

Silver Creek Fellowship NOTES

March 19

BETTER TOGETHER MENTAL HEALTH

Genesis 2:18 (NIV) "The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."

Matthew 22:36-40 (NIV) "'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.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

John 10:10 (NIV) "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

Ecclesiastes 4:9-12 (NIV) "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

1. Christian Community is a source of Comfort

2 Corinthians 1:3-4 (NIV) "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

2 Corinthians 1:8 (NIV) "We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself."

2. Christian Community is a place for healing.

James 5:16 (NIV) "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."

Jeremiah 6:14a (Living Bible) "You can't heal a wound by saying it's not there!"

Mark 10:51 (NLT) *"What do you want me to do for you?' Jesus asked. 'My Rabbi,' the blind man said, 'I want to see!'"*

Ephesians 4:25 (NLT) *"So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body."*

Galatians 6:2 (NIV) *"Carry each other's burdens, and in this way you will fulfill the law of Christ."*

3. Christian Community helps us see clearly.

Hebrews 12:1 (NLT) *"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us."*