

# NOW OR NEVER

A LIFE  
WITHOUT REGRETS

Bridge City  
CHURCH

1/12/2025

## NOW OR NEVER

### PART II: I WILL GROW IN MENTAL AND EMOTIONAL HEALTH

**1 Kings 19:2-4 (NLT).** So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died.""

#### **Dangerous Myths:**

**Myth #1:** A "good" Christian doesn't go through this.

**Myth #2:** All I need to do is pray more.

**Peter Scazzero:** You cannot become spiritually mature if you remain emotionally and mentally immature.

**REMEMBER:** True growth always comes with health of the soul.

**1 Thessalonians 5:23-24 (NLT).** Now may the God of peace make you holy ["holy and complete"] in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful.

#### **I GROW IN MY MENTAL AND EMOTIONAL HEALTH WHEN I:**

##### **1. ADMIT MY PHYSICAL [LIMITATIONS].**

**Psalms 23:1-3 (NKJV).** The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name's sake.

## 2. ADOPT HEALTHY [RHYTHMS].

**Eugene Peterson:** *"It is the way of Jesus, together with the truth of Jesus, that produces the life of Jesus."*

**Matthew 11:28-30 (MSG).** *"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

## 3. ASSIMILATE THE [REST].

**1 Kings 19:5-6 (NLT).** *Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So, he ate and drank and lay down again.*

Sometimes the first thing we have to do to regain mental and emotional health is to take care of our physical body.

**1 Corinthians 6:19-20 (NLT).** *Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.*

## 4. OPEN MYSELF TO THE RIGHT [VOICES].

We were designed to live in community.

**James 5:16 (NLT).** *Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.*



FACILITATING A  
CONNECTION GROUP



21 DAYS of  
PRAYER  
& FASTING



FRESH START

¿Cómo comienzo mi nueva vida en Jesús?

[www.bridgecitymd.com/freshstart](http://www.bridgecitymd.com/freshstart)

