



I'M NOT OKAY, BUT I WILL BE
Part 2: "In Good Faith"

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Pastor Chris Jung

**TO EXPERIENCE THE DIFFERENCE
THAT FAITH CAN MAKE IN MY
EMOTIONAL HEALTH, I HAVE TO
ACCEPT THAT...**

**1. ...MY FAITH DOESN'T EXCLUDE ME
FROM MENTAL STRUGGLES OR
EMOTIONAL PAIN**

*"My soul is deeply troubled, and my heart
can't bear the weight of this sorrow. I feel so
close to death."*

Psalm 88:3 (TVB)

*"Sorrows fill my heart as I feel helpless,
mistreated—I'm all alone and in misery!
Come closer to me now, Lord, for I need
your mercy."*

Psalm 25:16 (TPT)

*"The LORD is close to the brokenhearted,
and he saves those whose spirits have been
crushed."*

Psalm 34:18 (NCV)

1.

2. ...MY EMOTIONAL, SPIRITUAL AND PHYSICAL HEALTH ARE TOO IMPORTANT TO NEGLECT ANY OF THEM

“My dearest brothers and sisters, take this to heart: Be quick to listen, but slow to speak. And be slow to become angry, for human anger is never a legitimate tool to promote God’s righteous purpose [God’s righteousness will never attach itself to human anger].” James 1:19-20 (TPT)
*“A joyful, cheerful heart brings healing to both body and soul.
But the one whose heart is crushed struggles with sickness and depression.”*

Proverbs 17:22 (TPT)

3. ...MANAGING MY EMOTIONAL HEALTH IS A DAILY MENTAL DECISION AND SPIRITUAL DISCIPLINE

“Therefore humble yourselves under the mighty hand of God [set aside self-righteous pride], so that He may exalt you [to a place of honor in His service] at the appropriate time, casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

1 Peter 5:6-7 (AMP)

“Don’t be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life, then God’s wonderful peace that transcends human understanding, will make the answers known to you through Jesus Christ.”

Philippians 4:6-7 (TPT)

“Trust in and rely confidently on the Lord with all your heart And do not rely on your own insight or understanding. In all your ways know and acknowledge and recognize Him, and He will make your paths straight and smooth [removing obstacles that block your way].”

Proverbs 3:5-6 (AMP)

4. ...A HEALTHY FAITH CAN LIFT ME OUT OF MY MENTAL QUICKSAND

“Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God’s will as you live a beautiful life, satisfying and perfect in his eyes.”

Romans 12:2 (TPT)

3.

“So if you’re serious about living this new resurrection life with Christ, act like it. Pursue (set your sights on) the things over which Christ presides. Don’t shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ—that’s where the action is. See things from his perspective.”

Colossians 3:1-2 (MSG)