

**Glad You Asked:
What Does the Bible Say About Mental Illness?**

TEXT: 1 Kings 19:1-18

- 1. You are not alone.**
- 2. There is hope for the hurting.**
- 3. There is a pattern for healing.**
 - a. Take care of your physical needs.**
 - b. Give voice to your feelings.**
 - c. Reconnect with your Savior.**
 - d. Invest in others.**
- 4. There is a demand on the church.**