

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.

ONGOING

- [Moms groups](#) (links)
- [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 **started 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 we are going to talk about **LIES Satan tells Us: Am I Accepted? Ruined? Loved? Finding the "With God" Life – Psalm 16:11**

Proverbs 4 (NIV) – Get Wisdom at Any Cost

- 1 *"Listen, my children, to a father's instruction; pay attention and gain understanding.*
2 *I give you sound learning, so do not forsake my teaching.*
3 *For I too was a child to my father, still tender, and cherished by my mother.*
4 *Then he taught me, and he said to me,*
*"Take hold of my words with all your heart; **keep my commands, and you will live.***
5 ***Get wisdom, get understanding;** do not forget my words or turn away from them.*
6 *Do not forsake wisdom, and she will protect you; love her, and she will watch over you.*
7 *The beginning of wisdom is this: Get wisdom. **Though it cost all you have, get understanding.***
8 *Cherish her [understanding], and she will exalt you; embrace her [understanding], and she will honor you.*
9 *She will give you a garland to grace your head and present you with a glorious crown."*
10 *Listen, my son, **accept what I say**, and the years of your life will be many ..."*
- 20 *My children, pay attention to what I say; turn **your ear** to my words.*
21 *Do not let them out of **your sight**, keep them within **your heart**;*
22 *for they are life to those who find them and health to one's whole body.*
23 ***Above all else, guard your heart, for everything you do flows from it.**"*

Three Big LIES the world/life/the devil tell us that are intended to destroy your heart. The LIES lead to:

1. **You are not enough** – aka you should accept that you are **not accepted** for who you are
 - **LIE leads to feeling Rejected**
 - The world/life/the devil tells us to trust the love of others and reject the love of God
 - The best the world/life/the devil offers is to affirm you in your brokenness, aloneness, or sin
 - When you ask God to affirm a falsehood, he won't affirm it because it comes out of a lie
 - This is true when you begin to believe lies about yourself that destroy your soul
 - The deep sorrow of life is when we build our identity in our aloneness and rejection
2. **Your mistakes and failures mean you are ruined** – aka you should **live life afraid**
 - **LIE leads to feeling Fearful**
3. **You are not worthy of being loved** – aka you should learn to **live an alone life**
 - **LIE leads to feeling Lonely**
 - "Three years of Covid didn't cause loneliness; three years of COVID exposed our loneliness."

The result of those three LIES is a world filled with people who are filled with anxiety, deep heartache, and aloneness.

A Progression away from aloneness – moving into the heart of God (and his kingdom)

The Electronegativity of Fluorine (“F”)

Fluorine is part of the halogen group in the periodic table and has a high electronegativity, meaning it strongly attracts electrons. As a result, fluorine readily forms bonds with other elements to achieve a more stable electron configuration.

Alone With Myself, with God, and with Others

Alone “with” Someone . . . Alone among Others . . . With God . . . by myself

Truth 1: God is not surprised by our struggles and rejection by others ... Jesus faced them as well. Luke 4:16-21 (NIV)

- He is not afraid of our brokenness: When Jesus came to earth, He came to help and to heal
- Physical – Jesus treated physical issues (woman caught in adultery – John 8:1-11)
- Mental – Jesus spoke healing and life into mental challenges (demon possessed man – Matthew 4:24)
- Spiritual – Jesus stepped into spiritual waters that appeared physical (paralyzed man on the mat – Mark 2:1-5)
- Biological – Jesus addressed the biological (the woman with the flow of blood – Luke 8:43-48)

Truth 2: God is not surprised by our sin. Mark 2:5-12, 17 (NIV) – Sins are forgiven/healed

- From a spiritual perspective, God knew we were ruined -- that is why he sent Jesus
- Romans 3:23 – *“for all have sinned and fall short of the glory of God”*
- From a spiritual perspective we were all ruined, we were done in, there was no hope
- However, God stepped into that space -- He came down to deal with our greatest need: redemption
 - We think our greatest need is forgiveness – but with forgiveness we can continue to “live in sin”
 - With Redemption, we are redeemed from an identity in sin to an identity in right relationship with God, with ourselves, and with others
- This was Jesus’ mission: To take care of our biggest need – bridge the separation between us and God
- In other words, nothing is too big for God. He came on purpose to redeem us for today and eternity

Truth 3: Nothing is too small for God. Luke 12:6-7 (NIV) – Sparrows and hairs

- Satan would have you believe that God is only good for the big things, but not the small things
 - Don't busy him; only call on Him when things get out of hand
 - Considering all the problems out in the world, you really shouldn't bother him with your little things
 - Nothing escapes His notice, and he cares about everything you are going through whether big or small
- The problem is we don't tend to go to God until all the small things have turned into a big thing
 - It makes the path back to health and well-being so much harder than it had to be

Truth 4: God has the power to redeem us from our brokenness, aloneness, and ruin. Psalm 130:7 (NIV) – Redemption

- Ps 130:7 *"Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption."*
- Redemption and Healing from God
 - Sometimes he does it in the here and now
 - Sometimes he chooses to bring about the healing and restoration upon his second coming
- Paul cried out begging God to deliver him from a thorn in his flesh. God did not remove it, and Paul did not stop fulfilling his calling
- Redemption – God turns their struggle into a story, our tragedies into a testimony
 - Even in my worry, I will trust Him
 - Even in my anxiety, I choose to follow Him
 - Even in my depression, I will still give Him glory
 - Even in my pain, I will praise Him

Psalm 16:11, 10, 9, 8 (NLT)

11 You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever

- **Meaningful acceptance in a relationship with God**

**10 For you will not leave my soul among the dead
or allow your holy one to rot in the grave.**

- Knowing God addresses the Zombie soul

9 No wonder my heart is glad, and I rejoice. My body rests in safety.

- My heart is glad and my body rests in safety – Peacefulness

8 I know the Lord is always with me. I will not be shaken, for he is right beside me.

- With God, we are never truly alone - the nearness of God is good!

A Disciple of Jesus in a church in The Kingdom of God

DISCUSSION QUESTIONS

1. Are you open to asking God for wisdom as it relates to your views of yourself and others?
2. In light of the three lies that lead to rejection, fear, and loneliness, how can these Biblical teachings and the truths about God's perspective help you counteract any destructive beliefs in your life or the lives of those near to you?
3. Reflecting on the progression from aloneness to being "Alone With Myself, with God, and with Others," what's a next step you could/should take to combat feelings of isolation and deepen your sense of purpose?
4. How can understanding Psalm 16 help you realize the nearness of God in your life on a more regular basis? Are you inviting God to be near you when you encounter the struggles, sins, and the challenges of daily life, or do you think/believe that you have to do it on your own?