



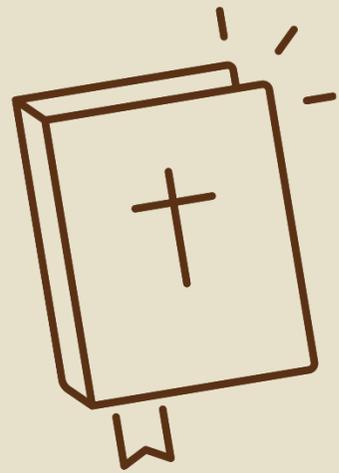
**YOUTH  
SUNDAY  
FEBRUARY 25, 2024**



# What You Said!



Sunday Sermon  
by Min. Judi Jno-Finn-Harris



# Opening Verse

Whoever dwells in the **shelter** of the **Most High** will rest in the **shadow** of the **Almighty**. I will **say of the Lord**,  
“He is my **refuge** and my **fortress**,  
my God , **in whom I trust.**”

Psalm 91:1 -2



# Telephone

“listening is an important skill”



## *Directions:*

**-Split group into two even lines**

**-Whisper a word or phrase to the person at one end of line (The word or phrase can only be repeated once)**

**-When the messages have made it to the end of each line, have the last person to receive the message in each line report out on what they heard.**

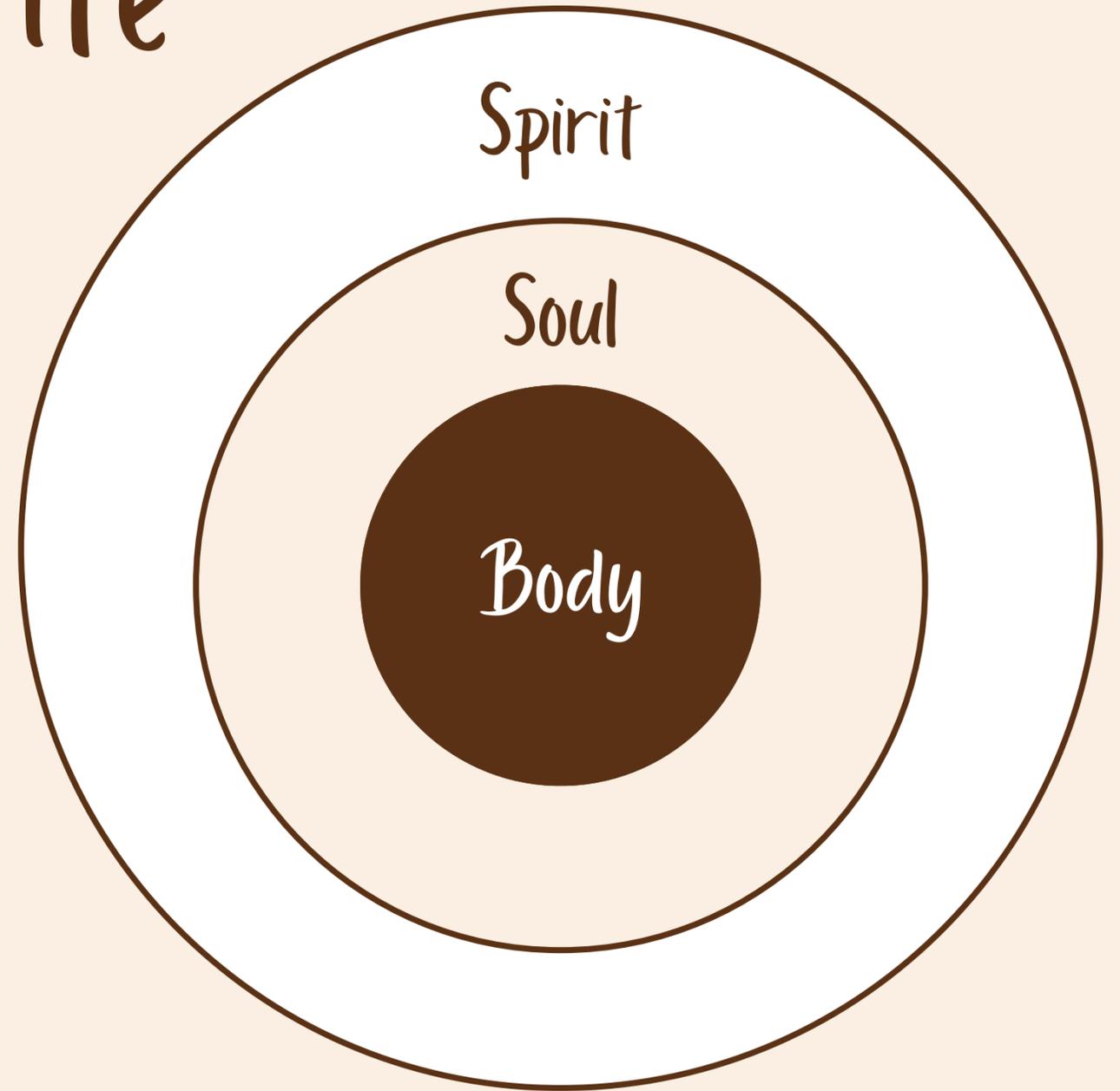
**-Next, have the first person to receive the message in each line report the original message and compare it to the final message received.**

# Spirit, Soul, Body: Tripartite

**Physical Health**-achieved by addressing basic physical needs. Ex: food, water, shelter, etc.

**Psychological Health**-achieved by addressing mental and emotional needs

**Spiritual Health**-achieved by addressing needs for good free will that only Christ can meet

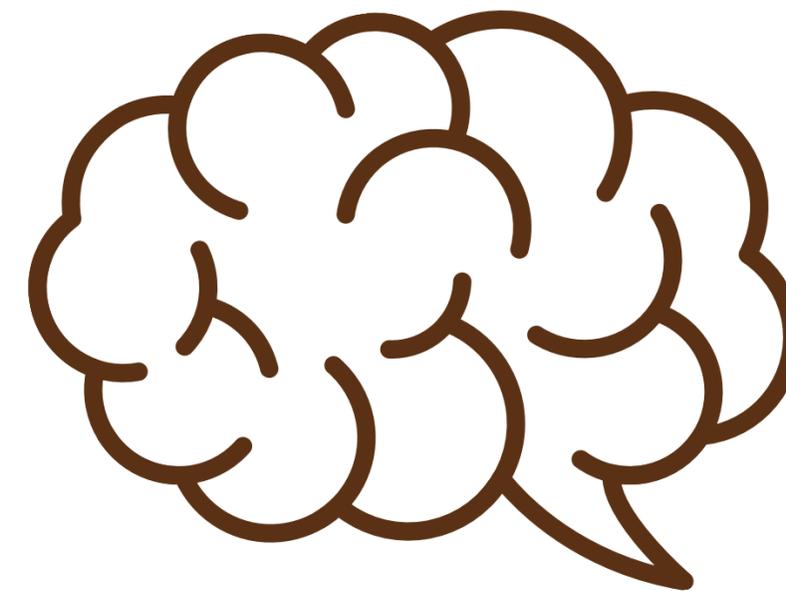
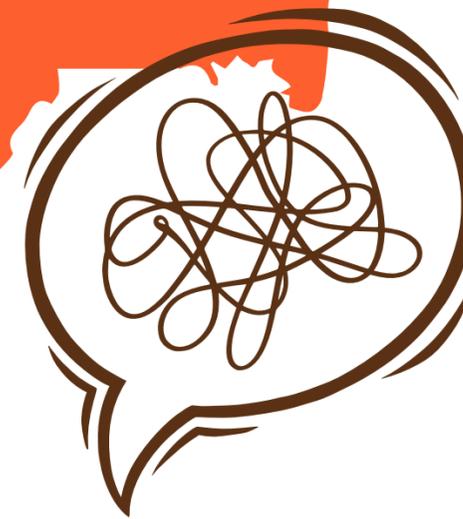


# Problems In The Mind

According to National Council for Mental Health, the brain-mouth connection (mental health) plays a significant role in oral health.

-People struggling with mental health issues such as: **anxiety and depression** may be at higher risk of developing oral health problems like tooth erosion, cavities and gum disease.

In the US, 45 million people are living with some type of mental illness that negatively impacts their life.





# Stop and Think



# Three Conditions of The Mind

## NATURAL MIND

1 Corinthians 2:14

The natural man does not accept the things that come from the Spirit of God. For they are foolishness to him, and he cannot understand them, because they are spiritually discerned.

## CARNAL MIND

Romans 8:5-7

For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

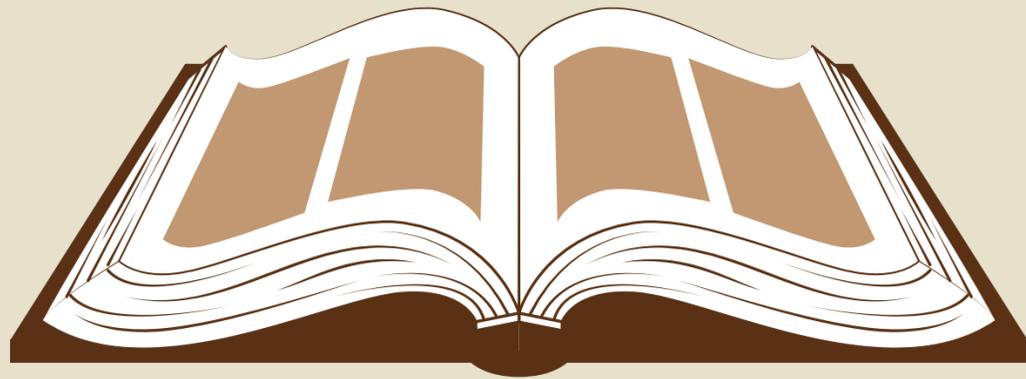
## RENEWED MIND

Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.



# The Believer's Challenge



2 Corinthians 5:17

“When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!”

# Mental Health and Well-Being

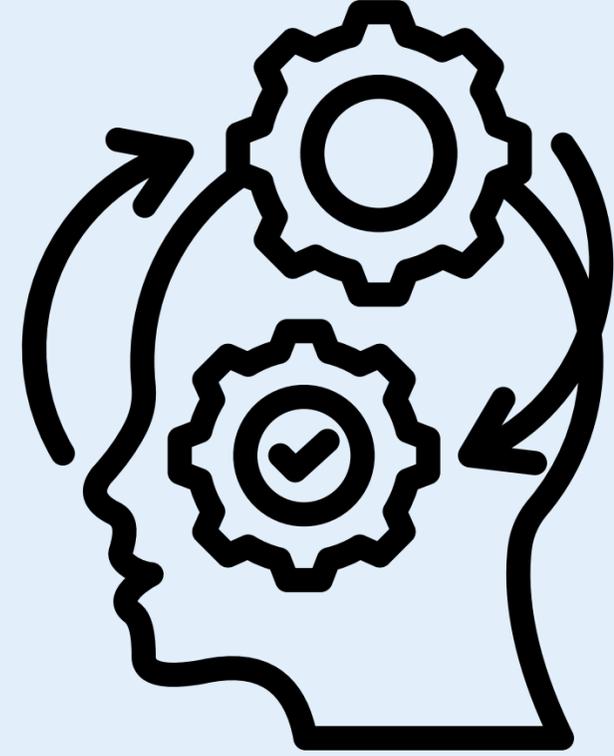
“May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he’ll do it!”



**1 Thessalonians 5:23**



# Let's Practice!



- You are loved (John 3:16)
- You are His (1 John 3:1)
- You are worthy (Zephaniah 3:17)
- You are purposed (Jeremiah 29:11)
- When you say you are scarred, God says you are healed (Isaiah 53:5)

# Ending Message



OUR SITUATIONS AND CIRCUMSTANCES **DO**  
**NOT** DICTATE WHAT WE SAY. WHEN GOD  
SPEAKS, OUR RESPONSE SHOULD **ALWAYS** BE  
**“WHAT YOU SAID!!!”**





Let's  
Pray!

Quiet Time