

WELCOME TO HAVEN

January 14, 2024

Welcome

Worship Songs

"Mighty Warrior"

"Only King Forever"

Prayer

Scripture for Today

1 Thessalonians 5:23 (NIV)

Message

"FPOM: Mental Myths"

Jack D. Cohen

Offering/Worship Song

"O Come to the Altar"

*Closing



Finding Peace of Mind
Heaven (Heaven of Heaven)

*“May God himself, **the God of peace**, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.”*
– 1 Thessalonians 5:23-24

TWO MENTAL MYTHS

■ **Myth #1: Christians _____ with mental health**

■ **Myth #2: God _____ about your mental health**

Heman was known for...

- Great _____ (1 Kings 4:31)
- _____ ability (1 Chronicles 6:33, 16:41-42)
- Committed _____ (1 Chronicles 25:5-6)
- _____ to king (1 Chronicles 25:6)

“I am overwhelmed with troubles and my life draws near to death. I am counted among those who go down to the pit; I am like one without strength. ⁵I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care. ... But I cry to you for help, Lord; in the morning my prayer comes before you. Why, Lord, do you reject me and hide your face from me? ... You have taken from me friend and neighbor—darkness is my closest friend.”
– Psalm 88:3-5, 13-14, 18

FINDING POM

■ **Getting help isn't a sign of _____, it's a sign of _____**

“Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.”
– Matthew 22:37

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” – Isaiah 26:3

“You will keep in perfect peace ... all whose thoughts are fixed on you!” – Isaiah 26:3 (NLT)

- _____: to prop, to rest your full weight on an object

“His divine power has given us everything we need for a godly life through our knowledge of him....”
– 2 Peter 1:3

■ **God is my _____ & my _____ & I have _____ I need to do _____ He called me to do _____**

“Peace I leave with you; my peace I give you. I do not give to you as the world gives....” – John 14:27

*“May God himself, **the God of peace**, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.”*
– 1 Thessalonians 5:23-24