



Sermon Notes

“When We Feel Afraid and Alone”

1 Kings 19:1-18 (19-21)

Part 3 of Mental Health Awareness Series

October 22, 2023

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Key Verse: ¹¹ The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” (1 Kings 19:11)

Big Idea: “A friend loves at all times, and a brother [or sister] is born for a time of adversity.” (Proverbs 17:17)

Question: How can we cultivate a sacred environment for hope and healing?

1. Create safe spaces.
2. Build a culture of connection.
3. Embrace the ministry of presence.

So that . . .

People can reason, share and receive help in their time of need.