



“Mental health and well-being is fast emerging as the single biggest public health issue affecting young people today, both here in the UK and globally.”

Bristol University, The Guardian, August 22nd 2018

A person is standing on a sandy beach, looking out at the ocean. The person is wearing a light-colored long-sleeved shirt and shorts. The beach is wide and sandy, with some buildings visible in the distance. The sky is clear and blue.

The GOOD news

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love”

John 4 v 18

“Then the eyes of both of them were opened, and they realised they were naked; so they sewed fig leaves together and made coverings for themselves.

8 Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. 9 But the Lord God called to the man, “Where are you?”

10 He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.” Genesis 3 vs 7-10





SHAME - realised they were
naked

**Created a MAN made
SOLUTION**

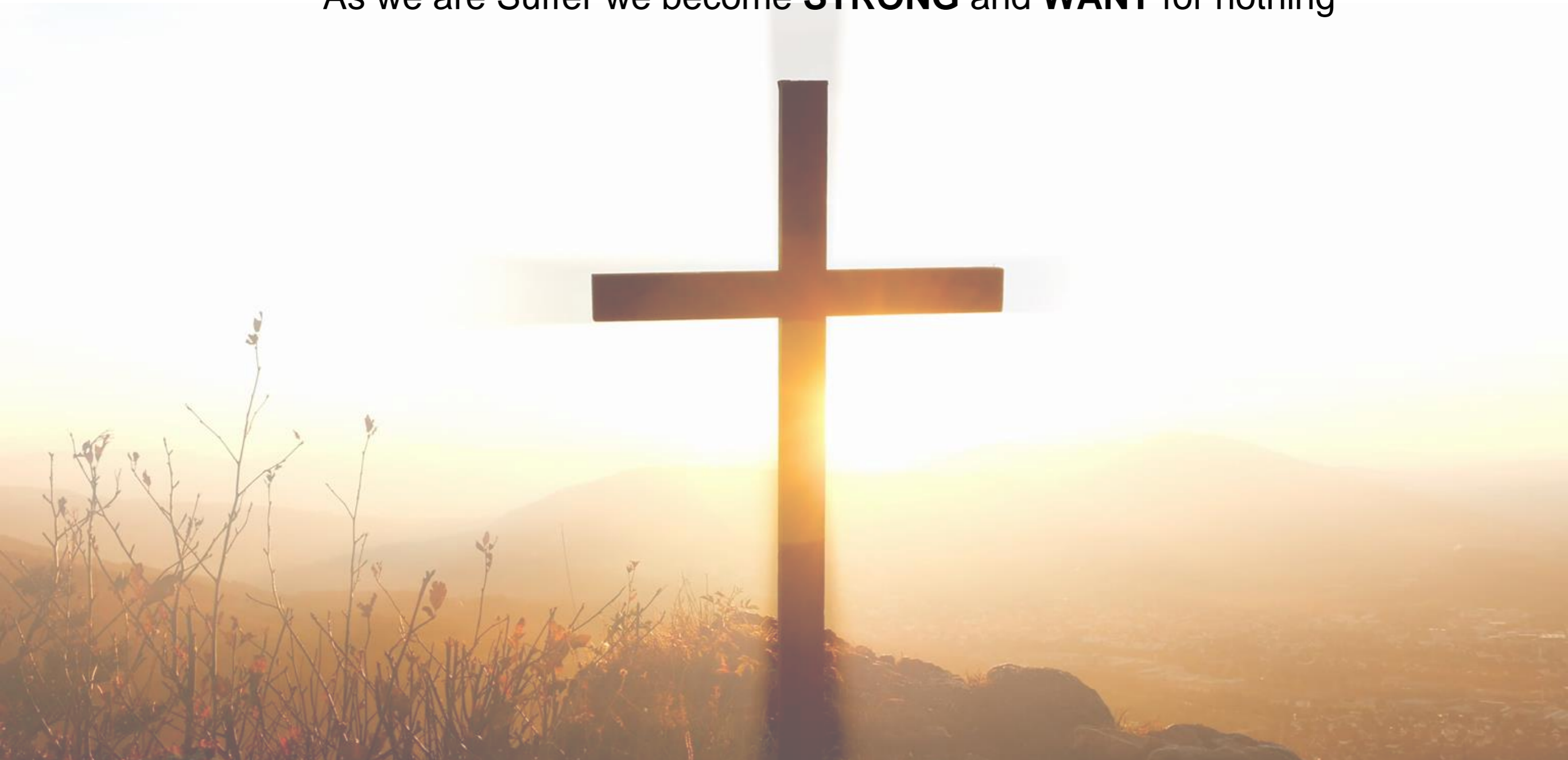
FEAR of exposure

Perfect love drives out fear because fear is to do with punishment

We have a GOOD father - he DISCIPLINES but doesn't PUNISH

God's Character is GOOD all the time

As we are Suffer we become **STRONG** and **WANT** for nothing



A background image showing two hands, one from the left and one from the right, reaching towards each other. The hands are positioned as if about to clasp or support each other. The background is a soft, light blue gradient.

Phil 4 6-7

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Don't worry - PRAY about everything

Tell God what you need

Thank him for what he's ALREADY done

Then you will experience Gods peace!



My positive experience
What made it positive?
What I'm thankful for?
What God would say to me



Philippians 4:8 New Life Version (NLV)

8 Christian brothers, keep your minds thinking about whatever is true, whatever is respected, whatever is right, whatever is pure, whatever can be loved, and whatever is well thought of. If there is anything good and worth giving thanks for, think about these things.

Are our thoughts true, kind, and helpful?