

Win the War in Your Mind: IT'S OK TO NOT BE OK
Wesley Towne — 8/25/24

IS IT OK TO NOT BE OK?

Some cultures teach that suffering (pain) is caused by our personal failures to live rightly.

LIFE IN THE GARDEN

- **Genesis 1:31**

LIFE AFTER THE GARDEN

- **Genesis 3**

ELIJAH

- **Elijah's success—1 Kings 18**
- **Elijah's suffering—1 Kings 19**

ELIJAH FOUND HELP

- **Help spiritually—1 Kings 19:5, 7, 9**
- **Help physically—1 Kings 19:5-6, 7-9**

YOU HAVE HELP

- **God is with us spiritually—spiritual help when we are not ok.**
- **God encourages us to care for ourselves physically—practical stewardship when we are not ok.**

IT'S OK TO NOT BE OK

Remind yourself daily that you have hope and you have God in a broken world.

- **Ephesians 2:12**

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