

# EVERGREEN

## PART 6

### "Mental Health"

Featured Texts:

Psalm 13; Psalm 31; Job 30; Matthew 28; James 5; 1 Kings 19

**You're not \_\_\_\_\_, it's not \_\_\_\_\_, you are \_\_\_\_\_,  
and there is \_\_\_\_\_.**

**You are not \_\_\_\_\_**

**Jesus offers a \_\_\_\_\_**

**You are \_\_\_\_\_ and there is \_\_\_\_\_**

#### **Do's:**

#1 Stay curious about yourself and what might combat the darkness

#2 Stay connected to those who can help

#3 Stay close to Jesus

#### **Recommended Resource:**

*Walking with God through Pain and Suffering*

by Timothy Keller

## **Giving**

We believe giving is an act of worship and thanksgiving to God.



#### **Online**

Visit [emmanuel.church/give](http://emmanuel.church/give) to learn more about online giving and to get signed up



#### **On Your Phone**

Text 84321 with an amount to get signed up



#### **In Person or Mail**

Place in the black mailbox or mail to: 513 Tanglewood Dr. Shoreview, MN 55126