

## WELCOME

### Our Mission is to . . .

- Connect you to Jesus
- Connect you to His community for discipleship
- Connect you to your mission and purpose in life

**We are not here to tell you what to wear, eat, listen to, vote for, or even believe. These are things you must determine for yourself if you want to have real faith. We are here to give you truth, facts, tools and point out that every choice, every belief, and every action you make is tied to an outcome in your life. You can't do life without developing a strong foundation and becoming a person of substance. This is your journey, your discovery, and you will reap the benefit of the work you do.**

**FHNew** - Our mission as a church is to do everything we can to help you grow your faith. If you would like to get to know us a little better or begin or continue your journey of faith, text **FHNew** to **53123** and we will send you a link to a few short videos about Foothills Church, or stop by the **Connection booth in the Atrium.**

**FHBaptism** - One important step in your faith journey is being baptized. To learn more about baptism, text **FHBaptism** to **53123** and we will send you the teaching on Believers' Baptism.

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## UPCOMING

- [1st Steps](#) – 3 week course **started January 28**, for new believers who want to know more about Jesus and what it means to follow Him. It also serves as an introduction to sharing your faith with others. **Click the 1<sup>st</sup> Steps link above, connect via the QR code on the screen, or go to the Connection Point in the Atrium** to sign up.
- [Moms groups](#)
- [Bible Recap](#) – read through the Bible
- **Weeds in My Garden** – 8 week sermon series starts today, February 4, on **Mental Health** -- suicide, self-harm, stress/anxiety, burnout, low self-esteem and depression.
  - **Pray the Holy Spirit** gives Pastors Doug and Harv the words that people need to hear
  - **Pray for the staff** who will be fielding questions on topics of which we are not experts as well as reaching those in our community who are feeling isolated and alone
  - **Pray about whom you might invite**: friends, family members, co-workers. Everyone wrestles with these issues or has a loved one who does, and we can all use tools in our toolbox to navigate life
  - **Testimonies**: If you have a testimony or story that could help someone, please tell it. You can **use the QR code** on the screen to sign up.
  - **Counselors**: We are looking for partners in this series. If you are a counselor or mental health professional and would like to be a resource for those in need, scan the QR code for a link to the **Counselor Info Form**.
  - **Parents**: If you typically bring your kids (6<sup>th</sup> grade and under) to the auditorium for church, during this sermon series I encourage you to take advantage of our kids' ministry for this series. We don't want to put ideas in their heads that you will have to navigate as a parent.
- **Master Course: The Nature of God** – 6-week course starting Thursday, February 15, 6:30-8 pm in the Youth Center. Purpose: Encourage mature and growing Christians to the next level in their knowledge and understanding of God.

## INTRODUCTION

Today we are starting a new series called **Weeds in My Garden**. It's OK to not be OK.

- At a conference, a church in Missouri talked about a series they did
- What motivated them was a video of a song written at Songfest
- I saw the video and was moved by its revealing honesty

## VIDEO: If I'm being honest....

### How honest can we be?

- 1 in 5 adults will deal with a severe mental health issue sometime in their life
- According to the National Institute of Health, 32% of adolescents deal with anxiety disorder – that's 1 out of every 3
- According to the Census Bureau's Household Pulse survey, 50% of 18 to 24-year-olds report dealing with anxiety and/or depression – that's 1 out of every 2
- The American Psychological Association reports 20% of teens have seriously considered suicide
- According to the Center for Disease Control (CDC), suicide is the 2nd leading cause of death among 14 to 18-year-olds

### If everyone could be honest, we would see a lot of weeds in a lot of gardens

- Our tendency as human beings is to avoid being honest about these issues

### Whenever there is a problem, I am guided by what the Bible says

- **James 2:14-17 (NASB)** *What use is it, my brothers and sisters, if someone says he has faith, but he has no works? Can that faith save him? 15 If a brother or sister is without clothing and in need of daily food, 16 and one of you says to them, "Go in peace, be warmed and be filled," yet you do not give them what is necessary for their body, what use is that? 17 In the same way, faith also, if it has no works, is dead, being by itself.*
- **1 John 3:16-18 (NASB)** *We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brothers and sisters. 17 But whoever has worldly goods and sees his brother or sister in need, and closes his heart against him, how does the love of God remain in him? 18 Little children, let's not love with word or with tongue, but in deed and truth.*

### Let's be clear: Our goal is to be helpful and hopeful

- Being helpful is responding properly -- not being dismissive and not over-reacting
- Being hopeful is believing truth: no matter how bad it gets, Jesus is in the business of redemption

### Some things to know about Mental Health

- Survey of our own community of faith
- 4 buckets illustration
  - Situational
  - Biological

- Clinical
- Spiritual

## **OUR GOALS**

### **1. Be Biblical**

- There has to be an anchor or foundation that brings stability
- If you are unfamiliar with the Bible, you will discover it defines human beings as biological, emotional, intellectual and spiritual beings
- You have a soul and your soul needs to be considered in any path towards healing and wholeness

### **2. Be Compassionate**

- Stay away from platitudes
- Focus on what actually makes a difference

### **3. Be Honest**

- Followers and non followers, believers and non believers alike struggle with these issues at some point in their lives
- We are going to discuss anxiety, burn out, stress, depression, suicide

## **Our Challenge for Everyone**

- Be willing to learn and explore
- Invite people to join the journey
- Do the discussion questions with a group of people
- Go deeper with the Salty Pastor (YouTube)

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## **DISCUSSION QUESTIONS**

1. Were you aware of how prevalent mental health issues are in our society? Why?
2. How does the 4-bucket illustration help you understand the different levels of mental health struggles?
3. What things do you hope to discover in this series?