

YOU ASKED FOR IT

YOU ASKED FOR IT: MENTAL HEALTH
Your Insides Matter
Kenny Luck

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.” Psalm 42:5 NIV

LIFE IS _____.

“Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” John 16:33 NLT

“We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead.” 2 Corinthians 1:8-9 NLT

LIFE IS _____.

“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23 NIV

“Do not eat the bread of a selfish man, or desire his delicacies; For as he thinks within himself, so he is. He says to you, “Eat and drink!” But his heart is not with YOU.” Proverbs 23:6-7 NASB

LIFE IS _____.

“Jephthah the Gileadite was one tough warrior. He was the son of a prostitute, but Gilead was his father. Meanwhile Gilead’s legal wife had given him other sons, and when they grew up, his wife’s sons threw Jephthah out. They told him: “You’re not getting any of our family inheritance—you’re the son of another woman.” So Jephthah fled from his brothers and went to live in the land of Tob. Some riffraff joined him and went around with him.” Judges 11:1-3 MSG

“Brothers and sisters, each person, as responsible to God, should remain in the situation they were in when God called them.” 1 Corinthians 7:24 NIV

LIFE IS _____.

“This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. ²¹ But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.” John 3:19-21 MSG

Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.” John 8:31-32 NIV

THE INNER BATTLES WE FIGHT

GOD _____.

“And you, my son Solomon, acknowledge the God of your father, and serve him with wholehearted devotion and with a willing mind, for the LORD searches every heart and understands every desire and every thought.” 1 Chronicles 28:9 NIV

GOD _____.

“You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways.” Psalm 139:1-3

GOD _____.

“Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life.” Philippians 4:6-7 MSG

“Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed.” James 5:16 MSG

“The tongue that brings healing is a tree of life but a deceitful tongue crushes the spirit.” Proverbs 15:4

GOD _____.

“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.” Ephesians 3:16-19 NIV

GOD _____.

“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

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.” 1 John 4:18

RESPONSE TIME

GOD IS MOVING RIGHT NOW ...I WANT TO ENTER A RESPONSE TIME FOR YOU TO PERSONALLY EXPERIENCE GOD’S HEALING PRESENCE AND POWER ON THE INSIDE OF YOUR LIFE...THERE IS HEALING TO BE HAD BY EVERY ONE OF US THIS MORNING ...I KNOW FOR A FACT THERE ARE

- **REPETITIVE/UNWANTED BEHAVIORS, BONDAGES, AND COMPULSIONS THAT CERTAIN INDIVIDUALS ARE CHALLENGED BY RIGHT NOW**
- **INDIVIDUALS PRESENT ARE WRESTLING WITH RECURRING PAINFUL EMOTIONS**

FILL-INS

**A MENTAL HEALTH CHALLENGE
LIVED FROM THE INSIDE OUT
A UNIQUELY PERSONAL JOURNEY
BETTER WHEN LIVED IN TRUTH AND REALITY**

**SEES OUR INSIDES FIRST
KNOWS YOUR STORY**

**WANTS YOU TALKING
GOD WANTS YOU STRONG ON THE INSIDE
GOD WANTS YOU HEALED EMOTIONALLY**