

TWISTED II

09:55 am **5 Min. Count Down - VIDEO**

10:00 am **LIVE Worship –

10:25 am LIVE SHOT –

WELCOME to The Peak CC Church Online Platform –

We are so glad you could join us as we worship the Lord & expound on His Word.

If this is your 1st time or perhaps you've been with us before but haven't engaged...

***Online Connect Card * RightNow Media**

Opening Prayer - Blessing of Contributions -

Stand by for Announcements

10:30 AM ****Announcements Video** - Tithing

10:37 am LIVE SHOT – Welcome - Self Intro -

Last week we opened up the topic of Mental Health...

I acknowledged that no one really wants to admit they are struggling with mental health?

In fact, many people ignore anything that can even be associated to mental health,,,

I pray that I was able to meet my objective of removing any stigmas that may have been associated with “Mental Health” & recognize that

*mental health is nothing more than our **EMOTIONAL WELL BEING...***

I read off a list of a variety of symptoms. I admitted that I myself could identify with like 6 or 7 of them... I had people come up to me - identify w/ over 10!!!

****Sermon Plug - app / site / TWISTED**

**Common Responses: Sad / Tired / Having difficulty sleeping
- concentrating.**

**feelings of irritability / anger/ Frustration / vexed
-TWISTED**

*Most people can identify Some part of themselves that are
TWISTED?*

**Extreme mood changes, with uncontrollable “highs” or
feelings of euphoria... followed by extreme “lows” or
feelings of misery.**

**Sleeping patterns off... always feeling fatigued ... & yet
can't sleep.**

We identified:. Trauma

**Critical incident :an event out of the range of normal
experience –**

one which is sudden and unexpected,

**involves the perception of a threat to life and can include
elements of physical and emotional loss. Often such events
are sufficiently disturbing to overwhelm, or threaten to
overwhelm, a person’s coping capacity.**

Critical Incident that takes place in our lives... has an *emotional effect on us, and causes changes in our behavior patterns & thinking.*

I think its safe to say that WE ALL are currently experiencing Critical Incidents in our lives..

These mess w/ our “Phyce” - “Soul”

Our english word Phycology broken down is psyche (soul)
Ology (the study of)

The root causes of mental illness is *the torment that results from agreeing with something that is contrary to how God thinks, speaks, and acts.*

****Deuteronomy 28:15 KJV**

But it shall come to pass, if thou wilt not hearken unto the voice of the LORD thy God, to observe to do all his commandments and his statutes which I command thee

this day; that all these curses shall come upon thee, and overtake thee.

****Deuteronomy 28:28-29 KJV**

The LORD shall smite thee with madness, and blindness, and astonishment of heart.

madness, blindness, and mental instability lit., “bewilderment of heart”

What can some of these look like??

Mood Disorders

1. Major Depression: persistent sadness and other similar symptoms.
2. Persistent Depressive Disorder -*most most days for 2 or more years...*

Emotions – sad, hopeless, guilty, irritability, anxiety, emptiness, loss of interest in things once enjoyed

Thoughts – trouble concentrating and making decisions, suicidal thoughts

Physical – appetite and weight changes, unexplained aches and pains, insomnia or sleeping too much, fatigue

Bipolar / post partum / Premenstrual Dysphoric Disorder

Anxiety Disorders

Generalized Anxiety Disorder

GAD marked by worry and tension. Its symptoms are often unrelated to what's happening and seem to come out of nowhere to affect your mental health.

Feelings – restlessness, being on edge, irritability

Thoughts – excessive worry, unrealistic views, trouble concentrating

Physical – muscle tension, headaches, sweating, nausea, needing to go to the bathroom often, tiredness, sleep problems, trembling, startling easily

Obsessive-Compulsive Disorder

Obsessive-compulsive disorder includes several mental disorders. Each of these mental health problems includes both obsessive and compulsive symptoms.

Obsessive – fear of dirt or contamination, doubting, uncertainty, needing things to be symmetrical, thoughts of losing control or harming yourself, unwanted aggressive, sexual, or religious thoughts.

Compulsive – excessive washing and cleaning, checking, counting, strict adherence to a routine, needing constant reassurance.

Trauma-Related Disorders

When something extremely distressing happens to you. Trauma-related mental disorders are reactions to terrifying, disturbing, or life-threatening events. - *Critical Incidents*.

Living through a Global Pandemic / Loss of a Job / Divorce / Physical ailments / Death of a loved one....

Each one of those is a critical incident..

Trauma related disorders can include:

15. Post-Traumatic Stress Disorder

Stressful events, like being in combat or being assaulted (*physically or emotionally*), can trigger PTSD. This mental health condition can last for months or years if left untreated.

Symptoms include intrusive memories, nightmares, avoiding anything that reminds you of the event, negative thoughts and feelings, being easily startled, trouble sleeping, irritability, anger, aggression, and feeling emotionally disconnected or numb.

16. Acute Stress Disorder

Acute stress disorder in which you feel symptoms of anxiety. Signs usually come up after a traumatic event and last for up to a month. In addition to anxiety symptoms, you might also feel numb or a sense of unreality, or have vivid flashbacks or difficulty remembering the event.

Elijah was discouraged, weary, and afraid. - (Suicidal)

David was troubled and battled deep despair. (Depression)

A man after God's own heart.... & yet, He writes of his anguish, loneliness, fear of the enemy, his heart-cry over sin, and the guilt he struggled with because of it.

We see his grief in the loss of his sons and we see his honesty with his own weaknesses.... & it should be a source of hope to us who struggle today:

Shortly after David's fall with Uriah & Bathsheba... you know the story... 2 Samuel 11

Tell the Story:

26 When the wife of Uriah heard that Uriah her husband was dead, she mourned for her husband. 27 And when her mourning was over, David sent and brought her to his house, and she became his wife and bore him a son. But the thing that David had done displeased the LORD.

**1 Have mercy upon me, O God,
According to Your lovingkindness;**

According to the multitude of Your tender mercies,
Blot out my transgressions.

חָנַן (*hānan*). *vb. to be gracious, generous to. Denotes a positive action or disposition of grace and generosity toward someone.*

Mercy is holding back the punishment for our rebellious actions. Withholding what we deserve...

Grace is giving us what we don't deserve. The outpouring of blessings regardless of our actions.

2 Wash me thoroughly from my iniquity,
And cleanse me from my sin.

3 For I acknowledge my transgressions,
And my sin is always before me.

Accountability: repentance

4 Against You, You only, have I sinned,
And done this evil in Your sight—
That You may be found just when You speak,

And blameless when You judge.

So many of us try & rationalize WHY we would sin against someone else. How perhaps, “they did it to themselves”

But the only reason we can identify & be accountable to sin is through God’s HOLY NATURE.... So any sin is foremost a sin against GOD

**5 Behold, I was brought forth in iniquity,
And in sin my mother conceived me.**

Born with the knowledge of good & evil. Terrible two’s born in sin. Wages of sin is death. But the gift of God is eternal LIFE

**6 Behold, You desire truth in the inward parts,
And in the hidden part You will make me to know wisdom.**

Clean up & then fill up with WISDOM

Truth in our PHYCE . in my HEART... or in other words in our souls....

**7 Purge me with hyssop, and I shall be clean;
Wash me, and I shall be whiter than snow.**

Hyssop; herb associated with cleaning & purification.

Heb; wash isn't the same word that's used for cleaning dishes.... but rather that of washing cloths...

Wash Board : beating & wringing

**8 Make me hear joy and gladness,
That the bones You have broken may rejoice.**

God's conviction came down so heavy upon David that it felt like he was seemingly being crushed

**9 Hide Your face from my sins,
And blot out all my iniquities.**

**10 Create in me a clean heart, O God,
And renew a steadfast spirit within me.**

**11 Do not cast me away from Your presence,
And do not take Your Holy Spirit from me.**

***Consumed in Darkness. Chaos. Rebelliousness. BLIND IN
LIFE - Lost***

**12 Restore to me the joy of Your salvation,
And uphold me by Your generous Spirit.**

**13 Then I will teach transgressors Your ways,
And sinners shall be converted to You.**

THIS IS OUR PURPOSE :

**14 Deliver me from the guilt of bloodshed, O God,
The God of my salvation,
And my tongue shall sing aloud of Your righteousness.**

**15 O Lord, open my lips,
And my mouth shall show forth Your praise.**

***Why do we shout? Why do we Praise Him? Why do we
Worship / sing & dance before Him??***

16 For You do not desire sacrifice, or else I would give it;

You do not delight in burnt offering.

17 The sacrifices of God are a broken spirit,

A broken and a contrite heart—

These, O God, You will not despise.

*Ritual sacrifice, Or any other external act of religion w/
out a change of HEART -SOUL - Psych Falls short of true
repentance*

18 Do good in Your good pleasure to Zion;

Build the walls of Jerusalem.

**19 Then You shall be pleased with the sacrifices of
righteousness,**

With burnt offering and whole burnt offering;

Then they shall offer bulls on Your altar.

*If David... a man after God's own heart... was capable of
adultery / murder / idolatry / deception.*

What have YOU been capable of??

“My guilt has overwhelmed me like a burden too heavy to bear.” Ps. 38:4

What are you carrying this morning? What rebellious act against God has you TWISTED? Bring it to the altar this morning.

You don't need the blood of bulls & goats. The BLOOD of God's Lamb is already here.... All you need is a broken spirit & a contrite (humble) heart.

These are the sacrifices He will NOT reject... Emotional / Mental healing is here for the asking...

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God for I will yet praise him, my Savior and my God.” Ps. 42:11

Perhaps you stumbled across this post online by accident. Or someone invited you out of the blue..

Can I encourage you this morning... right there where you are, build an altar to the Lord and surrender your heart...

will you close your eyes and bow your heads w/ me??

Dear God, salvation prayer...

Closing Prayer....

Please contact us via our website @thepeakcc.com Let us know how we can come along your side to help your spiritual growth...

If this was the 1st time that you really dedicated yourself to Jesus... Recognized Him as NOT only your Savior.... But also, your KING...

I'd like to invite you to connect w/ us.....
www.thepeakcc.com/new-member Visitors link... fill
out that connect card...

*“The Lord bless you and keep you;
The Lord make His face shine upon you,
And be gracious to you,
The Lord lift His countenance upon you,
And give you peace.”*

I bless you in the Name of the Father, & of the SON, & of the
Holy Spirit... Amen!!

The New King James Version. (1982). (Ps 51:1–19). Nashville: Thomas Nelson.

The New King James Version. (1982). (2 Sa 11:26–27). Nashville: Thomas Nelson.

Mathews, J. G. (2014). Blessing, D. Mangum, D. R. Brown, R. Klippenstein, & R. Hurst (Eds.), Lexham Theological Wordbook. Bellingham, WA: Lexham Press.