



Breaking the Stigma. Renewing the Mind.

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STATEMENT

Mental health struggles affect

_____.

“Come to Me, all who are weary and burdened, and I will give you rest.”

MATTHEW 11:28 (NASB)

¹ I am the man who has seen misery
Because of the rod of His wrath. ² He has driven me and
made me walk
In darkness and not in light. ³ Indeed, He has turned His
hand against me
Repeatedly all the day. ⁴ He has consumed my flesh and
my skin,
He has broken my bones. ⁵ He has besieged and surrounded
me with bitterness and hardship. ⁶ He has made me live in
dark places,
Like those who have long been dead. ⁷ He has walled me in
so that I cannot go out;
He has made my chain heavy. ⁸ Even when I cry out and call
for help,
He shuts out my prayer.

Lamentations 3:1-8 (NASB)

Jeremiah is God’s Prophet, and he is broken.

He is faithful and hopeless.

He is devoted and utterly depressed.

STATEMENT

**God at times may be _____, but
He is never _____!**

*“Knowing by most painful experience what deep
depression of spirit means.”*

~ Charles Spurgeon

ACKNOWLEDGE # 1

Acknowledge our _____ condition (
_____). (Psalm 42:3 & 10-11)

Emotions are real, but they are always

_____.

Emotions are real, but they are NEVER

_____.

**Do not make permanent _____
based on temporary _____.**

Depression almost always involves a consistently negative
state of mind, in which you view yourself, others, or the
world as inherently negative. This downward emotional
spiral is often accompanied by feelings of guilt, shame,
loneliness, regret, or loss.

~ Dr. Wayne Chappelle

We acknowledge our emotions but are not
_____ by them.

*Wait for God, for I will again praise Him
For the help of His presence, my God.*

Psalms 42:11 (NASB)

ACKNOWLEDGE # 2

Acknowledge there is _____.

(Lamentations 3:21-26)

ACKNOWLEDGE # 3

Acknowledge you need _____.

MYTH OR TRUTH?

CIRCLE ONE

“I am a failure if I need medication for my **MYTH / TRUTH**
mental health in order to overcome it.”

Your _____ have incredible power.

You have incredible power over your
_____.

You heal by God’s grace and by hard work.
You stay healed by God’s grace and healthy
habits.

~ Craig Groeschel

HE always finishes what HE started!!