

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.

UPCOMING

- [Moms groups](#)
- [Bible Recap](#) – read through the Bible
- **Weeds in My Garden** – 8 week sermon series (started 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 (6th 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

We are in a series called **Weeds in My Garden**, an honest conversation about mental health.

Today: I am **known** and **valued**.

Our goal is to be helpful and hopeful. There is no question this is a growing issue in America today. The Journal of the American Medical Association states, "People in each generation of the 20th century are 3 times more likely to experience depression than the people of the preceding generation."

The 4 buckets:

1. **Situational:** Life has always been filled with difficulty, tragedy, trauma, and more. Is there anything going on in our society in particular that is causing a 3x increase every generation?
2. **Biological:** The biological factors have remained the same. We even know more about what can influence these factors. Can all of this explain a 3-fold increase each generation?
3. **Clinical:** Clinical diagnoses have increased as well. Some of this is due to better science, better diagnostics, but is there any other contributing factor?
4. **Spiritual:** Has anything changed spiritually over the last 3 generations? If so, how has it changed?

Why is mental health an increasing issue for people?

When you dig into mental health issues — whether they are **situational**, **clinical**, or **biological**, one thing is for certain: They revolve around the issue of meaning, which is the **spiritual** bucket.

- If all the buckets affect one another, then this spiritual bucket affects all the other buckets
- According to Psychiatry Today, research states: "a lack of meaning, purpose, and direction is strongly associated with poorer mental health."
- Micheal Steger states in National Institute of Health Library of Medicine, "It is no exaggeration that thousands of empirical studies have been published demonstrating that meaning in life is a foundational component of well-being."
- Jesus in **John 4:13-14 (NASB)** *"Everyone who drinks of this water will be thirsty again; 14 but whoever drinks of the water that I will give him shall never be thirsty; but the water that I will give him will become in him a fountain of water springing up to eternal life."*

There is a direct correlation, or connection, between our society's direction and the lack of meaning. If you are listening for the first time, or accepted the invitation of a friend, let me share a perspective you may have never heard before -- a tool to help you impact your own mental health.

The Spiritual Bucket

1. There is a spiritual battle

- **2 Corinthians 10:3-4 (NASB)** *For though we walk in the flesh, we do not wage battle according to the flesh, 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.*
- **Ephesians 6:12 (NASB)** *For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.*

- There are 2 paths to try and find meaning in life, and there is a battle over which one you choose

2. It is fought on the field of your mind

- Horror movies have conditioned people to think the spiritual battle is freaky weird
- **2 Corinthians 10:5 (NASB)** *We are destroying arguments and all arrogance raised against the knowledge of God, and we are taking every thought captive to the obedience of Christ,*
- **Romans 12:2 (NASB)** *And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.*

3. The battle is a struggle between truth and falsehood

- Jesus is the light and life
- The Devil is the father of lies

4. Therefore, one is true and one is false

- Does life have **purpose**?
 - Life has no purpose
 - Science doesn't teach this, scientific materialists do
 - Life has purpose
 - Jesus says your life does have a purpose
 - Which one is foundational for meaning in your personal life?
- Does your life **matter**?
 - There are no outcomes or consequences for your decisions, choices, or actions
 - If what I do doesn't matter, then what difference is there in what I do?
 - If what you do, think, or believe, doesn't impact life, then meaning cannot be found in what you think, believe, or do
 - There are consequences for your decisions
 - Then what I do matters. I can change. I can heal. I can overcome.
 - When the ultimate consequences of my life are already paid for, then life becomes a learning experience
- You are ruined because you have problems
 - I'm not normal -- I will never have the life I was meant to have
 - No one is normal and people are healed, restored, redeemed all the time

5. Jesus is the truth that brings light, life and victory

- He is not surprised by your struggle
 - He came to save you from the death of your struggle
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DISCUSSION QUESTIONS

1. Why do you think meaning is so critical to mental health?
2. How is our society undermining your own sense of meaning in life?
3. How does following Jesus develop your personal sense of meaning?