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## “FIXING” YOUR THOUGHTS MENTAL HEALTH AWARENESS ON RECOVERY SUNDAY

December 23, Newsmax Poll: 86% believe U.S. is in a mental health crisis.

*8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 NLT*

### Substance Abuse and Mental Health Services Administration

- **23.1% (59.3 million) adults had a mental illness in the past year.**
- **46% of Americans will meet the criteria for a diagnosable mental health condition sometime in their lifetime.**

### Victory on Mount Carmel 1 Kings 18

*1 When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. 2 So, Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.” 3 Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. 4 Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.” 1 Kings 19:1-4 NLT*

*4 Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah. Psalm 4:4 KJV*

### Pause, Reflect and Pray

**Hungry** (physical/emotional need)

**Angry** (bitter/resentful)

**Lonely** (isolated)

**Tired** (spiritually/physically/mentally)

*5 Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” 6 He looked around and there beside his head was some bread baked on hot stones and a jar of water! So, he ate and drank and lay down again. 7 Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.” 8 So, he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. 9 There he came to a cave, where he spent the night. But the Lord said to him, “What are you doing here, Elijah?” 1 Kings 19:5-9 NLT*

*15 Then the Lord told him, “Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. 16 Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet... 18 “Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!” 1 Kings 19:15-16, 18 NLT*

### WHAT CAN WE LEARN FROM ELIJAH?

- We need to **take care of ourselves.**
- We need to **separate lies from the truth and focus on God’s truth.**
- We need to **be in community.**

**Celebrate Recovery (CR)** is a structured way to apply scripture to your daily life, enabling healing from hurts, hangups and habits through reconciliation with God, self and others. Mental Health awareness is woven into all aspects of Celebrate Recovery to effectively walk alongside participants struggling with mental health issues in a safe and loving community.

*3 All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. 4 He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 2 Corinthians 1:3-4 NLT*

**Family Home and Parenting** carries the Gospel with Celebrate Recovery into local county jails and prisons and assists in the transition back into the community and the local church.

*3 Suddenly, Moses and Elijah appeared and began talking with Jesus. Matthew 17:3 NLT*

### Next Steps...

- **Accept the free gift of salvation through a relationship with Jesus.**
- **Apply HALT and fix your thoughts by “fixing your thoughts” on the truth of God’s word.**
- **Join in the community of believers through CR, life group, serve.**