

Sermon Notes
Pastor William Green



It Is Ok, Not to Be Ok
Sunday, May 26, 2024

Luke 22:44 *“And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.”*

Myths and Lies Christians Tell Regarding Anxiety and Depression:

- **Lie #1: Daily prayer and Bible reading alone cures anxiety and depression.**
- **Lie #2: Anxiety and depression are a sin, a curse, or demon possession.**
- **Lie #3: If you loved Jesus more you would be happier and would not have anxiety and depression.**
- **Lie #4: You can't be a Christian if you are dealing with anxiety and depression.**

“Just because no one else can heal or do your inner work for you, doesn't mean you can, should, or need to do it alone.”

“People will need help and support either intermittently or continuously...”

“There is a crack in everything, that’s how the light gets in.” — Leonard Cohen

“Just because you don’t understand it doesn’t mean it isn’t so.”— Lemony Snicket

Acknowledgement of our shared human experience:

- *It recognizes that experiencing emotional and mental struggles is a normal, universal part of the human condition.*
- *No one is immune to the ups and downs, joys and sorrows of life. Even the most faithful and spiritually mature Christians face inner turmoil at times.*

Rejection of the myth of perfection:

- *The phrase “it is OK, not to be OK” challenges the unbiblical notion that Christians should have it all together emotionally and spiritually.*
- *It counters the unrealistic expectation that people of faith should always have perfect peace, joy and composure.*
- *Embracing this truth creates space for authenticity and vulnerability.*

Validation of emotional honesty:

- *Saying “it’s OK, not to be OK” affirms that it’s acceptable to be transparent about our struggles.*
- *It gives people permission to acknowledge their anxieties, fears, doubts and sorrows, rather than feeling the need to hide or minimize them.*

Reflection of God’s compassion:

- *This statement “it’s OK, not to be Ok” mirrors the heart of a God who meets us in our frailty and struggles.*
- *Embracing this truth helps people experience the comfort, grace and restoration that God offers.*

Call to cultivate empathy and community:

- *Saying “it’s OK, not to be OK” challenges the church to create safe spaces for people to be vulnerable.*
- *It summons the body of Christ to respond with empathy, understanding and tangible support.*
- *This fosters a culture of authentic connection, mutual care and holistic healing.*

“I cannot stand the words ‘Get over it’. All of us are under such pressure to put our problems in the past tense. Slow down. Don’t allow others to hurry your healing. It is a process, one that may take years, occasionally, even a lifetime – and that’s OK.”

— Beau Taplin

“You don’t have to be positive all the time. It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn’t make you a negative person. It makes you human.” — Lori Deschene

“You are valuable just because you exist. Not because of what you do or what you have done, but simply because you are.” — Max Lucado

“There is no standard normal. Normal is subjective. There are seven billion versions of normal on this planet.” — Matt Haig, Reasons to Stay Alive