

Jesus + Mental Health

Part 2: Jan. 4-18

Sound Mind

Two Essential Truths in the Battle with Depression

Lamentations 3

Biological -

Relational -

Circumstantial -

Spiritual -

1. Your emotions are valid but they are not

2. Your situation feels hopeless. With God, there is always

Yet this I call to mind and therefore I have hope: Because of the Lord's **great love** (Hased) we are not consumed, for his **compassions** (Racham) never fail. They are new every morning; great is your faithfulness. Lamentations 3:21-23

I say to myself, "The Lord is my portion; therefore I will wait for him." The Lord is good to those whose hope is in him, to the one who **seeks him**; it is good to **wait quietly** for the salvation of the Lord. Lamentations 3:24-26

Therefore encourage one another and build each other up, just as in fact you are doing.

1 Thessalonians 5:11

DO YOU NEED TO TALK?

If you are struggling with depression or discouragement and would like to talk or need a referral, fill out the following form. If you are having a mental health crisis, PLEASE call or text 988.



SCAN HERE FOR FORM



SCAN FOR THIS WEEK'S LIFEGROUP QUESTIONS

Welcome to Sierra Bible Church!

Have we met yet? Welcome!

We're glad you're here and invite you to the high-top table in the Commons after service. We'd love to meet you.

Giving: Thank you for your generous contributions and tithes. God is faithful! Our giving boxes are in the walls as you exit, or you can give through the Sierra Bible Church, Sonora app or sierrabible.com.

Bunco Babes: January 13 at 6PM in the Music Room. All women are welcome. This is a free event.

New to SBC Lunch: Are you new to SBC? You're invited to the New to SBC lunch in the Youth Building, Room 1 on January 25 at 12:15. Families welcome. RSVP to Emilyt@sierrabible.com.

College Group: YAM College Night on January 30 at 7:00PM. This is open to all college-aged students. Food, worship & speaker! Bring your friends. Youth Building.

Leaders Needed! Are you willing to lead a men's group or host Men's Ministry events? We need a team of Men's Ministry leaders for 2026. If you are interested, email nate@sierrabible.com.

NEXT SUNDAY, SBC WELCOMES

WESLEY TOWNE

JANUARY 18TH

Sound Mind Series

JOIN US 9:00 + 10:45AM

GUEST TEACHER PRESENTING

HOW TO HELP OTHERS

W.O.W.

WOMEN OF WORSHIP

TUESDAY • JANUARY 20 • 6:30PM

YOUTH SANCTUARY

A NIGHT OF WORSHIP AND REFLECTION. NO SIGN UP NEEDED, JUST COME!

JAN 20TH

KIDS:

To contact Kids Ministry, email rachel@sierrabible.com

Sunday Services:

9:00 AM & 10:45 AM all Kids Ministry Available.

- Nursery (0-23 months) located on right side of Worship Center. This is a fully-staffed Nursery
- 2 years - 6th grade | Kids Ministry Building

HELP NEEDED:

We **MUST** have more help to continue to serve so many kids each week!

- Sunday Mornings - All areas

Awana & Breakout: Sunday | 4-5:30PM

5.6 CREW: Monday | 6:30-8PM | Kids Building

YOUTH:

To contact Youth Ministry, email youthmin@sierrabible.com

Sunday:

Youth | 10:45AM | Youth Building

HSM | 6-8PM | Youth Building

Monday:

JHM | 6:30-8PM | Youth Building



SCAN FOR
YOUTH EVENTS