



T H E
ELEPHANT
I N T H E R O O M

PART II

INTO THE BIBLE

“Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, ‘May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.’”

1 Kings 19:1-2 NIV

“Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. ‘I have had enough, Lord,’ he said. ‘Take my life; I am no better than my ancestors.’”

1 Kings 19:3-4 NIV

“Then the devil took him to the holy city and had him stand on the highest point of the temple. ‘If you are the Son of God,’ he said, ‘throw yourself down...’”

Matthew 4:5-6 NIV

“So Judas threw the money into the temple and left. Then he went away and hanged himself.”

Matthew 27:5 NIV

“I will not die but live, and will proclaim what the Lord has done.”

Psalms 118:17 NIV

SERMON TAKEAWAYS

FRUSTRATIONS WITH MENTAL ILLNESS

1. **You Can't See It**
2. **It's Hard To Understand**
3. **Healing Is Not Immediate**
4. **There Is No Silver Bullet**

SUICIDE PREVENTION RESOURCES

1-800-273-TALK (8255) / Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

3 THINGS WE NEED TO DO

1. **De-stigmatise**
2. **De-glamorize**
3. **I'm Not Okay, But My God Is Okay**

DISCUSSION QUESTIONS

1. *Has there been a season you struggled with any mental health issues such as depression, anxiety, despair, or fear and allowed it to impact your life? What healthy ways did you use to resolve this? What unhealthy ways did you try? How would you handle it now?*
2. *What areas in your life could be made better by getting physically or spiritually healthier or by drawing closer to others and God?*
3. *Have you ever had suicidal thoughts? If so, what do you believe caused those thoughts?*
4. *Read Psalm 118:17 out loud. How can living out this verse change your perspective on future circumstances?*
5. *Why do you think our society attaches a stigma to mental health and what were your thoughts about mental illness prior to this message?*



PRAYER FOCUS

This week, give yourself an honest evaluation of your spiritual, emotional and mental health. If you find something you are struggling with, you are not alone. Talk to someone today and seek professional help. Your family, your friends and the world need you to be who God made you to be!

ANNOUNCEMENTS

THE WEEKENDER!!! - Feb 28-29 @ the Mocksville Campus

Have you ever wondered why you were created? The Weekender is the place for you. Are you looking for ways to connect with the church? The Weekender is the place for you! This is a FREE event but space is LIMITED so sign up on the app or online today!