

## No Help At All

### Just Pray – Living With Mental Illness

August 18, 2019 / Dan Solofra

<sup>5</sup> I will boast about a man like that, **but I will not boast about myself, except about my weaknesses.** <sup>6</sup> Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, **so no one will think more of me than is warranted by what I do or say,** <sup>7</sup> or because of these surpassingly great revelations.

2 Corinthians 12:5-7<sup>a</sup>, NIV

We have two choices before God.

1. We can \_\_\_\_\_ ourselves.
2. \_\_\_\_\_ can humble us.

Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. <sup>8</sup> **Three times I pleaded with the Lord to take it away from me.** 2 Corinthians 12:7b-8, NIV

<sup>16</sup> 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.** James 5:16, NIV

**When you have mental illness or any pain, \_\_\_\_\_ with God in prayer and seek his power and will.**

<sup>9</sup> But he said to me, "My grace is sufficient for you, for **my power is made perfect in weakness.**" Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 2 Corinthians 12:9 NIV

**When God's power meets my weakness I experience his grace and he truly becomes the \_\_\_\_\_ of my life.**

<sup>10</sup> That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:10, NIV

**In our deepest \_\_\_\_\_ we often find our greatest sense of passion and \_\_\_\_\_ in life.**

Mental Illness is especially humbling because of the **stigma** that is attached to it in our society. Mental Illness is just as much an illness as any physical illness.

When a person is sick we need to be careful not to **over or under spiritualize a problem.** We will remember that God made us mental, physical, spiritual, and emotional beings.

Many mental illnesses recur. We support those with mental illness and their loved ones by embracing them with a **listening ear and open arms.**

## MEMORY VERSE

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**My next step:** I will go to the Lord in prayer with every weakness and hurt in my life. With Jesus as my hero, I will face the difficulties of each day.

What's your next step today?

Mark it on your Communication Card.