



# **Mental Health**

[John 11](#)

First in a 3-part mini-series titled: *Struggle Bus*  
Part of the larger 10-week *Family Bundle* series

Pastor John King – October 21 & 24, 2021  
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## **– OUTLINE –**

### **Mental Health:**

A person's condition with regard to their psychological and emotional well-being.

### **Pain:**

1. Common to Humans ([v. 1](#))
2. Subject to Sovereignty ([v. 4](#); [9:2-3](#))
3. Opportunity for Presence ([vv. 33-35](#))

### **Love:**

1. Common to Humans ([vv. 3, 5](#))
2. Creates Our Identity ([v. 25](#))
3. Deepens Our Purpose ([vv. 14-16](#); [38-44](#))

**Grief is not the opposite of Joy.  
Loss is not the opposite of Hope.  
Mourning is not the opposite of Love.**

**Grief, like joy, is a gift from God.**