

In My Head

S2

**in
my ✨
head**

JUNE 2021

WILDLIFE CREW NOTES



intro

Hey YxYA!

Welcome to Crew Notes for June!

We hope you had a great time over May in crews diving into the topic of the Holy Spirit & all the gifts and fruits that come from him and living with him.

We pray that the conversations weren't just for the month but a starting point for ongoing conversation and living out!

This month we're focussing on an important and very prevalent topic, mental health!

The theme is "In My Head (Mental Health)" & as a community we're going to be engaging in conversations around our mental health and ultimately what the Bible says about it. The aim is to use the Bible as a tool to help us discover the freedom we have through Christ when it comes to our mental health.

Let's get prepared to create safe space in our crews to engage with a topic which people find it hard to talk about. Mental Health is something that all of us should be talking about because we want to have good mental health for our lives and that it absolutely found in Jesus & his word!

Philippians 4:6-8 says,

"Do not be anxious or worry about anything, but instead, in everything let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus"

Let this scripture encourage you as you and your crew get into this month's theme.

Our prayer is that as a community we would each experience that peace which transcends all understanding to guard our hearts & our minds!

Thank you for everything you do! We love you,

Dan & Jo Watson

week one // wildlife

ELIJAH

in my head



GOAL

The goal of this week is to understand that people's negative opinion or word on us or our own thoughts about ourselves are nothing compared to our Fathers' promises for us. He is always faithful even when we run away and believe there is no more, He still has more, beyond what we can imagine.

INTRODUCTION

.There's a saying that goes something like this "sticks and stones may break my bones, but words will never hurt me" i would love to believe that, but that's not entirely true. At one point in our lives we have encountered a moment where someone's word over us has had a negative impact. Maybe it made you doubt yourself, have to double check your work or you stopped believing in yourself, like Elijah we know the truth, we know we are correct, in the right path, but the moment a threat comes, a comment, or a question, we fear and start to question everything. But not all words spoken over us are negative or have a negative effect, in the Bible we find so many promises and words God has called us

THOUGHT

Elijah had just won and saw how powerful God is, yet one threat from Jezabel led him to flee and isolated himself. He left everyone who cared for him and went into the wilderness, he entered into a state of depression to a point where in v4 we see he wants to die and sets blame in his own unworthiness.

Many of us have either gone or known someone close who has entered a state of depression, they tend to push away everyone, like Elijah did & they feel like 'they are unworthy' and that 'they are alone' or that 'there is no way out'. However we see in this story how even when Elijah ran and got lost in the wilderness, God was still there, provided and looked out for him.

God sent an angel to wake him up and feed him, and even when he thought he had enough and went back to sleep, the Lord woke him up because he knew Elijah needed more because there was something greater coming.

The same way God came for Elijah and the shepherd searched for his lost sheep, God will come and look for you in your wilderness and feed you to strengthen you, because he loves you and will always look after you. Regardless of what other say, or what you might think of yourself, God calls you His Son and Daughter

SCRIPTURES

1 Kings 19

Ahab told his wife Jezebel what Elijah had done and that he had killed the prophets. 2 She sent a message to Elijah: “You killed my prophets. Now I’m going to kill you! I pray that the gods will punish me even more severely if I don’t do it by this time tomorrow.”

3 Elijah was afraid when he got her message, and he ran to the town of Beersheba in Judah. He left his servant there, 4 then walked another whole day into the desert. Finally, he came to a large bush and sat down in its shade. He begged the Lord, “I’ve had enough. Just let me die! I’m no better off than my ancestors.” 5 Then he lay down in the shade and fell asleep.

Suddenly an angel woke him up and said, “Get up and eat.” 6 Elijah looked around, and by his head was a jar of water and some baked bread. He sat up, ate and drank, then lay down and went back to sleep.

7 Soon the Lord’s angel woke him again and said, “Get up and eat, or else you’ll get too tired to travel.” 8 So Elijah sat up and ate and drank.

Luke 15:3-6

3 So Jesus told them this story: 4 “If a man has a hundred sheep and one of them gets lost, what will he do? Won’t he leave the ninety-nine others in the wilderness and go to search for the one that is lost until he finds it? 5 And when he has found it, he will joyfully carry it home on his shoulders. 6 When he arrives, he will call together his friends and neighbors, saying, ‘Rejoice with me because I have found my lost sheep.’

Isaiah 41: 13

For I am the Lord your God
who takes hold of your right hand
and says to you, Do not fear;
I will help you.

2 Timothy 2:13

If we are faithless, He remains faithful, for He cannot deny Himself.

Deuteronomy 31:6

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.

2 Corinthians 6:18

And I will be your Father, and you will be my sons and daughters, says the LORD Almighty.”

QUESTIONS

1. Have you ever had someone say something negative about you and did it make an impact on your life?
2. How you ever felt like life would be better for everyone if you weren't around?
3. How did you come out?

Useful information

www.anxietyuk.org.uk

www.cruse.org.uk

www.childline.org.uk

www.themix.org.uk

www.runawayhelpline.org.uk

www.samaritans.org

Or call

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In case of an emergency
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WOMAN WITH THE ISSUE OF BLOOD



GOAL

The goal of this week is to understand that people's negative opinion or word on us or our own thoughts about ourselves are nothing compared to our Fathers' promises for us. He is always faithful even when we run away and believe there is no more, He still has more, beyond what we can imagine.

INTRODUCTION

Throughout the bible we read of God's promises; his plans for us and how his faithful hands hold us all the way, and It's beautiful!

but how many times have we had movements where we wonder where our lives are going , that maybe we were a mistake. We get overwhelmed with different emotions, we feel far, isolated, depressed or anxious, or that maybe God isn't with me and his plans aren't looking that great. This is something the Women with the issue of blood for 12 years must have felt.

THOUGHT

The law during this time considered anyone who was bleeding as unclean and unholy, no one could touch them or anything they had touched because they would become unholy too.

She was treated as a contagious disease .

She was Rejected.

Poor.

Alone.

Isolated.

An Outcast.

She had nothing and no one.

We don't know much about this women. But this we do know , we know that whilst she was unable to touch others/be near people , others her age were married, while she was getting worse, others were giving birth, while everyone was living their best lives she was suffering with something she never asked for. While everyone was enjoying Jesus presence, she was not allowed near him because of religious laws.

Like this Women, we all in our life have hit a rock bottom moment, or came across some sort of rejection because of our beliefs, or even for not having or being up to date with the latest trend, all because we are not meeting the standards of society.

This woman could have held back , she could have decided to continue living in neglect , isolation and pain, but she knew she was worth more , she heard of this Jesus and decided to believe ,to trust,“ if i can touch his robe, I will be healed” .

She chose her faith over the religious law.

She chooses to believe and trust Jesus, over what others may say or see .

She knew that Jesus was her saviour, protector, carrier of burdens .

She trusted and believed that Jesus was for her and not against her.

And in the midst of the massive crowd Jesus saw her, he noticed her because he cared for her. In the same way that Jesus noticed the women, Jesus notices each one of us, He doesn't see your problem, nor the standards of society or law of religion, but he sees your faith and heart.

SCRIPTURES

Luke 8: 43-48

43A woman in the crowd had suffered for twelve years with constant bleeding,[a] and she could find no cure. 44 Coming up behind Jesus, she touched the fringe of his robe. Immediately, the bleeding stopped.

45 “Who touched me?” Jesus asked.

Everyone denied it, and Peter said, “Master, this whole crowd is pressing up against you.”

46 But Jesus said, “Someone deliberately touched me, for I felt healing power go out from me.” 47 When the woman realized that she could not stay hidden, she began to tremble and fell to her knees in front of him. The whole crowd heard her explain why she had touched him and that she had been immediately healed. 48 “Daughter,” he said to her, “your faith has made you well. Go in peace.”

Jeremiah 29:11

For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.

Galatians 5:1

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

2 Corinthians 3:17

Now the Lord[a] is the Spirit, and where the Spirit of the Lord is, there is freedom.

Matthew 5:17-20

17 “Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. 18 For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished. 19 Therefore whoever relaxes one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. 20 For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven

QUESTIONS

1. Has there ever been a moment you felt rejected or an outcast?
2. Have you ever stepped out in faith, not knowing what the outcome will be but believing for the best?
3. Have you ever felt lonely in a room room full of people?

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DAVID



GOAL

This week we want everyone to understand that life is indeed a roller coaster but no matter what happens or where we are, through the highs or lows God is always there with us and his promises will be fulfilled in our lives.

INTRODUCTION

David was Israel's second ever king who came into power at the age of 37 or so. We read in the book of Samuel that he was anointed by the prophet to be king at the age of 12. If we look at the in between the moment he got anointed and the moment he became king, it literally took over 20 years of waiting he had to do.

From the moment David was anointed, to the moment he became King, there was over a 20 years gap?! 20 years in which David had to wait.

THOUGHT

In the book of 1 Samuel we first see Jesse (David's father) get his whole family prepared for the arrival of Samuel who was coming to town to anoint a new king.

Whilst preparing all his son's, Jesse had left out David in the field to tend his fathers sheep, which at the time was known to be a very dangerous job due to the fact lions, bears or wolves would want to eat the sheep. Due to the dangers of the job, the job was often given to slaves.

This shows us that David was rejected, isolated, unwanted by his family members to the point they didn't even mind if he died looking after their merchandise. David was an outcast but throughout those childhood challenges, David was still anointed to become the king above all his brothers. Yet again he was rejected by his brothers.

Throughout his life we see this theme going on in David's life of consistent highs and lows.

Later we find an incident when David brothers were at war David was left at home, because he was too young.
rejected - he wasn't invited to the anointing party
was an outcast - he was a Sheppard - very dangerous job, a lion or wolves could of killed him,
He wasn't the right physical fit - too good looking, skinny
Looked down upon - his brothers rejecting him when he brought them food

SCRIPTURES

1 Samuel 16:7 NLT

"But the Lord said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart."

Philippians 1:6 NLT

"And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns."

1 John 3:20 NIV

"If our hearts condemn us, we know that God is greater than our hearts, and he knows everything."

Romans 8:38-39 NLT

38 "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons,[a] neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. 39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

QUESTIONS

1. Have you ever been rejected due to not being good enough? How did that feel?
2. Have you ever experienced anxiety due to your current situation
3. How has your mental health been coping with all the high and lows of life?

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JOSEPH



GOAL

This week we are going to explore the mental roller coaster that as humans we can go through whilst waiting for our dreams to become a reality.

INTRODUCTION

The story of Joseph and the coat of many colours is a very well known story in the bible. Throughout even pop culture there are people who know the story of this young kid with a colourful coat who had a dream, just like Martin Luther king Jr. Joseph was a young boy who had this audacious dream in which the sun, moon and stars would bow down to him. In other words as the youngest brother in the family he had a dream that both his parents and older brothers would bow down to him as he is a place of power. In those times that was one of the silliest dreams a little boy could have as the promise always layed on the oldest in the family. Not just that but Joseph was always favourable to his parent that he got this fancy colourful coat. Joseph was a young boy who was privileged with love and gifts from his parent and was full of future inspirations, goals, dreams and even calling but all that came crushing down very quick

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THOUGHT

Joseph had a dream. Joseph had the world at his feet. Joseph was set up to succeed, he had the right mindset and support to make his dreams come true. We see in Genesis 37:4 how much his brothers hated him due to the fact they felt their dad loved them more which led them to fake his death and sold him to slavery.

Joseph became a slave in a foreign land, he still had those dreams and aspirations yet we see in Genesis 39:2-6 Joseph served with a heart after God and he succeeded as everything.

Joseph had every reason to be angry, bitter, anxious, depressed, mean, you name it. Yet he wasn't. Though more than ever he was further away from his dreams yet in Gods plans he was closer to them without knowing it.

From here we see he was falsely accused, falsely imprisoned for the doing the right things yet life didn't get any better. Furthermore he was forgotten to someone he finally managed to call a friend.

Joseph went through a lot but not once he let go of the dreams that God put in his Heart. Through the highs and lows of life, through the mental challenges of being snaked, by anyone who he ever closed to him not once he forgot the dreams which God placed in his heart.

The bible talks about persevering in the lord, drawing near to him, to never grow weary of doing good. Looking at Joseph's life story we can see that he achieve his dreams and maintained an alright mental health due to the fact he always seek Gods in all he was doing.

SCRIPTURES

Ephesians 1:18 (NLT)

I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.

Psalms 30:5 (NLT)

For his anger lasts only a moment, but his favour lasts a lifetime!
Weeping may last through the night, but joy comes with the morning.

Psalms 56:8 (NLT)

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

Psalms 126:5 (NLT)

Those who plant in tears will harvest with shouts of joy.

Philippians 1:6 (NLT)

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

Galatians 6:9 (NLT)

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

James 4:8 (NLT)

Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

QUESTIONS

1. Have you ever been betrayed by someone close?
2. How do you keep your faith in God when mentally you're depressed and nothing makes sense?
3. How do you draw nearer to God when everyone around you shows characteristics opposite from God?
4. How do you keep dreaming?

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