



Mike Mozingo—Lead Pastor
Bill Benson—Young Adults Pastor
 May 7, 2023

Part 1

According to the World Health Organization (WHO), mental health is the “state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.”

TRIGGERED – a stimulus that creates a reaction or response.

- We want to change triggered from a negative to a positive.
- We have to allow God to change the way we think.

² Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. **Romans 12:2 NLT**

DIVISION IS THE DEVIL'S PLAYGROUND.

- Hell is a place of separation, isolation, despair, and hopelessness.
- The enemy wants to divide us because he wants to turn our lives into a living hell.
- This is a spiritual battle.

¹⁰ A final word: Be strong in the Lord and in his mighty power. ¹¹ Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. ¹² For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. **Ephesians 6:10-12 NLT**

- We are divided as a nation as much as ever and the enemy loves it.
- Generational division
- Historical trauma – root of our triggers that are about our past more than our present.
- Many deal with the trauma of living with a traumatized person.

JESUS PRAYED FOR AND DESIRED UNITY.

²⁰ “I am praying not only for these disciples but also for all who will ever believe in me through their message. ²¹ I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will

believe you sent me. ²² I have given them the glory you gave me, so they may be one as we are one.” **John 17:20-22 NLT**

- **The Holy Trinity is the prime example of unity.**
- **Paul challenged the Church to be of one mind and purpose.**

¹ Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate?

² Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. **Philippians 2:1-2 NLT**

- **We heal best in community.**
- **We are to teach the younger ones what we have seen God do.**

¹⁷ O God, you have taught me from my earliest childhood, and I constantly tell others about the wonderful things you do. ¹⁸ Now that I am old and gray, do not abandon me, O God. Let me proclaim your power to this new generation, your mighty miracles to all who come after me. **Psalm 71:17-18 NLT**

³ Great is the Lord! He is most worthy of praise! No one can measure his greatness.

⁴ Let each generation tell its children of your mighty acts; let them proclaim your power. **Psalm 145:3-4 NLT**

- **Discipleship is critical and builds unity.**

¹⁸ Jesus came and told his disciples, “I have been given all authority in heaven and on earth. ¹⁹ Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. ²⁰ Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.” **Matthew 28:18-20 NLT**

THERE IS HOPE IN JESUS!

¹³ I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. **Romans 15:13 NLT**

¹² Rejoice in our confident hope. Be patient in trouble and keep on praying. ¹³ When God's people are in need, be ready to help them. Always be eager to practice hospitality. **Romans 12:12-13 NLT**

THERE IS PEACE IN JESUS!

¹⁴ Above all, clothe yourselves with love, which binds us all together in perfect harmony. ¹⁵ And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. **Colossians 3:14-15 NLT**

Colossians 3:14-15 NLT

²⁷ “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.” **John 14:27 NLT**

¹⁰ The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. **John 10:10 NLT**

Next steps for me today...

- Trust Jesus completely with everything.
- Seek the appropriate help needed.
- Find a spiritual mentor.
- Join a Life Group for community.