



# MENTAL HEALTH

a w a r e n e s s

MAY Series:  
Mental Alignment Yahweh

House of Judah  
Seneca, SC

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3 May 2026

Pastor Katie! E. Webb



MENTAL  
HEALTH

awareness

MAY Series:  
Mental Alignment Yahweh

*~ TAG ~*  
Thanksgiving,  
Adoration,  
Gratitude,



# MENTAL HEALTH

awareness

## Scriptures for Today:

“In Him we live and move and  
have our being.”

*Acts of the Apostles 17:28*

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“I have come that they may  
have life, and have it  
more abundantly.”

*John 10:10*



# MENTAL HEALTH

a w a r e n e s s

## Scriptures for Today:

You will keep him in  
Perfect Peace, whose mind  
is stayed on You,  

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Because he trusts in You. ...

*Isaiah 26:3*



# MENTAL HEALTH

awareness

MAY Series:  
Mental Alignment Yahweh

*Topic for  
Today:*

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“Focus on  
Christ!”



# MENTAL HEALTH

awareness

MAY Series:  
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May is recognized as Mental Health Awareness Month, a time to get honest about what's really going on in our minds and emotions. It's a time to check in with ourselves and stop pretending everything is fine when it's not.

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God is not just calling us to notice what's wrong, but to bring it into alignment with Him for healing. Because His desire is not just survival, but that we live whole, free, and in fullness of life.

*~ Alphaeus Anderson*

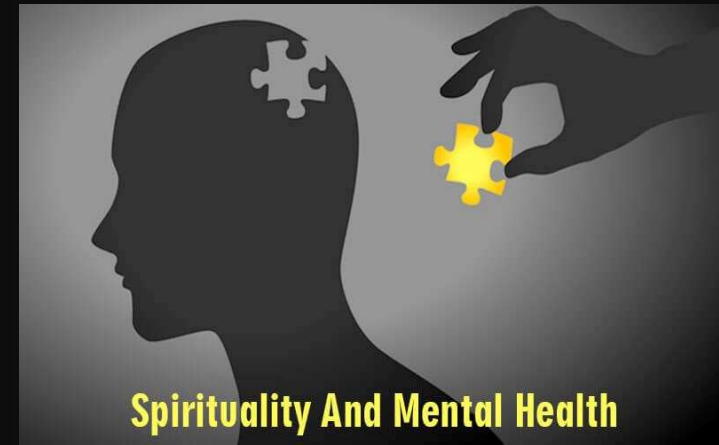
## The Subject of Mental Health and Spirituality:

### The Connection Between Spirituality and Mental Health

Spirituality encompasses personal experiences, beliefs, and practices that connect individuals to something greater than themselves, whether through religion, meditation, mindfulness, or secular forms of reflection.

Mental health involves emotional, psychological, and social well being, affecting how people think, feel, and act in daily life. Research indicates that spirituality and mental health are related: higher levels of spiritual engagement are generally associated with lower symptoms of depression and anxiety, improved coping strategies, and greater overall well-being.

*deconstructingstigma.org*



## Bring the Pieces of The Puzzle Together:

“In Him we live and move and  
have our being.”

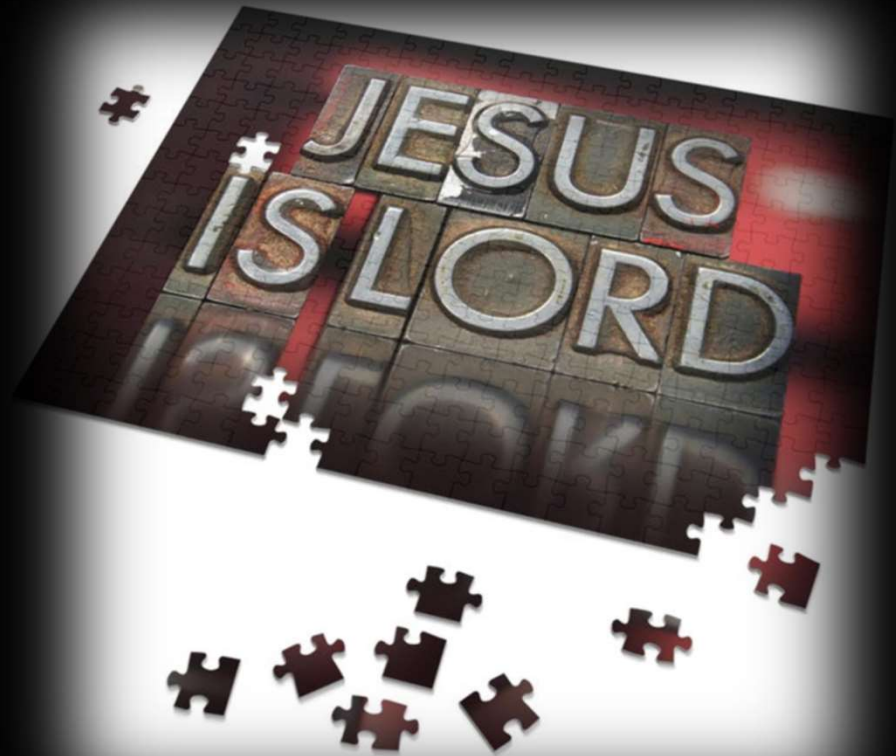
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## Mental Alignment with Yahweh “Focus on Christ!”

### 3 A's of Spiritual and Mental Healing Double Triple A's

- Awareness
- Addressing
- Allowing
  
- Anointing
- Aligning
- Ascending



## 3 A's of Spiritual and Mental Healing

### ➤ Awareness

Knowledge or perception of a situation or fact

“Wake up, O sleeper, rise from the dead, and Christ will shine on you.”

*Ephesians 5:4*

### ➤ Addressing

Think about and begin to deal with (an issue or problem)

“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

*Isaiah 41:10*

### ➤ Allowing

Admit the truth of; concede, give the necessary time or opportunity; take into consideration when making plans or calculations: take responsibility

“Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.”

*James 5:13*

“Trust in the Lord with all your heart...”

*Proverbs 3:5-6*

For direction, reinforcing the principle of surrendering personal understanding



## 3 A's of Spiritual and Mental Healing

- **The Anointing**  
Signifies the empowerment and presence of The Holy Spirit upon a believer, equipping for a specific calling,  
"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor... to proclaim the year of The Lord's Favor." *Luke 4:18*  
"The yoke shall be destroyed because of The Anointing." *Isaiah 10:27*
- **Alignment**  
Living according to Divine Principles and commands  
"Your Kingdom come, Your will be done, on earth as it is in Heaven," *Matthew 6:10*  
Highlighting the desire for God's purposes to guide life.  
"Do not be conformed to this world, but be transformed by the renewing of your mind," *Romans 12:2*  
Emphasizing the need for mental/spiritual alignment with God.
- **Ascending**  
The act of going up or rising, literal (physical movement upward/ figurative/spiritual elevation, or approaching God  
Only those with clean hands and pure hearts ascend. *Ps.24:3*



## Mental Alignment with Yahweh “Focus on Christ!”

*Y.A.H.W.E.H.*

Hebrew name for God given by Jewish people  
(c.300 BC) too sacred to be spoken,  
and the vowel sounds are uncertain.

Y – Yearning

A – Alignment

H – Honor

W – Welcoming

E – Embracing

H – Holiness

You will keep him in  
Perfect Peace, whose mind is stayed on You,  
Because he trusts in You. ...

*Isaiah 26:3*



## Boldly Go To Therapy

No more “Tough Love.”

Try Therapy and Compassion.

Attachment to The Spiritual =  
Detachment from the Physical

CAPS

Counseling And Psychological Services

“Looking to Jesus, the founder and  
Perfecter of our faith, who for the joy that  
was set before him

**endured the cross, despising the shame,**

and is seated at

The Right Hand of The Throne of God”

*Hebrews 12:2*

We dwell in Him, and He in us,  
because He has given us His Spirit.”

*1 John 4:13*



**MENTAL HEALTH AWARENESS**

*Mental health BEGINS with me*

I need help

I go to therapy

What is OCD?

I am always sad

YOU MATTER

I am coping With Depression

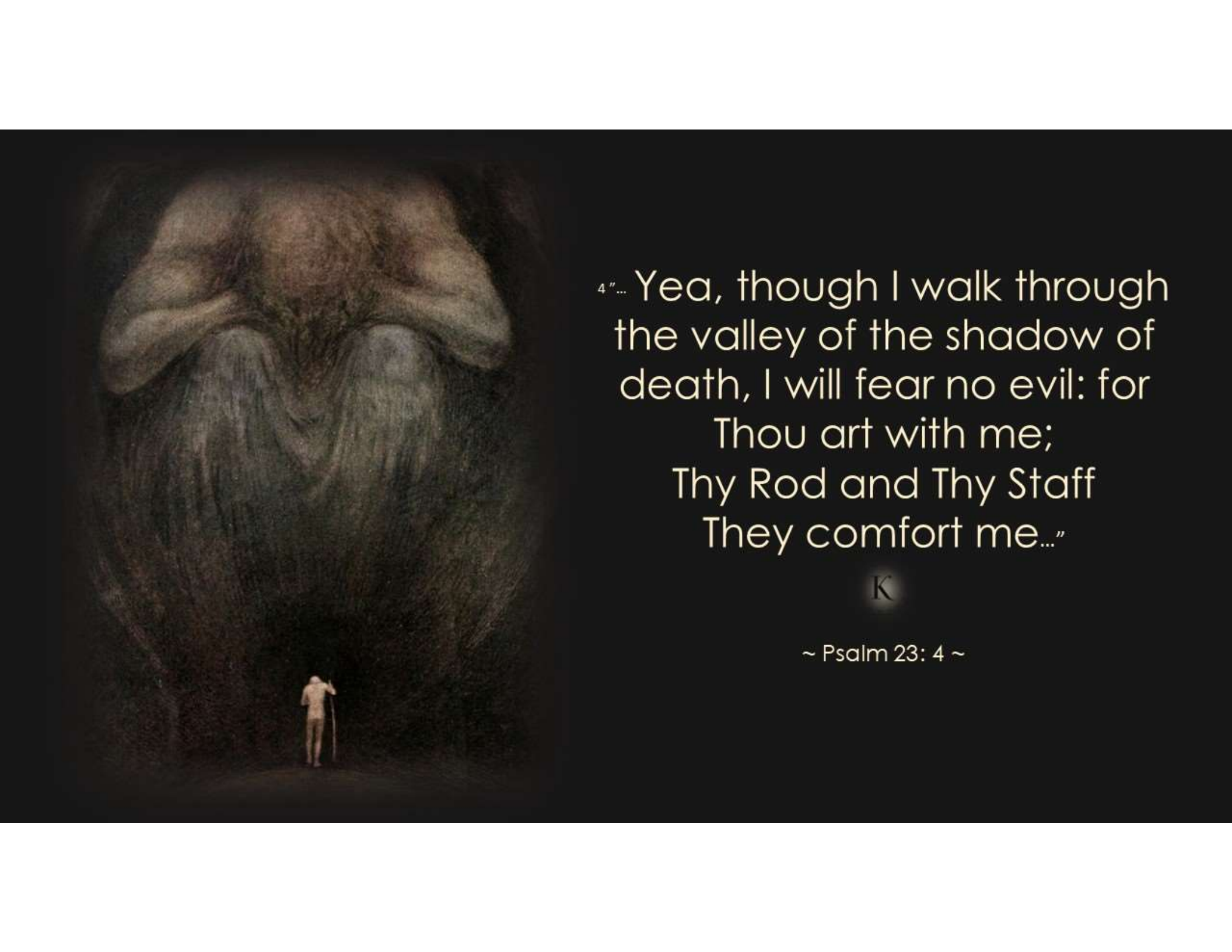
You are not Alone!

I have anxiety

It's OKAY to not be OKAY

LET'S TALK

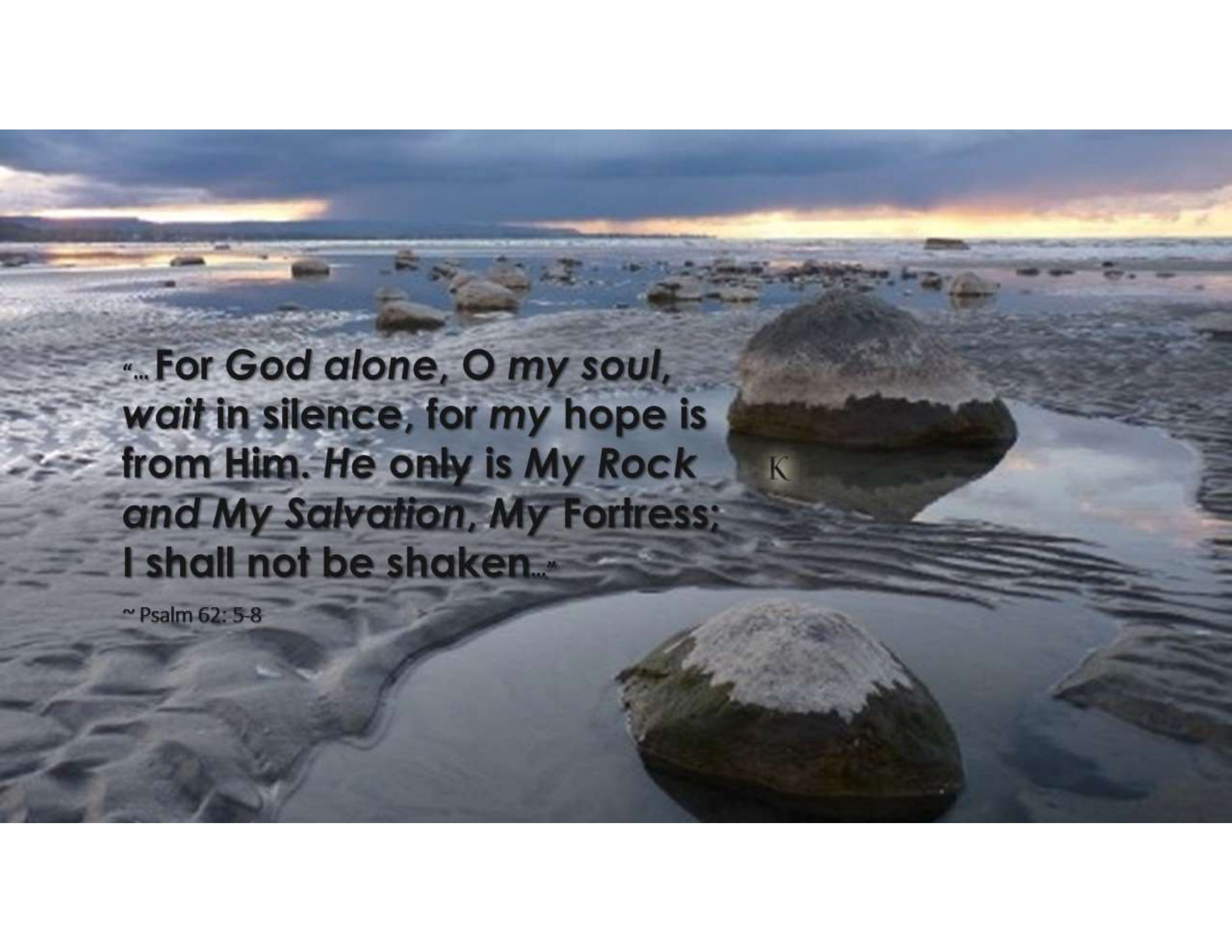
The graphic features a white background with a green scalloped border. It includes several green hearts and green awareness ribbons. A central box contains the text "Mental health BEGINS with me" in a mix of fonts. Various speech bubbles contain phrases related to mental health, such as "I need help", "I go to therapy", "What is OCD?", "I am always sad", "YOU MATTER", "I am coping With Depression", "You are not Alone!", "I have anxiety", "It's OKAY to not be OKAY", and "LET'S TALK".



<sup>4</sup>... Yea, though I walk through  
the valley of the shadow of  
death, I will fear no evil: for  
Thou art with me;  
Thy Rod and Thy Staff  
They comfort me..."

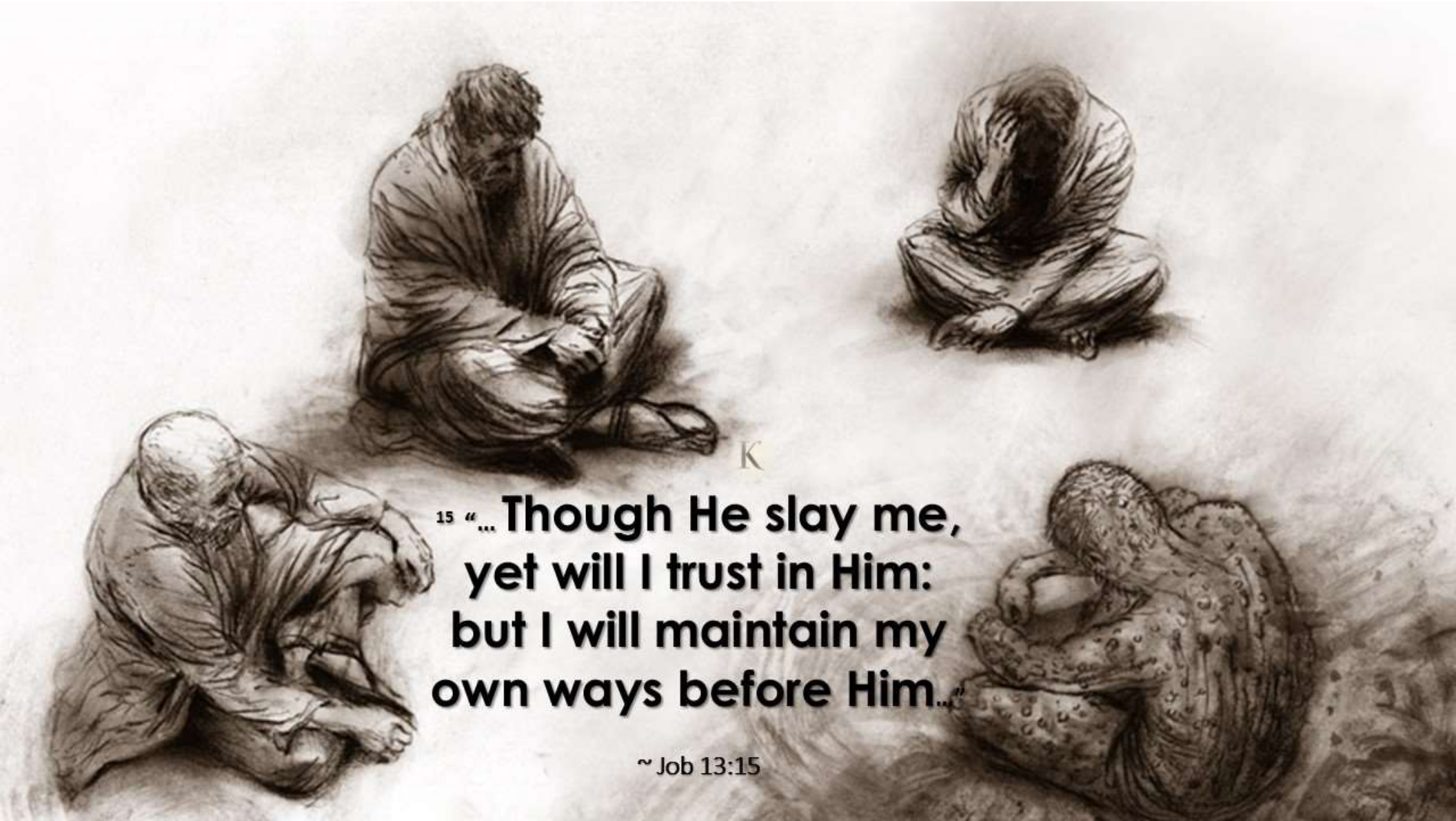
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~ Psalm 23: 4 ~

A dramatic seascape at sunset or sunrise. The sky is filled with dark, heavy clouds, with a bright orange and yellow glow from the sun just below the horizon. The water is dark and calm, reflecting the sky. In the foreground and middle ground, several large, smooth, rounded rocks are scattered across the water. The rocks are light-colored on top and dark on the bottom, suggesting they are partially submerged. The overall mood is serene and contemplative.

***“... For God alone, O my soul,  
wait in silence, for my hope is  
from Him. He only is My Rock  
and My Salvation, My Fortress;  
I shall not be shaken...”***

~ Psalm 62: 5-8



<sup>15</sup> **“... Though He slay me,  
yet will I trust in Him:  
but I will maintain my  
own ways before Him...”**

~ Job 13:15



## Closing, Invitation and Benediction:

“... May The grace of The Lord Jesus Christ  
be with you..”

*1 Corinthians 16:23*

For His Name's Sake  
and For His Glory...