

## **Lead Like It Matters - Pt. 4 // Nathan Keller // 08.20.2023**

### **Psalm 23**

The Lord is my shepherd; I shall not want. 2 He makes me to lie down in green pastures; He leads me beside the still waters. 3 He restores my soul; He leads me in the paths of righteousness For His name's sake. 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. 6 Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord Forever.

### **What Do You Tell Yourself About Mental Health?**

- 1. Struggling Doesn't Mean You're Weak It Means You're Human!**
- 2. Mental And Emotional Problems Are Common Problems.**
- 3. A Mental Health Crisis Does Not Change Your Identity In Christ.**

### **Psalm 42:11**

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.

- 4. Getting Through The Valley Takes Time — We Go Together Not Alone.**

### **Psalm 40:1-3**

I waited patiently for the Lord to help me, and he turned to me and heard my cry. 2 He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. 3 He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the Lord.