

WEEDS IN MY GARDEN

In this message series we are going to be honest about mental health. A whole lot of people are struggling. We may be showing roses, but we all have weeds in our garden. Jesus cares about our struggles. Turning to him can open the door to finding help and hope.

IT'S OKAY NOT TO BE OKAY

THERE IS HELP

National Suicide Prevention Hotline | 988
National Crisis Hotline | Text 'HOME' to 741741
Tri-County Mental Health Services | 816-468-0400
www.tri-countymhs.org
Neverusealone.com: Overdose Prevention Hotline | 800-484-3731

THERE IS HOPE

Positive Affirmation

As you go about your week, hold tight to these words. Repeat them as needed to eliminate negative or unhelpful thoughts that may be holding you back.

I will be honest with myself and with Jesus about what challenges threaten me and will move toward Jesus in my struggle.

Supporting Scripture

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

~ **Philippians 4:6-8 | NIV**

Come to me, all you who are weary and burdened, and I will give you rest.

~ **Matthew 11:28 | NIV**

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

~ **Joshua 1:9 | NIV**

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (see verses 25-34 for more)

Matthew 6:34 | NIV



APPS

ANXIETY

Sanvello (free; **iOS** and **Android**)
Mind Shift (free; **iOS** and **Android**)
notOk (free; **iOS** and **Android**)

MINDFULNESS & MEDITATION

Headspace (free, membership \$12.99/Month or \$69.99/Year for students; **iOS** and **Android**)
Calm (free, membership \$12.99/Month; **iOS** and **Android**)

JOURNALING

Day One Journal (free; **iOS** and **Android**)
Daylio Journal (free; **iOS** and **Android**)
Reflectly (free; **iOS** and **Android**)

BIBLE APPS

YouVersion Bible App (free; **iOS** and **Android**)
Dwell: Audio Bible (free, \$29.99 a year; **iOS** and **Android**)
Abide: Christian Meditation (free; **iOS** and **Android**)
LECTIO 365 (free; **iOS** and **Android**)
Pray as you go (free; **iOS** and **Android**)

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Positive Affirmation

As you go about your week, hold tight to these words. Repeat them as needed to get rid of negative or unhelpful thoughts that may be holding you back.

I serve a God who never fails. I am not alone in my circumstances, Jesus is always with me. He will never forsake me.

Supporting Scripture

Philippians 4:6-7

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Psalms 42:11 NLT

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”

Isaiah 41:10 NLT

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

1 Peter 5:7 NLT

“Cast all your anxiety on him because he cares for you.”

Psalms 43:4 NLT

“I sought the LORD, and he answered me; he delivered me from all my fears.”

Psalms 56:3 NLT

“When I am afraid, I put my trust in you.”

Apps

Centering Prayer App (free; IOS and Android)

Bible Plans

- † (7-day plan) Anxious For Nothing-
[bible.com/reading-plans/16022](https://www.bible.com/reading-plans/16022)
- † (5-day plan) Get Out Of Your Head-
[bible.com/reading-plans/18084](https://www.bible.com/reading-plans/18084)

Podcasts

The Anxious Truth with Drew Linsalata

Books

Get Out of Your Head, By Jeannie Allen
Untangle Your Anxiety, By Joshua Fletcher
Kill The Spider, By Carlos Whittaker



Music

Honest (Song House, Kyndal Inskip)
Truth Be Told (Matthew West)
Who You Say I Am-Live (Hillsong Worship, Brooke Ligertwood, Reuben Morgan)
Way Maker (Passion and Kristian Stanfill)
Reckless Love (Bethel Music, Cory Asbury)
No Longer Slaves (Bethel Music, Johnathan David Helser and Melissa)
It Is Well-Live (Bethel Music, Kristene DiMarco)
Firm Foundation (He Won't) (Maverick City Music, Chandler Moore, Cody Carnes)
Raise a Hallelujah (Bethel Music, Jonathan David Helser)
Graves Into Gardens (Elevation Worship, Brandon Lake)



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Prayer

God, I trust you and know you are working all things out. Even when it doesn't feel like you're working, I trust you. Even when I don't see a change, I trust you. I pray for hope and joy to wash over me. In Jesus name. Amen.

Supporting Scriptures

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Psalm 34:18

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

Revelation 21:4

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28

Though my father and mother forsake me, the Lord will receive me.

Psalm 27:10

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Deuteronomy 31:8

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalm 23:4

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 6:33

I waited patiently for the LORD to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along.

Psalm 40:1-2

Bible Plans

Consider going deeper by committing to one of the Bible Reading Plans below.

(7-Day Plan) Depression: bible.com/reading-plans/119-depression

(8-Day Plan) Armed Against Depression:

bible.com/reading-plans/35527-armed-against-depression

(7-Day Plan) Finding God in Your Depression:

bible.com/reading-plans/15876-finding-god-in-your-depression

Books

Learning to Walk in The Dark, By Barbara Brown Taylor

My Name is Hope, By John Mark Comer

The Seed Who Was Afraid to be Planted, By Anthony De Stefano (children’s book)

Apps

Virtual Hope Box - Mental Health Management Tools (free; [IOS](#) and [Android](#))

Ada - Health Management App (free; [IOS](#) and [Android](#))

Music

Honest (Song House, Kyndal Inskeep)

Truth Be Told (Matthew West)

Who You Say I Am-Live (Hillsong Worship, Brooke Ligertwood, Reuben Morgan)

Way Maker (Passion and Kristian Stanfill)

Reckless Love (Bethel Music, Cory Asbury)

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Remember:

1. You are loved by, and matter to God.
2. No pain lasts forever.
3. There is always hope.
4. Others can help—just ask.



If you are concerned about your safety or the safety of others, call 911 or visit the nearest emergency room. In addition, you can call or text 988, which will connect you with a mental health professional. Even if someone “jokingly” references suicide (“I just don’t want to be here!” “I’m worthless!” etc.), take it seriously. Let someone know – make the referral. You may save a life!

How does the Bible lead us through pain?

“Lament” is a way that people who experienced anxiety, depression, loneliness, and other kinds of pain in the Bible express themselves to God. To lament is to be honest with God about your experience and to direct your thoughts and your words in God’s direction. It’s a move of faith to be honest with God even when you’re mad at God or feel as if God isn’t there. The biblical writers were very familiar with lonely and painful experiences, and through their honest reflections and petitions—and even praises through the pain—we can find our voice and strength to come to God when life hurts.

More than a third of the 150 psalms are “laments.” Most typically they follow a pattern in which they express pain, complain to God, AND also affirm trust in God and give praise to God in the middle of the pain. This pattern is instructive for anyone who suffers. A few of the many lament psalms are listed below, including two laments (Psalm 44 & 88) that “break the pattern,” meaning they don’t make the turn to praise God. And if we’re being honest, there are some moments when the most you can utter is a complaint. But if doing that brings you into conversation with God, then there is still hope. May these Psalms deepen your connection with the God who is always there even when He feels far away.



Check out:

Psalm 6; Psalm 13; Psalm 22; Psalm 25; Psalm 27; Psalm 31; Psalm 42; Psalm 44; Psalm 88; Psalm 130

Bible Plans

(7-day plan) Finding the Light Project: bible.com/reading-plans/35212-finding-the-light-in-suicide

(6-day plan) Overcoming Thoughts of Suicide and Self Harm: bible.com/reading-plans/685-i-dont-want-to-live-anymore

Apps

Centering Prayer App (free; IOS and Android)

Lectio 365 App (free; IOS and Android)

Abide App (free; IOS and Android)

Resources and Helpful Links

~ From Platte County School District

plattecountyschooldistrict.com/departments/pupil_services/social_work_services/resources_and_helpful_links

~ From the American Foundation for Suicide Prevention:

afsp.org

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