



Sermon Notes: February 20th 2022

Navigating the Soul: Introduction & Ontology

Psalm 23

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." - Matthew 22:36-37

- Problem #1 - Individuals and families struggling with mental health are far less likely to be active in church
- Problem #2 - Mental health and mental illnesses are often stigmatized and lack ministry modeling
- Problem #3 - Societally, we've adopted mental health treatments that have excluded both God and man

2 Categories of Soul Strain i.e. *mental health*:

1. _____ - A functional inability to fully process your world
2. _____ - The accumulation of unprocessed life stressors that result in unhelpful & ungodly coping mechanisms

Observations:

1. _____ needs restored mental health and spiritual healing
2. Because of human complexity the answer is never _____
3. The answer to soul restoration must be _____ ' _____

Psalm 23 - Divine Therapy

A restored soul is the result of embracing all of:

1. God's _____ - vs 1,2
2. God's _____ - vs 3
3. God's _____ - vs 4
4. God's _____ - vs 5
5. God's _____ - vs 6
6. God's _____ - vs 6

Conclusions & Applications: *How do I navigate the soul?*

1. _____: You don't - _____
2. _____: Bring God with you, even on _____
3. _____: Meet God in this _____