

JULY 5, 2022

# Journey Enews

## Journey Community Christian Church

Service Times:  
Saturday @ 6 PM  
Sunday @ 10:30 AM

Our services will be streaming  
to our Facebook Page AND  
our website:

[journeychurchsite.org](http://journeychurchsite.org)

Join us this weekend in-  
person or online!

Journey Church

Contact Info:

1050 US 27 S STE 8  
Cynthiana, KY 41031  
859.235.8449

[journeychurchoffice@gmail.com](mailto:journeychurchoffice@gmail.com)

Facebook:

Journey Church Cynthiana

Like us on Facebook to be  
notified when we go LIVE!

Instagram:

@journeycynthiana

## Check In

We should all start checking in on each other more often. I don't claim to be a mental health expert, but a pastor concerned about people. I Googled "mental health" and I found one, broad generalization which stated, "3 out of 4 people are struggling with some level of mental health issues."

This likely is not very surprising to any of us. Have you filled up your SUV or minivan lately? Yikes! The gas pump reads like a mortgage payment these days. We are living in stressful times. I am aware that people have always felt stress, but it feels different these days; a deeper despair for many.

Most people I know are in need of a little breather. We're all feeling a bit winded by constant warnings and reminders of danger. Summer vacations could not come at a better time. I think we need to see and smell the ocean and feel mountain breezes again. Eat wonderful food with people we love, in places we love to visit, celebrating everything possible.

This morning I read Psalm 69. The author, David, is having an especially difficult time, running for his life. King Saul wants to kill David because God has chosen David to replace King Saul. If God sent an email to everyone in your company and you were Elon Musk, and the email stated the Door Dash guy was getting your job, sooner or later ... well ... let me just show you what soon-to-be King David was saying to God.

*"Save me, O God, for the floodwaters are up to my neck. Deeper and deeper I sink into the mire; I can't get a foothold. I am in deep water, and the floods overwhelm me. I am exhausted from crying for help; my throat is parched. My eyes are swollen with weeping, waiting for my God to help me." Psalm 69:1-3 NLT*

People are just people, whatever the century might be.

David, after catching his breath, finishes the Psalm by saying: *"The humble will see their God at work and be glad. Let all who seek God's help be encouraged. For the LORD hears the cries of the needy; he does not despise his imprisoned people." Psalm 69:32-33 NLT*

Mental health struggles can feel like we are being chased by our enemies. Our stress may become our own prison. Jesus came to set us free (John 10:10). Help someone, anyone, just breathe again. We're just people. Be nice to everyone.

Be a good listener. Acknowledge lonely people. Talk with them in kindness. Share support with positive conversations. Help them to believe that God is turning things around, right now, for someone. It could be YOU ... it's never too late. Knowing God BETTER makes everyone BETTER!

**Make sure  
your friends  
are okay.**

*Bobby D.*