

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

Luke 4:18-19

18 "The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, 19 to proclaim the year of the Lord's favor."

Question: How important is it to you as a follower of Jesus to be what he was about?

Question: Since Jesus stood with those who suffer, how can you stand with those who suffer?

Pastor John said, "This series is important to me is because it's personal to me."

Question: How is this sermon series personal to you and your family?

Question: On a scale of 1-10. 1 is low How has mental illness affected your family?

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

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

Question: What do you know about the Chemistry of your body and how it affects your life?

Mark 12:30-31

30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' 31 The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

Question: Why does being disconnected from God and disconnected from people bring on fear?

Please read the following out loud...

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.

Question: In what ways has the above list affected you and your family?

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)

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

Question: What do you tell yourself, about yourself?

Please read the following statements and scriptures taken from Rooted called "My True Identity" and answer this one question, do you believe these things about yourself?

God is pleased with how he made me. Genesis 1:31

I am God's masterpiece. Ephesians 2:10

I am a child of God. John 1:12

I am a son of God and an heir. Galatians 4:7

I HAVE BEEN ADOPTED AS God's son. Ephesians 1:5
I can call Christ Brother. Hebrews 2:11
And God raised me up with Christ and seated me with Him in the heavenly realms in Christ. Ephesians 2:6-7
The Spirit of God dwells in me. 1 Corinthians 3:16
Christ calls me friend. John 15:15
I am joined to the Lord, one Spirit. 1 Corinthians 6:17
I am a member of the body of Christ. 1 Corinthians 12:27
I have been redeemed through God's Grace. Ephesians 1:7
I have been given fullness in Christ. Colossians 2:10
I am a new creation in Christ. 2 Corinthians 5:17
I am a minister of reconciliation. 2 Corinthians 5:18
I am an ambassador for Christ. 2 Corinthians 5:20
I am sealed with the Holy Spirit Ephesians 1:13
I may approach God with freedom and confidence. Ephesians 3:12
Christ is the vine; I am a branch. John 15:5
I am the salt and light for Jesus. Matthew 5:13-14
The Lord renews my strength. Isaiah 40:29
I have not been given a spirit of fear but of power, love and a sound mind. 2 Timothy 1:7
I am created in Christ Jesus for good works. Ephesians 2:10
I can do all things through Christ who strengthens me. Philippians 4:13
Christ is with me always, even to the ends of the earth. Matthew 29:20
I will have eternal glory. 2 Timothy 2:10

Please discuss the following statement "Our thoughts have an almost infinite power to influence the quality of mental health. Everything comes back to the stories we tell ourselves." --RCW

Jesus asked this Question: *"Do you want to get well?"* (John 5:6)