

Series: Let's Talk About It

Sermon: Mental Illness, Addiction, Suicide

Passage: various

Illustration:

Need: Mental illness, addiction, and suicide are sources of suffering in our world. They are not unusual pains, but pains that Jesus can heal, the medical professionals can treat, and that the body is called to engage.

I. Your role. (Matt. 11:28-30; Psalm 121:1-2)

- Hear and accept Jesus' invitation to come to Him and find rest and peace.
- Know that there is help and that you are not more broken than any other.
- Don't ignore how you feel and don't accept that nothing is going to change. Tell someone.
- See a professional, a Christian professional if one is available, one outside your regular support system.
- Involve and regularly engage your support system. Church, LifeGroup, family, friends, support group etc.
- Share your story! Share your story! Share your story! Share your story HERE!

II. Our role. (John 13:34; 1 John 3:18; Gal. 6:2; Rom. 12:15; 1 Cor. 12:26)

- We must repent of our past failures to see, hear, love and help.
- We must lead people to the help and healing of Jesus and refuse to diminish medical treatment.
- We must refuse to allow silencing or shame to be tolerated in the body.
- We must advance a culture of acceptance, compassion, love, and safety.
- We must be champions for the normalization of mental health issues.
- We must stay better informed. "Silent Images" 7 short videos by Compass & Light, RightNow Media.
- We must always know that, through Christ, the power of addictions can be broken.
- We must continue to lead people to authentic community in LifeGroups where folks can be real and safe.
- We must provide specific support when able or avenues for support when unable.
- We must celebrate victories and encourage stories to be shared.

III. Five Truths for Ministering to Those With Mental illness (By Rick & Kay Warren, Saddleback Church - their youngest son Matthew suffered with mental illness and took his own life in 2013 at age 27)

- Every person has dignity.
- All of us are broken.
- Even though we're broken, we're deeply loved and valued.
- We get well within relationship.
- What isn't healed on earth will be healed in heaven.

IV. Let's talk Hope & Help to those dealing with Mental Illness, Addiction, & Suicide.