

“Hope for Everyday”
Part 1

We are not alone and our struggle is not the result
of a lack of faith

God cares of Deeply about your mental health

“Cast all your anxiety on him because he cares for you.”

1 Peter 5:7

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

Psalms 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?*

*¹⁸You 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 perfect peace him whose mind 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

Do NOT BE CONFORMed

TO THIS WORLD BUT

BY THE RENEWAL OF YOUR MIND Be tRansFormed

you shall not walk in their statutes

Lev 18:3

Christ who lives in me
Gal 2:20

After the Image of it's Creator
Gal 3:10

do not be conformed to the passions of your former ignorance

1 Peter 1:14

If anyone is in Christ he is a new creation

2 Cor 5:17

We are God's children now

1 John 3:2

Be Conformed to Christ
we all... are being transformed into the SAME IMAGE from one degree of GLORY to another

2 Cor 3:18