

MAY SERIES

MENTAL ALIGNMENT: YAHWEH

ALIGN YOUR MIND. RENEW YOUR SPIRIT.
Experience abundant life.

“In Him we live and move and have our being.”
Acts of the Apostles 17:28

“I have come that they may have life, and have it more abundantly.”
John 10:10

**RESET YOUR MIND.
REALIGN YOUR LIFE.**

Discover the power of thinking in alignment with God's truth.

HOUSE OF JUDAH MINISTRIES

📍 502 GODDARD AVE. SENECA, SC
📅 SUNDAYS AT 10:30 AM

*Mind Aligned.
Spirit Renewed.
Life Abundant.*

FAITH • TRUTH • TRANSFORMATION

House of Judah
Seneca, SC
31 May 2026
Pastor Katie! E. Webb

MAY Series:
Mental Alignment Yahweh



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

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

John 10:10



MENTAL HEALTH

awareness

Scriptures for Today:

¹⁵ “Look,” said Naomi,
“your sister-in-law is
going back to her people
and her gods.
Go back with her.”...

Ruth 1: 15

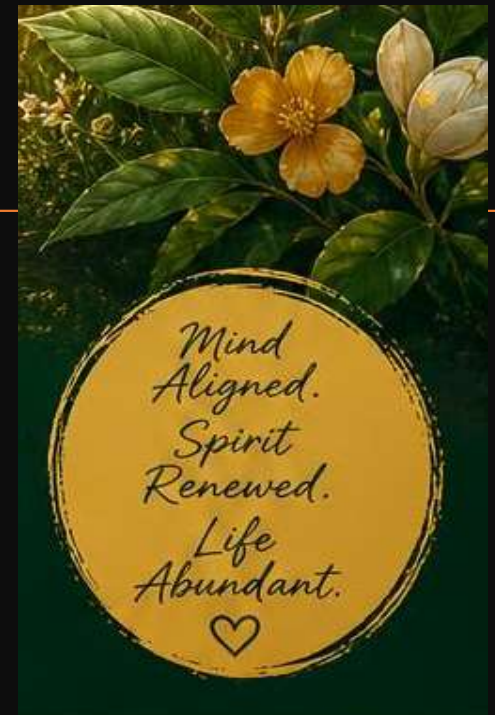


MENTAL HEALTH

awareness

MAY Series:
Mental Alignment Yahweh

*Topic for Today:
Who Told You That?*



The Subject of Mental Health and Spirituality:

The Connection Between Spirituality and Mental Health:

Spirituality encompasses personal experiences, beliefs, and practices that connect us God and to That Which is Greater than themselves. That Greater is found in Worship, meditation, mindfulness, and Ways to embrace God's Presence.

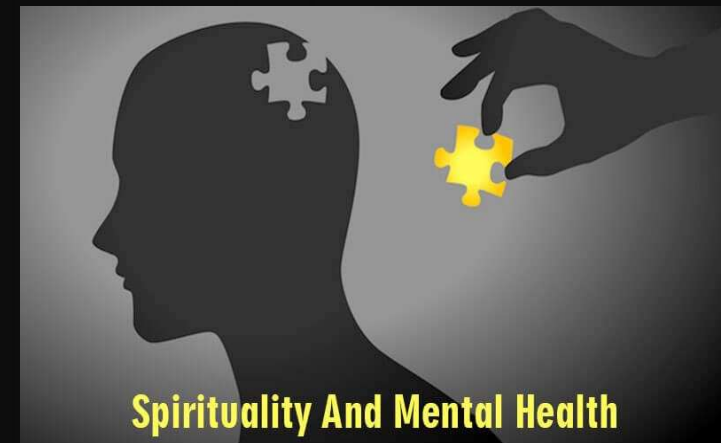


Mental health involves emotional, psychological, and social well being, affecting how we think, feel, and act in daily life. Research indicates that spirituality and mental health are related: more spiritual engagement lower symptoms of depression and anxiety, improved coping strategies, and greater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

deconstructingstigma.org

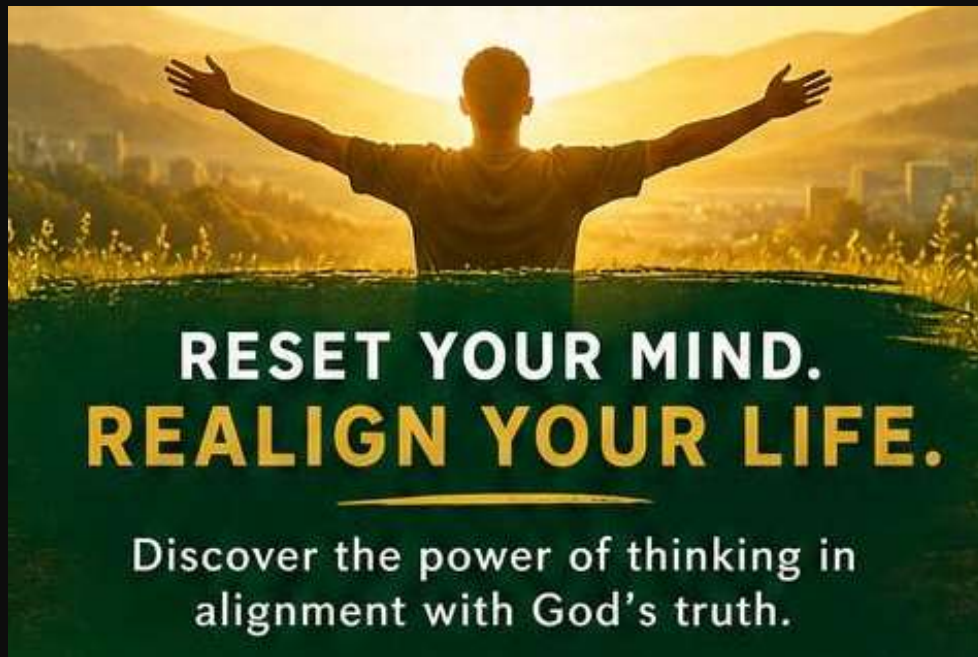
“In Him we live and move and have our being.”

Acts of the Apostles 17:28



Mental Alignment with Yahweh Who Told You That?

3 Who's and The How of Spiritual and Mental Healing



- Whose Report are we accepting?
- Whose “Word” are we agreeing with?
- Whose “truth” are we allowing to inform us?
- How are these Reports, “Words,” “truth” affecting our Alignment?



⁶ When Naomi heard in Moab that the LORD had come to the aid of his people by providing food for them, she and her daughters-in-law prepared to return home from there. ⁷ With her two daughters-in-law she left the place where she had been living and set out on the road that would take them back to the land of Judah.

⁸ Then Naomi said to her two daughters-in-law, “Go back, each of you, to your mother’s home. May the LORD show you kindness, as you have shown kindness to your dead husbands and to me. ⁹ May the LORD grant that each of you will find rest in the home of another husband.”

Then she kissed them goodbye and they wept aloud ¹⁰ and said to her, “We will go back with you to your people.”

¹¹ But Naomi said, “Return home, my daughters. Why would you come with me? Am I going to have any more sons, who could become your husbands? ¹² Return home, my daughters; I am too old to have another husband. Even if I thought there was still hope for me—even if I had a husband tonight and then gave birth to sons— ¹³ would you wait until they grew up? Would you remain unmarried for them? No, my daughters. It is more bitter for me than for you, because the LORD’s hand has turned against me!” ¹⁴ At this they wept aloud again. Then Orpah kissed her mother-in-law goodbye, but Ruth clung to her.

¹⁵ “Look,” said Naomi, “your sister-in-law is going back to her people and her gods. Go back with her.

Ruth 1: 6-15



Pieces of The Puzzle: Who Told You That?

- Whose Report are we accepting?
- Who are we listening to?

"Whose report will you believe?" comes from
"Who has believed our report? and to
whom is The Arm of The LORD revealed?" *Isaiah 53:1*

"But He was wounded for our transgressions...
by His stripes we are healed." *Isaiah 53:5*

"I am the Lord, who heals you..." "If you listen carefully to
the Lord your God and do what is right in His eyes..."

Exodus 15:26

"I will take sickness away from the midst of you." *Exodus 23:25*

"Heal me, Lord, and I will be healed; save me and
I will be saved, for You are The One I praise."

Jeremiah 17:14



Pieces of The Puzzle: Who Told You That?

- Whose “Word” are we agreeing with?

“If you listen carefully to the Lord Your God and do what is right in His eyes...” “I am the Lord, who heals you...”

Exodus 15:26

“For the word of God is living and active, sharper than any two-edged sword.”

Hebrew 4:12

“Your word is a lamp to my feet and a light to my path.”

Psalms 119:105

“In the beginning was the Word, and the Word was with God, and the Word was God.”

John 1:1



Pieces of The Puzzle: Who Told You That?

- Whose “truth” are we allowing to inform us?

“God Is Our Truth”

“Guide me in Your Truth and teach me, for you are God My Savior, and My Hope is in you all day long.” *Psalm 25:5*

“I, The Lord, speak the truth; I declare what is right.”

Isaiah 45:19

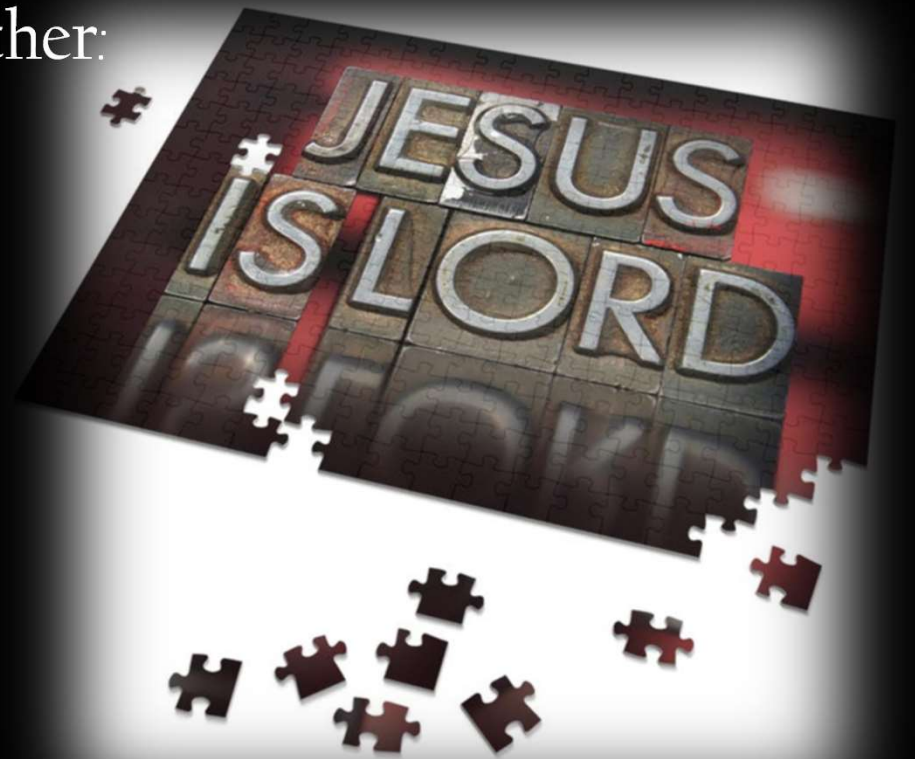
“Jesus said to him, ‘I am The Way, The Truth, and The Life. No one comes to The Father except through Me.’”

John 14:6

“Sanctify them in The Truth; Your Word is Truth.” *John 17:17*

Bring the Pieces of The Puzzle Together:
Who Said That?...

¹⁵ “Look,” said Naomi,
“your sister-in-law is going back
to her people and her gods.
Go back with her.” ...
Ruth 1: 15



Bring the Pieces of The Puzzle Together:

Who Said What?... Who is Our Naomi?

¹⁵ “Look,” said Naomi,
“your sister-in-law is going back
to her people and her gods.
Go back with her.” ...

Ruth 1: 15

²⁰ “Don’t call me Naomi,” she told them.
“Call me Mara, because The Almighty has made my
life very bitter. ²¹ I went away full, but The LORD has
brought me back empty. Why call me Naomi?
The LORD has afflicted me; The Almighty has brought
misfortune upon me.”

In Hebrew Naomi (*na'am*) means “pleasantness.”
Symbolizing joy, harmony, and a pleasant nature....



Bring the Pieces of The Puzzle Together:

Who Said That?... Who is Our Naomi?

“The way of fools seems right to them, but the wise listen to advice.”

Proverbs 12:15

“Without counsel plans fail, but with many advisers they succeed.”

Proverbs 15:22

“Listen to advice and accept instruction, that you may gain wisdom in the future.”

Proverbs 19:20

“Plans are established by counsel...”

Proverbs 20:18:

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

James 1:5

Seeking godly counsel is not a sign of weakness but a wise decision that reflects an understanding of our limitations. Engaging with wise counsel allows us to rely on God's provision of insight through others, guiding our paths with God's Divine Wisdom.



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 Author 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

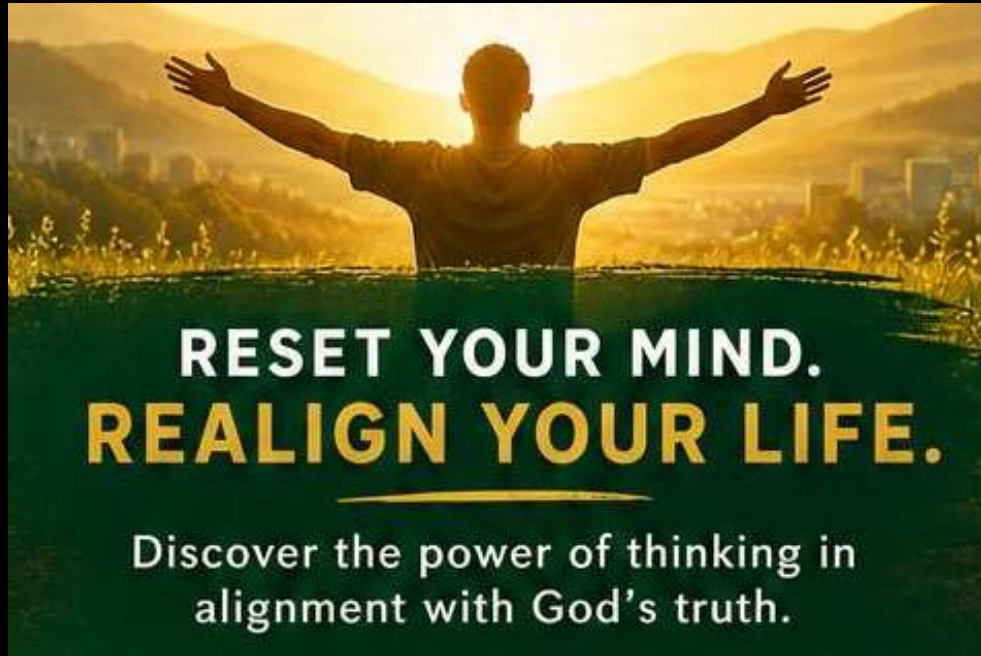
“I have come that they may have Life,
and have it more abundantly.”

John 10:10



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

Acts of the Apostles 17:28



Mental Alignment with Yahweh *Y.A.H.W.E.H.*

Y – Yearning
A – Alignment
H – Honor
W – Welcoming
E – Embracing
H – Holiness

² And do not be conformed to this world:
but be transformed by the renewing of your mind,
that you may prove what is that Good, and Acceptable
and Perfect, Will of God.

Romans 12:2



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

A collection of green hearts and green awareness ribbons scattered around the text. The ribbons are in various orientations, and the hearts are of different sizes. The entire graphic is set against a white background with a green scalloped border.



Pick Your Mental Health Medal!

In honor of mental health awareness month, celebrate what you accomplished this month! 

SelfLoveRainbow

 Kept a therapy appointment

Asked for help 

Talked about my feelings 

Refilled my meds

Said "no"


Remembered to take my meds

 Had a hard conversation

Used a coping skill

Had a good cry

Admitted that something was too much

 Worked on a positive change

Talked to or about myself in a positive way 

Advocated for my needs

Calmed myself down

 Wrote in my journal





Closing, Invitation and Benediction:

“...²⁰ Now to Him Who is able to do exceedingly abundantly above all that we ask or think, according to The Power that works in us,²¹ to Him *be* Glory in the church by Christ Jesus to all generations, forever and ever...”

Ephesians 3:20-21

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