

a new hope series

UNHEALTHY

SUNDAY, JANUARY 26, 2025

Hello! Welcome to New Hope Community Church! Thank you for being here today! If you are new to New Hope, please fill out our Connection Card by scanning the QR code, then visit Guest Services to pick up a free gift. If you're ready to take the next step and get connected and plugged in at New Hope, please visit NewHopeEastlake.org/nextsteps



Next Steps

MEET & GREET

We would love to meet you! After service, join Pastor Rick & New Hope Staff on the patio and introduce yourself! Offered every Sunday except during special events.

NEW @ NEW HOPE LUNCH

If you're new to New Hope we'd like to invite you to lunch (on us!) at El Pollo Grill Otay Ranch February 16 at 12pm. Sign up at NewHopeEastlake.org/nextsteps by February 13.

JOIN A LIFE GROUP

Life Groups are an opportunity for adults to connect with other adults and engage in discussion during the week. Life Groups are also available for Youth & Kids. Visit NewHopeEastlake.org/lifegroups for group information and meeting times.

SERVE

Do you have special interests, skills, and talents to serve God through New Hope? Let us know by visiting NewHopeEastlake.org/serve or visit Guest Services for information.

NEW HOPE EN ESPAÑOL @ 10:30AM IN ROOM 6

Si desea escuchar el mensaje de hoy en Español, únase a nuestro Ministerio en español en Salon 6 después de la alabanza.

Upcoming Events

- February 2: NH Kids February Freeze
- February 2: NH Youth Parent Meeting between services
- February 7: NH Youth Panda Express Fundraiser
- February 8: QPR class
- February 16: New @ New Hope Lunch
- March 14: March MANness Event (Tix on sale Feb 1!)

GUEST SPEAKER: MATT HEINRCY

Matt is a compassionate and caring person who is passionate about helping people find life in Jesus. Matt has over 20 years experience as a pastor, organizational leader and coach. Website: yourcaringcoach.com

For our full calendar and more information on all of our upcoming events, & classes, visit NewHopeEastlake.org or download the New Hope Eastlake App on the App Store or Google Play.



WAYS TO GIVE

We have multiple ways to help streamline the giving process for you including customized automated giving.



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Week Four

Mental/Emotional Health

Psalm 1

- ***What does it mean to be emotionally healthy?***

Psalm 40:1-2

I waited patiently for the Lord to help me,
and he turned to me and heard my cry.
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.

- ***What does it mean to be “stuck?”***
- ***Over/Under spiritualizing our mental health.***
 - God wants us to be whole
 - Fear feeds anxiety and depression
 - Medication
- ***What is resilient spirituality?***

- Mental care stigmas

SIGNS OF BEING EMOTIONALLY UNHEALTHY

- Doing FOR God instead of being WITH God.
- Denying the past.
- Living without limits or boundaries.
- Ignoring emotions of anger, sadness, and fear

HOW DO WE GET EMOTIONALLY HEALTHY?

- Ask God for help (*Psalms 1:1*)
- Accept help (*John 5:1-5*)
- Do the work (*James 1*)