

THE GOOD FIGHT

A knight in full plate armor is shown from the waist up, holding a sword aloft with his right hand. The knight is positioned in the lower center of the frame. The background is a dramatic, fiery sunset or sunrise over a body of water, with silhouettes of trees and hills in the distance. The overall color palette is dominated by warm, orange, and red tones.

WINNING WHERE IT
MATTERS MOST

35 And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction.
36 When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd.

Matthew 9:35-10:1

37 Then he said to his disciples, “The harvest is plentiful, but the laborers are few; 38 therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.” 1 And he called to him his twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every disease and every affliction.

Matthew 9:35-10:1

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A knight in full plate armor is shown from the waist up, holding a sword aloft with his right hand. The knight is positioned in the lower center of the frame. The background is a dramatic sunset or sunrise over a body of water, with a large, bright sun low on the horizon. The sky is filled with orange and yellow light, and the water reflects the light. The overall mood is heroic and inspiring.

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MATTERS MOST

Mental Illness Statistics:

- **1 in 5 adults struggle with symptoms**
- **40% of high school students experience symptoms**

#1 NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness

A
WALL STREET
JOURNAL
TOP 10 BOOK
of 2024

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*

Our Epidemic of Loneliness and Isolation



2023

The U.S. Surgeon General's Advisory on the
Healing Effects of Social Connection and Community



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Week Three: Hope for Mental Health

1. Our hope is in Christ.

35 And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction.

36 When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd.

Matthew 9:35-10:1

- **“Harassed” - anxious**
- **“Helpless” - depressed**
- **“Like sheep without a shepherd” - lonely**

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30

The thief comes only to steal and kill and destroy.
I came that they may have life and have it abundantly.

John 10:10

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7



2. Our hope comes through His people.

37 Then he said to his disciples, “The harvest is plentiful, but the laborers are few; 38 therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.” 1 And he called to him his twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every disease and every affliction.

Matthew 9:35-10:1

2. Our hope comes through His people.

- Christian Therapists

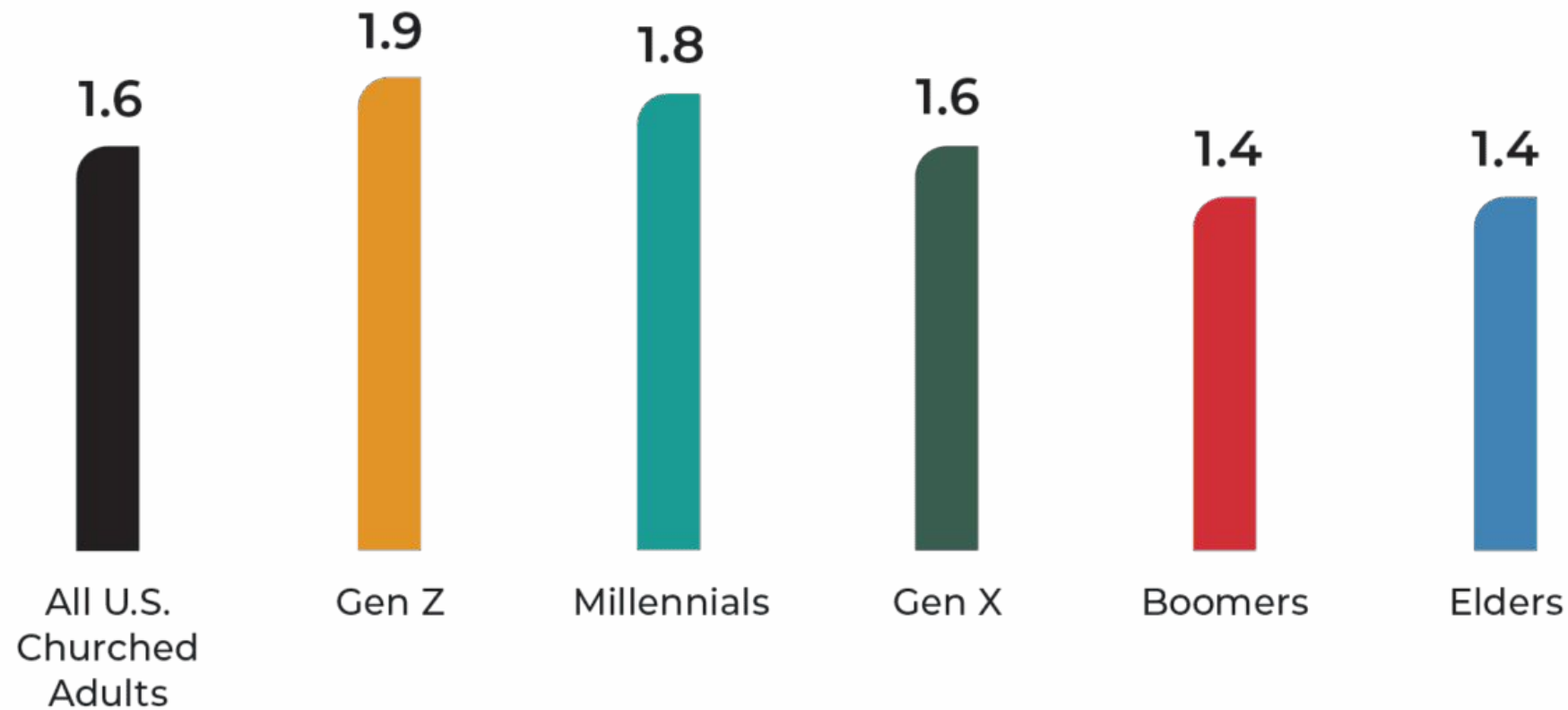
2. Our hope comes through His people.

- Christian Therapists
- Friends and Family

2. Our hope comes through His people.

- Christian Therapists
- Friends and Family
- The Church

Number of Weekends U.S. Churchgoers Attend Church Per Month, 2025



The ~~Anxious~~ Revival Generation?

“Where else am I going to go? What else am I going to put my hope in? We have nowhere else to go for people in my generation. There is not a single guy in my friend group who is not pursuing who God is.”

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THE GOOD FIGHT

WINNING WHERE IT
MATTERS MOST

Hope for mental health is found
In Christ and Through His People