

## **CHURCH IN THE WILD (MENTAL HEALTH LENTEN SERIES)**

This 6-week sermon series aims to address one of the church's most notorious shortcomings in regards to open dialogue and awareness - **MENTAL HEALTH.**

As we all know, mental health is at the undertone of just about everything that we do and informs how we see the world through our own eyes. Mental health is everywhere - social media, news, and even in our day to day interactions with others.

***However, while we know this in our minds as young adults venturing through life in the 21st century, we are very hard pressed to view the church as a socially relevant entity when it comes to discussing mental health.***

Churches everywhere are struggling to figure out how to talk about mental health and most of them don't know if they're adequately prepared and/or resourced to address mental health needs. While this struggle is going on within the church, loneliness, depression, anxiety, suicidal ideation, and other mental health challenges, conditions, and struggles are at an all time high, especially in the world of young Gen Z'ers.

Beginning on March 12th, by listening to other diverse voices, we'll spend six weeks journeying with Jesus on his 40 day and 40 night trek through the wilderness - a time where he was vulnerable and susceptible to experiencing real mental health struggles.

Together, as the living, breathing, and walking church in our wild 21st century world, let's aim to both become and create safe spaces where all can come and experience the Good News.