

BROKEN NORMAL: MENTAL HEALTH

In July of 2019, 8.2% adults showed signs of an anxiety disorder. In July of 2020 that number jumped to 36%.

Big Idea: Jesus is not just our example against sin, he is our example in every struggle.

Big Question: How did Jesus battle anxiety?

Main Scripture: Mark 14:32-41

Mark 14:32-34 ³² They went to the olive grove called Gethsemane, and Jesus said, "Sit here while I go and pray." ³³ He took Peter, James, and John with him, and he became deeply troubled and distressed. ³⁴ He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."

1. He was real with His community

One of the reasons you may be battling anxiety is because you are lacking community. — Craig Groeschel

2. He was raw with God

Mark 14:35-36 ³⁵ He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. ³⁶ "Abba, Father," he cried out, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine."

Luke 22:44 ⁴⁴ He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.

Philippians 4:6 ⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

1 Peter 5:7 ⁷ Give all your worries and cares to God, for he cares about you.

3. He was renewing to Himself

Luke 22:42 ⁴² "Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine."

4. He was receptive to the Spirit's Help (Pad Goes Here)

Mark 14:41-42 ⁴¹ When he returned to them the third time, he said, "Go ahead and sleep. Have your rest. But no—the time has come. The Son of Man is betrayed into the hands of sinners. ⁴² Up, let's be going. Look, my betrayer is here!"

Luke 22:43 ⁴³ Then an angel from heaven appeared and strengthened him.

Philippians 4:6-7 ⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.