PASTOR RICH KAO
MAY 17, 2020
FIVE STONES CHURCH



MENTAL HEALTH AND THE GENTLENESS OF GOD

FIVE STONES CHURCH SERMON

THE MENTAL HEALTH CRISIS



01

CNN - May 14, 2020 - “The coronavirus pandemic's impact on global mental health is "already extremely concerning," UN says”

02

Globe and Mail - May 11, 2020 - “Even when COVID-19 is beaten, the stress and depression of the pandemic will still be with us. How do we recover?”

03

NYT – April 27, 2020 - “The Coronavirus Could Cause a Child Abuse Epidemic - This crisis has created conditions for a rise in violence that young victims will find difficult to escape.”

04

National Observer - April 28, 2020 - “A spike in domestic violence happening in Toronto due to COVID-19.”

FIVE STONES CHURCH SERMON

SANCTUARY
Mental Health Ministries

Website:

sanctuarymentalhealth.org

Password:

1. Sanctuarycommunity2018

2. mentalhealth (free thru May 31, 2020)

PASTOR RICH KAO
MAY 4, 2020

MENTAL HEALTH:

A COUPLE KEY FOUNDATIONAL THOUGHTS

01

Mental health occurs on a continuum: from mental wellness to mental illness.

02

Don’t perpetuate stigmatization.



DAVID AND PSALMS: ONE OF BEST BOOKS FOR MENTAL WELL-BEING



01

Ps. 34:18 - “The Lord is near to the brokenhearted
And saves those who are crushed in spirit.

02

Ps. 39:12 - “Hear my prayer, O LORD, and give ear to my cry; Do not be silent at my tears.

03

Ps. 43:5 - “Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

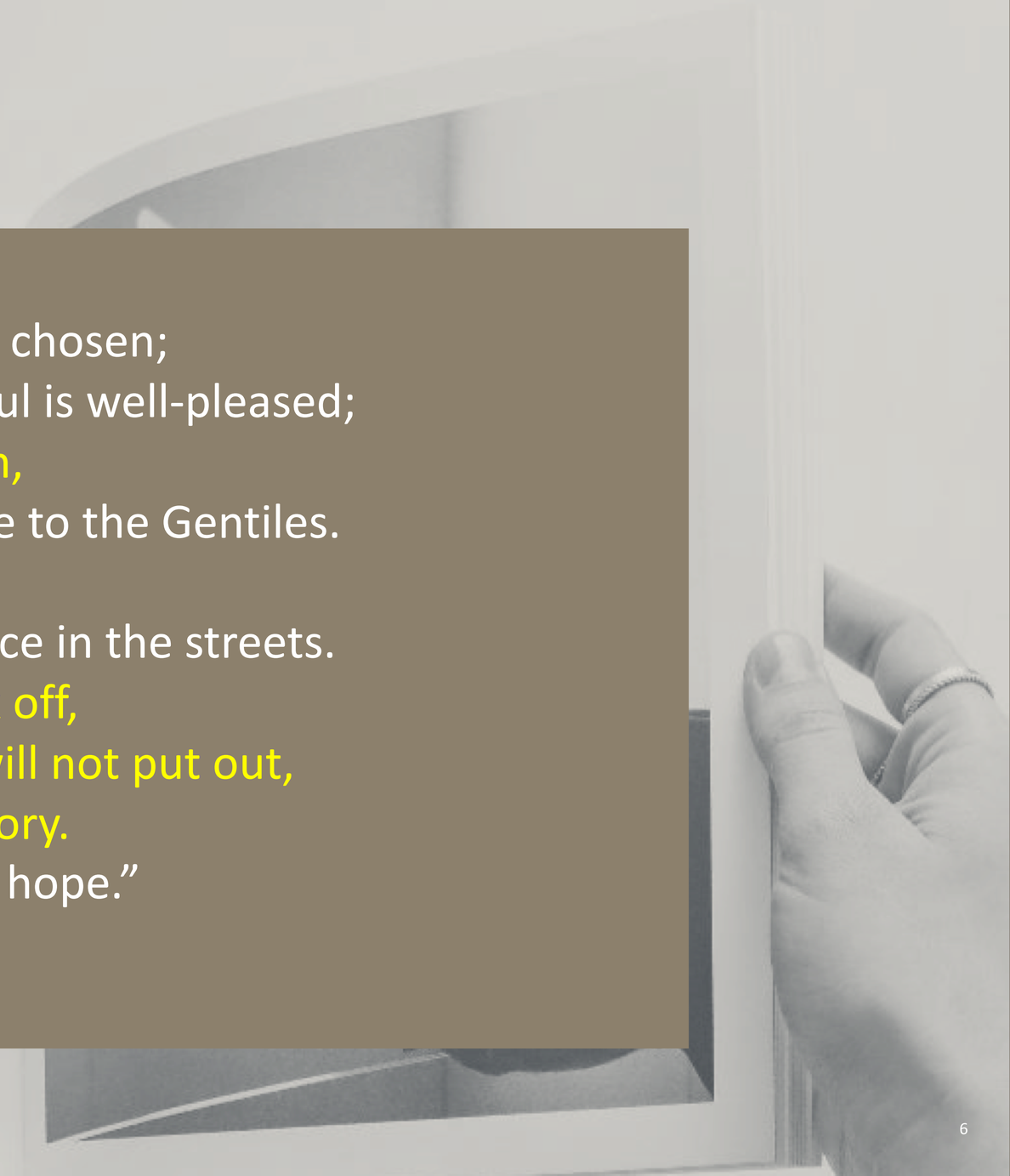
04

Ps. 145:14 - “The LORD sustains all who fall,
And raises up all who are bowed down.

MATTHEW 12:18-21

THE GENTLENESS OF GOD

18 “Behold, My Servant whom I have chosen;
My Beloved in whom My soul is well-pleased;
I will put My Spirit upon Him,
And He shall proclaim justice to the Gentiles.
19 “He will not quarrel, nor cry out;
Nor will anyone hear His voice in the streets.
20 “A battered reed He will not break off,
And a smoldering wick He will not put out,
Until He leads justice to victory.
21 “And in His name the Gentiles will hope.”



MATTHEW 12:18-21

THE GENTLENESS OF GOD

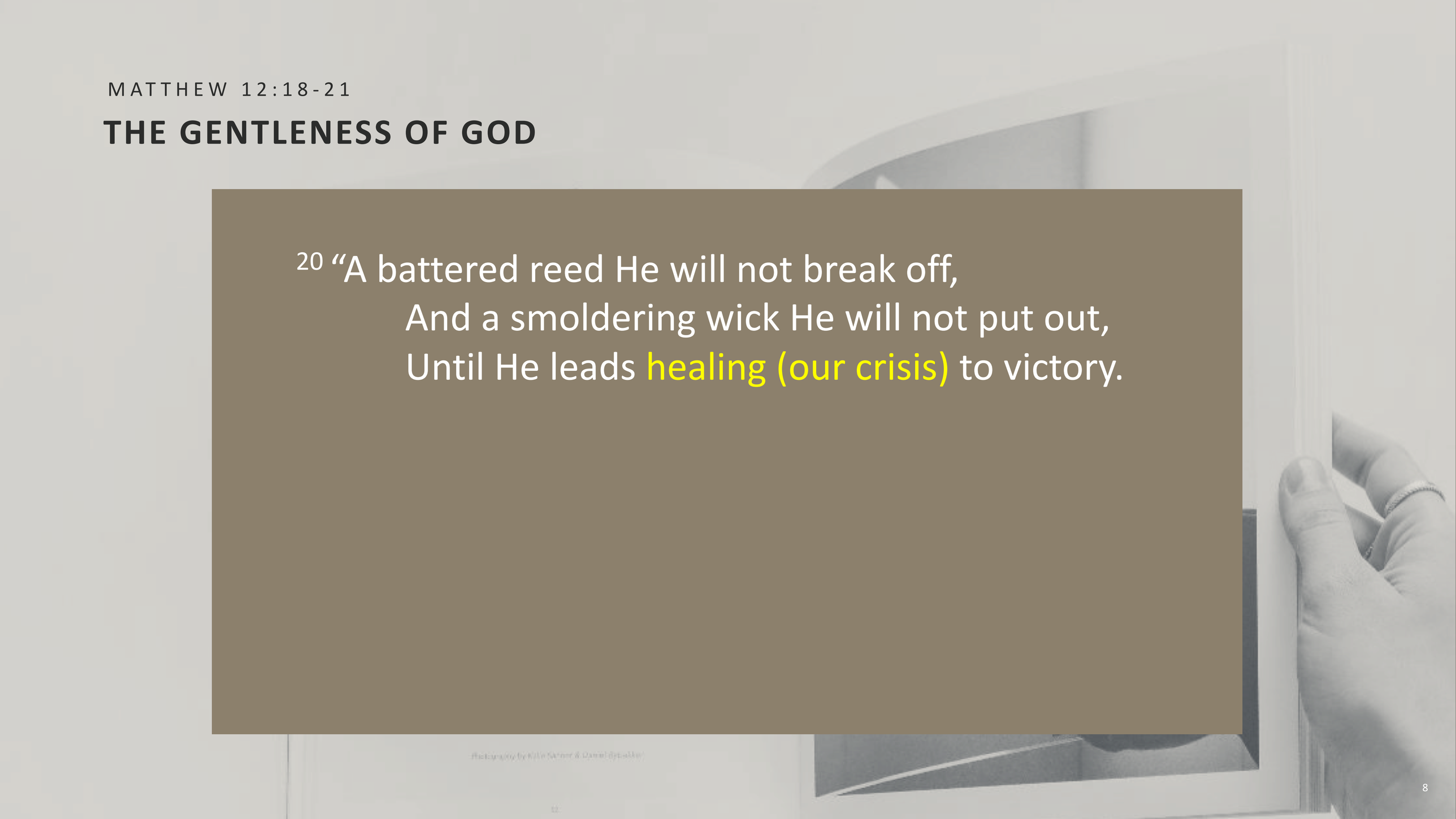
20 “A battered reed He will not break off,
And a smoldering wick He will not put out,
Until He leads justice to victory.

Justice: greek = “krisis”

MATTHEW 12:18-21

THE GENTLENESS OF GOD

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Until He leads healing (our crisis) to victory.



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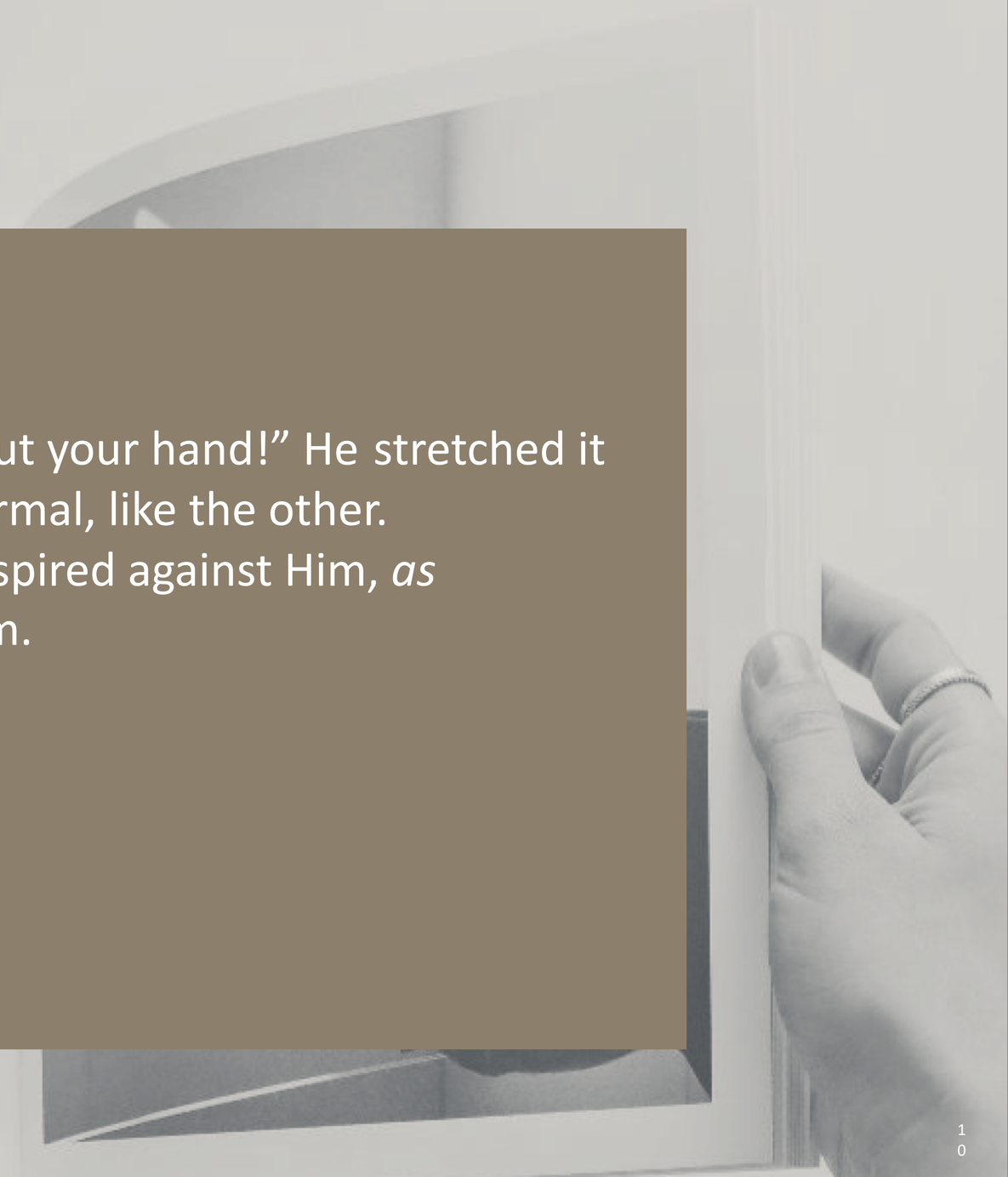
GOD IS A SANCTUARY OF GENTLENESS

MATTHEW 12:9-14

THE GENTLENESS OF GOD

Man With the Withered Hand

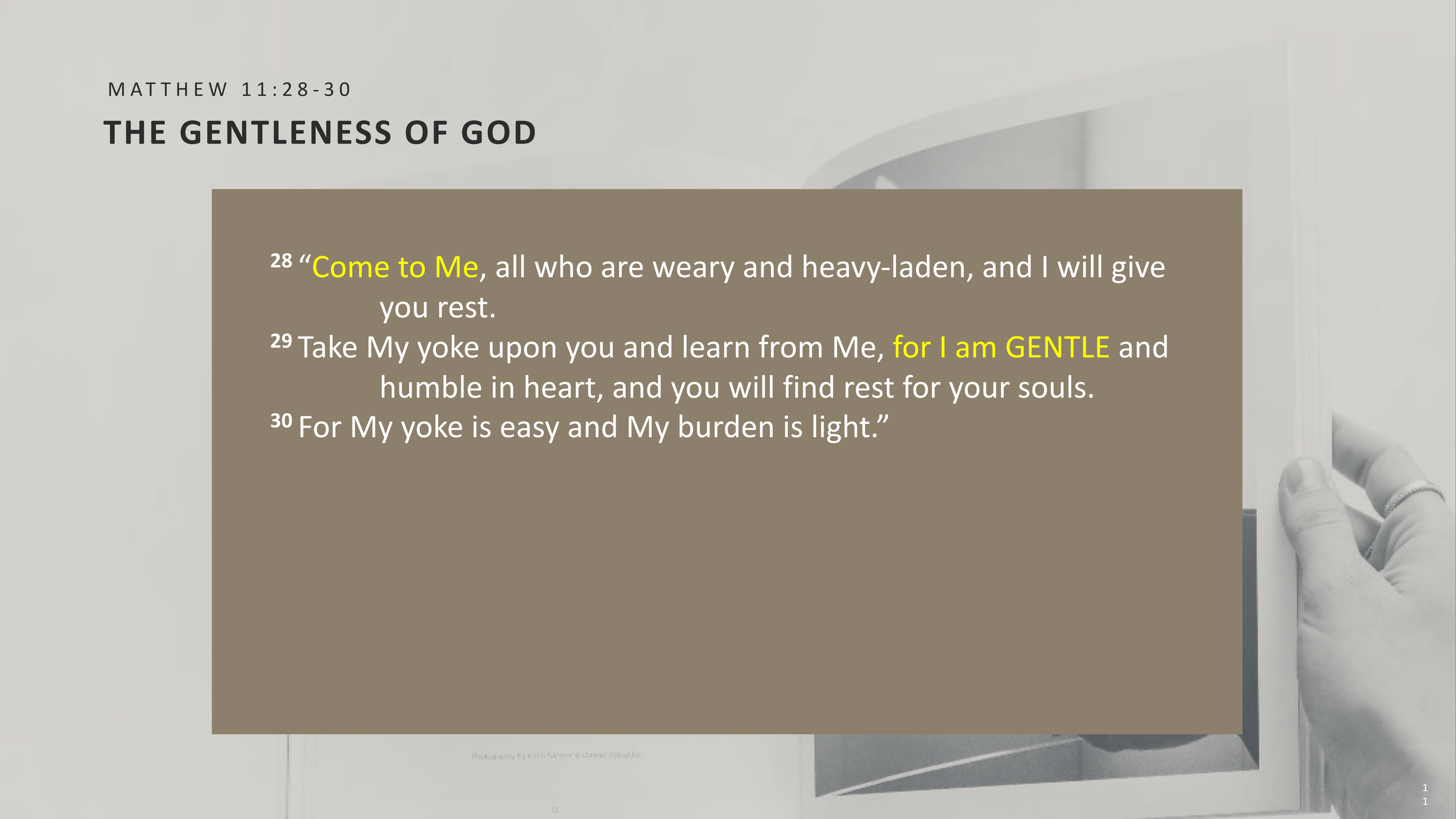
13 Then He said to the man, “Stretch out your hand!” He stretched it
out, and it was restored to normal, like the other.
14 But the Pharisees went out and conspired against Him, *as*
to how they might destroy Him.



MATTHEW 11:28-30

THE GENTLENESS OF GOD

28 “Come to Me, all who are weary and heavy-laden, and I will give
you rest.
29 Take My yoke upon you and learn from Me, for I am GENTLE and
humble in heart, and you will find rest for your souls.
30 For My yoke is easy and My burden is light.”



MENTAL HEALTH – LUKE 21:25-26,34-35

A PROPHETIC SIGN-POST OF LAST DAYS

25 There will be signs in sun and moon and stars, and on the earth dismay among nations, in perplexity at the roaring of the sea and the waves,

26 Men fainting from fear and the expectation of the things which are coming upon the world (COVID 19); for the powers of the heavens will be shaken.

34 Be on guard, so that your hearts will not be weighted down with **dissipation** and drunkenness and the worries of life, and that day will not come on you suddenly like a trap;

35 For it will come upon all those who dwell on the face of all (COVID19) the earth.

THE COMMUNITY OF GOD

"A tree is only as strong as the forest that surrounds it. Sick trees in a forest are supported by healthy trees and their root systems actually connect, and they'll send nutrients to the root systems to support the sick trees."

THE COMMUNITY OF GOD

"When I think about my experiences of recovering…it's as if there was this little flicker, like on a candle, that's in a breeze almost about to blow out, and hands are put around it and allows that flame to grow until I was able to put my hands around it myself."

