

# *Help!*

## I Struggle with Emotional Illness!

### **Free Yourself from the Lie that Emotional Illness is a Lack of Character or a Lack of Faith**

*(John 9:2-3) His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" "Neither this man nor his parents sinned," said Jesus, "but this happened so that the work of God might be displayed in his life.*

### **Don't Let Secrecy Make You Sicker**

*(Matthew 12:13) Then he said to the man, "Stretch out your hand."*

### **Build Your Life for the Storms**

*(Matthew 7:24-25) "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.*

### **Guide Your Life by Your Faith, not Your Feelings**

*(1 John 3:19-20) This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence whenever our hearts condemn us. For God is greater than our hearts, and he knows everything.*

Take action and your feelings may follow.

### **In Times of Weakness, Experience the Strength of God's Grace**

*(2 Corinthians 12:8-9) Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.*

### **Find Victory in Going the Distance**

*(Ephesians 6:13) Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.*

***If I am standing at the end, I win.***