"Hope for Everyday" Part 1

We are <u>not alone</u> and out <u>struggle</u> is <u>not</u> the result of a <u>lack of faith</u> God cares of Deeply about your mental health

"Cast all your anxiety on him because <u>he cares for you</u>."

1 Peter 5:7

"When anxiety was great within me, your consolation brought me joy."

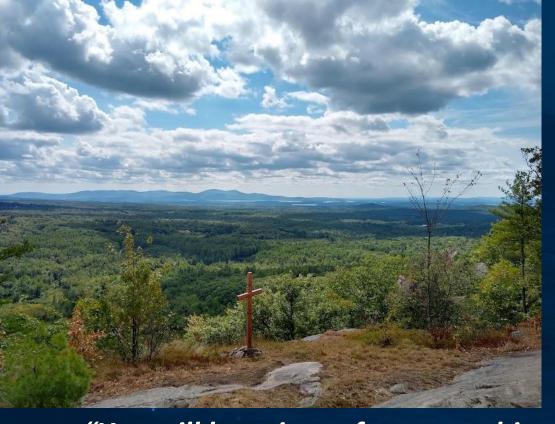
Psalm 94: 19

"For my soul is full of trouble and my life draws near the grave. ⁴I am counted among those who go down to the pit; I am like a man without strength. ⁵I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care.

But I cry to you for help, O LORD; in the morning my prayer comes before you.

14Why, O LORD, do you reject me and hide your face from me?

18 You have taken my companions and loved ones from me;
the darkness is my closest friend.



Jesus said.. ".....You shall love the Lord your God with all your heart and with all your soul and with all your mind."

Matthew 22:37

"You will keep in <u>perfect peace</u> him whose <u>mind</u> is steadfast, because he trusts in you. Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal" Isaiah 26:3

In Tension; disconnect your mind from what is unhelpful and fix your thoughts on God

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind"

Romans 12:2

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 14:27

Real Peace is found in the presence of God

