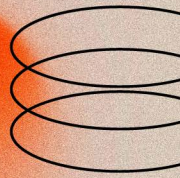




let's chat



a message series by
pastor gregg matte

Let's Chat about Mental Health

July 28, 2024 • Pastor Gregg Matte (9:15a & 11a); Dr. Stephen Trammell, Executive Pastor (The5) • 1 Kings 18 & 19

▶ **Elijah experienced a Mental Health** _____ . 1 Kings 18-19

• It is possible for all of us to descend from a mountain of _____ to a desert of _____.

• **Fear** can fuel _____ . 1 Kings 19:1-3

• **Frustration** and feelings of hopelessness can lead to _____ . 1 Kings 19:4a

• **Fatigue** _____ **our perspective.** 1 Kings 19:4b, 10, 18

▶ **No matter how you feel...you are** _____ . **Hope can be found in...**

• **Refreshment** 1 Kings 19:5-8

• _____ 1 Kings 19:6b

• **Revelation** 1 Kings 19:11-12

• _____ 1 Kings 19:15-19

LIFEPPOINT: _____ **your mental health God's way. He loves you!**

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Watch Cindy's full testimony and explore helpful resources.

