



## **PEACE OF MIND: How Can I Help?**

September 17, 2023 | Pastor Kirk Walters  
Mount Paran North

<sup>37</sup> The next day, after they had come down the mountain, a large crowd met Jesus. <sup>38</sup> A man in the crowd called out to him, "Teacher, I beg you to look at my son, my only child. <sup>39</sup> An evil spirit keeps seizing him, making him scream. It throws him into convulsions so that he foams at the mouth. It batters him and hardly ever leaves him alone. <sup>40</sup> I begged your disciples to cast out the spirit, but they couldn't do it."

**Luke 9:37-40 NLT**

<sup>42</sup> As the boy came forward, the demon knocked him to the ground and threw him into a violent convulsion. But Jesus rebuked the evil spirit and healed the boy. Then he gave him back to his father. <sup>43</sup> Awe gripped the people as they saw this majestic display of God's power...

**Luke 9:42-43 NLT**

### **How do you help someone struggling with mental and emotional health?**

#### **Be Present**

"For where two or three gather together as my followers, I am there among them."

**Matthew 18:20 NLT**

## **Don't pretend you understand what you don't understand**

The words of thoughtless people cut like swords. But the tongue of wise people brings healing.

**Proverbs 12:18 NIRV**

## **Become a Great Friend**

### **Listen**

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

**James 1:19 NLT**

### **Encourage**

So encourage each other and build each other up, just as you are already doing.

**1 Thessalonians 5:11 NLT**

### **Keep Showing Up**