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HEALTHY RELATIONSHIPS BEGIN WITH HEALED HEARTS

Mental Health Awareness Month

90% of Americans believe there is a mental health crisis.
50% of U.S. adults cite mental health as their top health concern.
70% of US adults have experienced a traumatic event in their lives.

Trauma is a deeply distressing or life-threatening experience that overwhelms an individual's ability to cope, resulting in lasting negative effects on mental, physical, or emotional well-being. Relationships suffer due to deep-seated trust issues, fear of intimacy, isolation and emotional regulation challenges.

God's Design for Healthy Relationships

Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind. 'This is the first and greatest commandment. A second is equally important: Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." **Matthew 22:37-40 NLT**

Healthy Relationships Start with a Relationship with God.

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. **Matthew 6:33 NLT**

Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me." **John 14:6 NLT**

Healthy God Esteem is Necessary to Love our Neighbor Well.

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. **Ephesians 2:10 NLT**

Insights from the Healing of a Sick Woman

A woman in the crowd had suffered for twelve years with constant bleeding. She had suffered a great deal from many doctors, and over the years she

had spent everything she had to pay them, but she had gotten no better. In fact, she had gotten worse. **Mark 5:25-26 NLT**

Intense Distress for 12 years

- Worsening Physical Condition
- Emotional Turmoil
- Financial Stress
- Social/Spiritual Isolation (Levitical Law)

God honors active faith.

She had heard about Jesus, so she came up behind him through the crowd and touched his robe. For she thought to herself, "If I can just touch his robe, I will be healed." Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition. **Mark 5:27-29 NLT**

Jesus wants us to share our struggles and our faith.

Jesus realized at once that healing power had gone out from him, so he turned around in the crowd and asked, "Who touched my robe?" His disciples said to him, "Look at this crowd pressing around you. How can you ask, 'Who touched me?'" But he kept on looking around to see who had done it. Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done. **Mark 5:30-33 NLT**

Jesus restores personally and into community.

And he said to her, "Daughter, your faith has made you well. Go in peace. Your suffering is over." **Mark 5:34 NLT**

Confess your sins to each other and pray for each other so that you may be healed... **James 5:16a NLT**

Celebrate Recovery (CR) is a whole family healing ministry providing a structured way to apply scripture in your 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 walk alongside participants struggling with mental health issues in a safe and loving community.

Hurt = Injury

Hangup = False belief system

Habit = Coping Mechanism

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.

Next Steps

- Know Church Family, 988 Suicide & Crisis Lifeline are available.
- Accept the hope of His calling through a relationship with Jesus.
- Continue to work out your salvation in CR, Life Groups & Serve.