

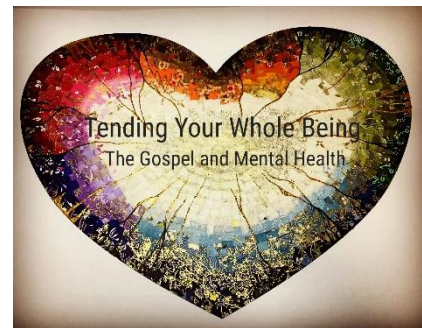
Sermon Series – “Tending Your Whole Being: The Gospel and Mental Health”

Sunday May 30th

Scripture - Mark 5:1-20

Sermon - Recognition and Grace

- Theme: We often think that we need to hide our brokenness in shame, yet God knows us fully, sees us for our whole selves, and loves us exactly who we are. Jesus sees the man possessed by an evil spirit, knows his behavior doesn't define who (or whose) he is, and treats him lovingly. Despite what some might think (or what some faith leaders would have us believe) our mental health struggles are not a reflection of poor faith. We cannot simply “pray it away.” We need to shift away from stigma and embrace grace for ourselves and others when it comes to mental health and the courage of seeking treatment.



Sunday June 6th (Communion)

Scripture - Matthew 27:1-10

Sermon – Hopelessness: Suicide and Grace

- Suicide is not selfish, nor is it “the unforgivable sin.” Romans 8 tells us that absolutely nothing can separate us from the love of God in Christ Jesus, and nothing includes suicide. People often don't *want to die*, they just don't know if they can keep on living in their pain. We need to know that there is hope, and there is help, when we (or someone we know) is feeling hopeless and considering suicide. We will name this and offer resources.

Sunday, June 13th (In person service)

Scripture - 1 Corinthians 10:1-13, Matthew 11:25-30

Sermon – Hopelessness: Addiction and Grace

- Nobody wakes up one day and decides they want to become an alcoholic or addict (or have compulsive relationships with food, sex, gambling, etc...). Often, the entrance into substance use or compulsive behavior is a means of self-medicating, numbing our feelings and coping with stress, mental illness, or trauma. Shifting our perspective from judgement to grace can help us embrace the Gospel and love ourselves and our neighbors.

Sunday, June 20th (Father's Day)

Scripture - Romans 8:1-8

Sermon - No Condemnation, Only Grace

- As we close out our series on Mental Health it is important to remember that there is no condemnation for those who are in Christ Jesus. One of the ways we can live into this amazing grace is to seek restoration in relationship with God and others through forgiveness. Mental illness has the power to wedge cracks into our relationships, and forgiveness is a key to healing broken relationships. Sometimes we need to work on forgiveness ourselves as well, which can be challenging. Centering on God's power is a great source of strength in tending grace towards ourselves and others.