings!**

### D. The garment of praise for the spirit of heaviness

**Isaiah 61:1-3 (NKJV) “The Spirit of the Lord God *is* upon Me, because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, and the opening of the prison to *those who are* bound; <sup>2</sup>To proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all who mourn, <sup>3</sup>to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord, that He may be glorified.”**

**2 Timothy 1:7 (NKJV) For God has not given us a spirit of fear, but of power and of love and of a sound mind.**