

**Journey To Hope**  
**Winning With The Hand You're Dealt – Part 1**  
**February 27, 2022**

**1) First, as a follower of Jesus, I want to be about what He was about.**

**Jesus stood with those who suffer.**

**2) The second reason this series is important to me is because it's personal.**

**We diagnose mental illness mostly by observing behavior as opposed to running tests in the lab...and observing human behavior is far from an objective task.**

**You have to play the cards you're dealt.**

**1. Your chemistry = your body.**

**Oxytocin – the chemical that creates connection.**

**A chemical deficit is not a sin.**

**There are biological conditions that require pharmacological interventions.**

**The brain is a mega complicated organ.**

*I am fearfully and wonderfully made! (Psalm 139:14 NIV)*

*Thank you for making me so wonderfully complex! (Psalm 139:14 NLT)*

**2. Your connections = your relationships.**

***Love God with everything you've got and love your neighbor as yourself. (Mark 12:30-31)***

**Nobody's perfect.**

**Sin disconnects us.**

**We accuse others and we excuse ourselves.**

**The more disconnected I am, the more fearful I become.**

**3. Your circumstances = what you've been through.**

**Abuse, addiction, chronic illness, divorce, family violence, poverty, trauma, illiteracy, loneliness, learning difficulties, pessimism, racism, poor diet, sexual assault, terminal illness, having a family member or spouse with a severe mental illness.**

#### **4. Your consciousness = how you talk to yourself.**

**Your habitual thoughts are the most powerful shaper of your identity.**

*For as he thinks in his heart, so is he. (Proverbs 23:7)*

*Be careful what you think, because your thoughts run your life. (Proverbs 4:23 NCV)*

**I feel like I'm up against the world. I'm no good. No one understands me. I'm so weak. I can't get started. I can't finish anything. I can't stand this anymore. What's wrong with me? I'm a failure. I'll never make it.**

“Our thoughts have an almost infinite power to influence the quality of mental health. Everything comes back to the stories we tell ourselves.” --RCW

#### **5. Your choices.**

**You have a free moral choice.**

*“Do you want to get well?” (John 5:6)*