

OUTDOOR
CHURCH





JESUS STRONG AND KIND



**JESUS SAID THAT IF I THIRST
I SHOULD COME TO HIM
NO ONE ELSE CAN SATISFY
I SHOULD COME TO HIM**



**JESUS SAID IF I AM WEAK
I SHOULD COME TO HIM
NO ONE ELSE CAN BE MY
STRENGTH
I SHOULD COME TO HIM**



**FOR THE LORD IS GOOD AND
FAITHFUL
HE WILL KEEP US DAY AND NIGHT
WE CAN ALWAYS RUN TO JESUS
JESUS, STRONG AND KIND**



**JESUS SAID IF I AM LOST
HE WILL COME TO ME
AND HE SHOWED ME ON THAT
CROSS
HE WILL COME TO ME**



**FOR THE LORD IS GOOD AND
FAITHFUL
HE WILL KEEP US DAY AND NIGHT
WE CAN ALWAYS RUN TO JESUS
JESUS, STRONG AND KIND
JESUS, STRONG AND KIND**

“Jesus Strong and Kind”

words and music by Colin Buchanan, Jonny Robinson, Michael Farren, Rich Thompson

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**GREAT IS THY
FAITHFULNESS**



**GREAT IS THY FAITHFULNESS,
O GOD, MY FATHER:
THERE IS NO SHADOW OF TURNING
WITH THEE.
THOU CHANGEST NOT,
THY COMPASSIONS, THEY FAIL NOT:
AS THOU HAST BEEN,
THOU FOREVER WILT BE.**

**GREAT IS THY FAITHFULNESS,
GREAT IS THY FAITHFULNESS,
MORNING BY MORNING
NEW MERCIES I SEE.
ALL I HAVE NEEDED
THY HAND HAST PROVIDED:
GREAT IS THY FAITHFULNESS,
LORD UNTO ME.**



**PARDON FOR SIN AND
A PEACE THAT ENDURETH,
THINE OWN DEAR PRESENCE TO
CHEER AND TO GUIDE:
STRENGTH FOR TODAY AND BRIGHT
HOPE FOR TOMORROW,
BLESSINGS ALL MINE AND
TEN THOUSAND BESIDE.**



**GREAT IS THY FAITHFULNESS,
GREAT IS THY FAITHFULNESS,
MORNING BY MORNING
NEW MERCIES I SEE.
ALL I HAVE NEEDED
THY HAND HAST PROVIDED:
GREAT IS THY FAITHFULNESS,
LORD UNTO ME.**

“Great Is Thy Faithfulness”
words by Thomas O Chisholm
music by William M Runyan
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BE STILL, MY SOUL



**BE STILL, MY SOUL!
THE LORD IS ON YOUR SIDE:
BEAR PATIENTLY
THE CROSS OF GRIEF OR PAIN:
LEAVE TO YOUR GOD
TO ORDER AND PROVIDE:**



**IN EV'RY CHANGE
HE FAITHFUL WILL REMAIN.
BE STILL, MY SOUL!
THY BEST, THY HEAV'NLY FRIEND
THRU' THORNY WAYS
LEADS TO A JOYFUL END.**

"Be Still My Soul"
words by Katharina Amalia von Schlegel
music by Jean Sibelius
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EMOTIONAL TIREDNESS

PSALM 34:17-19
MATTHEW 11:28-30



IN THE LATE 1980S, SHEILA WALSH SEEMED TO HAVE IT ALL AS A SUCCESSFUL RECORDING ARTIST AND THE HIGH-PROFILE CO-HOST OF THE 700 CLUB. BENEATH THE LIGHTS AND THE FLAWLESS EXTERIOR, HOWEVER, SHE WAS SUFFERING FROM SEVERE CLINICAL DEPRESSION, CRUSHED BY A LIFELONG HABIT OF PERFECTIONISM AND THE HIDDEN TRAUMA OF LOSING HER FATHER TO SUICIDE.

THE EMOTIONAL PRESSURE OF MAINTAINING A STRONG, PUT-TOGETHER FACADE EVENTUALLY BECAME A LITERAL PHYSICAL AND MENTAL WEIGHT UNTIL, AT AN ABSOLUTE BREAKING POINT, SHE STEPPED DOWN FROM NATIONAL TELEVISION AND CHECKED HERSELF INTO A PSYCHIATRIC HOSPITAL. STRIPPED OF HER PLATFORM, MAKEUP, AND MICROPHONE, SHE SAT ON THE FLOOR OF THE WARD AND WEPT, FINALLY REACHING THE END OF TRYING TO PULL THROUGH LIFE ON HER OWN STRENGTH.



PSALM 34:17-19

MATTHEW 11:28-30

EMOTIONAL HEALTH ENCOMPASSES FAR MORE THAN THE ABSENCE OF DIAGNOSED MENTAL ILLNESS—IT'S A MULTIFACETED CAPACITY THAT SHAPES HOW YOU NAVIGATE LIFE'S CHALLENGES AND RELATE TO OTHERS. PSYCHOLOGISTS DEFINE IT AS OVERALL PSYCHOLOGICAL WELL-BEING, COMBINING HOW YOU FEEL ABOUT YOURSELF, THE QUALITY OF YOUR RELATIONSHIPS, AND YOUR ABILITY TO MANAGE FEELINGS AND HANDLE DIFFICULTY.[1]



[1] Nelson Searcy and Jennifer Dykes Henson, *The New You: A Guide to Better Physical, Mental, Emotional, and Spiritual Wellness* (Grand Rapids, MI: Baker, 2019). [See here, here, here.]

[2] Ann White, *Courage For Life: Discover a Life Full of Confidence, Hope, and Opportunity!* (Carol Stream, IL: Tyndale Momentum, 2025), 29.

[3] Gordon T. Smith, *Courage and Calling: Embracing Your God-Given Potential* (Downers Grove, IL: IVP, 2024), 239, 241.

EMOTIONALLY HEALTHY PEOPLE MAINTAIN CLEAR AWARENESS OF THEIR THOUGHTS, FEELINGS, AND BEHAVIORS, HAVING DEVELOPED CONSTRUCTIVE WAYS TO HANDLE THE STRESS AND PROBLEMS INHERENT TO LIVING.[2] THIS INVOLVES SEVERAL INTERCONNECTED CAPACITIES: KNOWING YOUR FEELINGS AND DRAWING ON THEM FOR DECISIONS WITHOUT BEING SABOTAGED BY THEM, MANAGING EMOTIONAL LIFE SO WORRY DOESN'T PARALYZE YOU OR ANGER SWEEP YOU AWAY, AND ENSURING EMOTIONS SERVE YOU RATHER THAN CONTROL YOU.[3] YOU'RE ABLE TO PERSIST THROUGH SETBACKS AND DISAPPOINTMENT, CHANNELING EMOTIONAL ENERGY TOWARD MEANINGFUL GOALS WHILE ACCEPTING DELAYED GRATIFICATION.[3]



[1] Nelson Searcy and Jennifer Dykes Henson, *The New You: A Guide to Better Physical, Mental, Emotional, and Spiritual Wellness* (Grand Rapids, MI: Baker, 2019). [See here, here, here.]

[2] Ann White, *Courage For Life: Discover a Life Full of Confidence, Hope, and Opportunity!* (Carol Stream, IL: Tyndale Momentum, 2025), 29.

[3] Gordon T. Smith, *Courage and Calling: Embracing Your God-Given Potential* (Downers Grove, IL: IVP, 2024), 239, 241.



A YOKE WAS A HEAVY WOODEN HARNESS THAT WOULD BE PUT ON OXEN AND ATTACHED TO EQUIPMENT THE OXEN PULLED. JESUS WAS LIKELY REFERRING TO THE HUNDREDS OF EXTRA RULES AND REQUIREMENTS THE RELIGIOUS LEADERS WERE PUTTING ON THE PEOPLE.



JESUS' TEACHINGS MAKE SENSE TO HUMBLE LEARNERS, NOT PROUD LEGALISTS. IF YOU HAVE BEEN DEVASTATED BY SIN, DRAINED OF JOY BY RULE KEEPING, OR CRUSHED BY PERSECUTION OR OPPRESSION, THIS REST IS FOR YOU. JESUS GIVES LOVE, PEACE, AND HEALING NOW, AND ONE DAY ETERNAL LIFE AND JOYFUL UNITY WITH HIM.



**EMOTIONAL HEALTH IS CLOSELY CONNECTED
TO ONE'S SPIRITUAL HEALTH. IN FACT, ONE
CANNOT BE HEALTHY WITHOUT THE OTHER.**

**WE GO IN CIRCLES WHEN
WE TRY TO PULL THROUGH
LIFE ON OUR OWN.**



RELATIONAL COMPETENCE MATTERS EQUALLY. EMOTIONALLY HEALTHY PEOPLE EMPATHIZE WITH OTHERS AND RECOGNIZE THEIR FEELINGS, HANDLING RELATIONAL DYNAMICS WITH GRACE—YOUR OWN EMOTIONAL STATE DOESN'T UNDERMINE YOUR CAPACITY TO LISTEN TO AND IDENTIFY WITH OTHERS, AND YOU CAN SPEAK TRUTHFULLY WITH PATIENCE AND TACT EVEN WHEN IT STIRS OTHERS' EMOTIONS.[3]



[1] Nelson Searcy and Jennifer Dykes Henson, *The New You: A Guide to Better Physical, Mental, Emotional, and Spiritual Wellness* (Grand Rapids, MI: Baker, 2019). [See here, here, here.]

[2] Ann White, *Courage For Life: Discover a Life Full of Confidence, Hope, and Opportunity!* (Carol Stream, IL: Tyndale Momentum, 2025), 29.

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INVITES TO REST



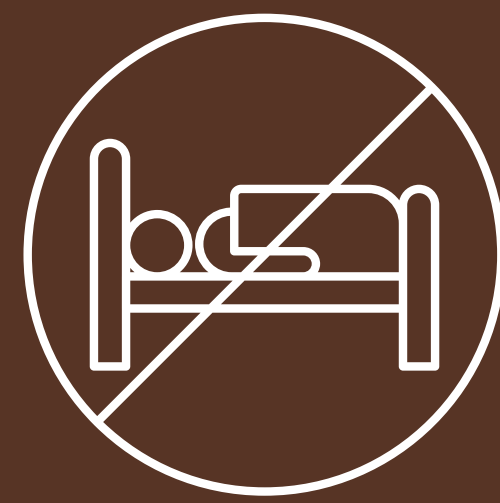
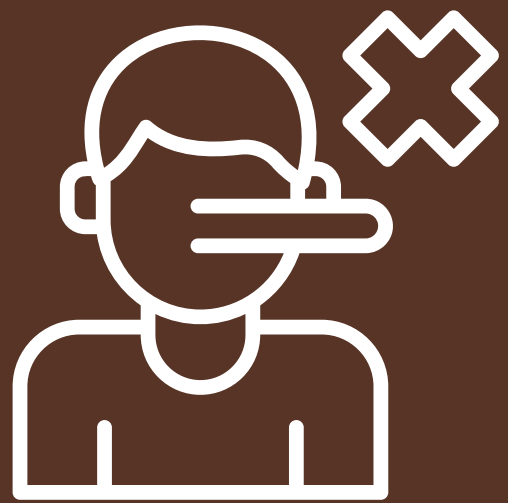
INVITES TO PARTNER



INVITES TO WORK



WHAT MAKES US EMOTIONALLY TIRED?





INVITES TO REST

- **MENTALLY, PHYSICALLY, AND EMOTIONALLY, WE WORK.**
- **THERE IS A SPIRITUAL/EMOTIONAL TOLL.**





INVITES TO PARTNER



- TAKE
- LEARN
- REST

CRITICALLY, EMOTIONAL MATURITY INCLUDES CAPACITY TO RESPOND WITH SORROW, ANGER, OR DISCOURAGEMENT WHEN PAIN ARRIVES, YET ALWAYS RETURNING TO AN EMOTIONAL CENTER OF JOY ROOTED IN CONFIDENCE IN GOD'S GOODNESS, TRUST IN HIS PROVIDENCE, AND HOPE IN JUSTICE'S ULTIMATE TRIUMPH.[3]



[1] Nelson Searcy and Jennifer Dykes Henson, *The New You: A Guide to Better Physical, Mental, Emotional, and Spiritual Wellness* (Grand Rapids, MI: Baker, 2019). [See here, here, here.]

[2] Ann White, *Courage For Life: Discover a Life Full of Confidence, Hope, and Opportunity!* (Carol Stream, IL: Tyndale Momentum, 2025), 29.

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INVITES TO WORK

- WE YOKE UP WITH GOD.
- WE HAVE MANAGABLE BURDENS.
- LIFE IS STILL HARD, BUT EASIER TO BEAR.



THE STAKES ARE SIGNIFICANT. PHYSICAL AND EMOTIONAL HEALTH ARE INEXTRICABLY LINKED, WITH SPIRITUAL HEALTH AS THEIR FOUNDATION, AND RISING OBESITY RATES CORRELATE WITH RISING DEPRESSION AND ANXIETY AS THESE AREAS FEED INTO EACH OTHER.[1] NEGATIVE THOUGHTS AND FEELINGS CREATE PHYSIOLOGICAL REACTIONS LEADING TO WEAKENED IMMUNITY, CHEST PAIN, SHORTNESS OF BREATH, FATIGUE, HIGH BLOOD PRESSURE, AND DIGESTIVE ISSUES.[1]



[1] Nelson Searcy and Jennifer Dykes Henson, *The New You: A Guide to Better Physical, Mental, Emotional, and Spiritual Wellness* (Grand Rapids, MI: Baker, 2019). [See here, here, here.]

[2] Ann White, *Courage For Life: Discover a Life Full of Confidence, Hope, and Opportunity!* (Carol Stream, IL: Tyndale Momentum, 2025), 29.

[3] Gordon T. Smith, *Courage and Calling: Embracing Your God-Given Potential* (Downers Grove, IL: IVP, 2024), 239, 241.

JESUS' "YOKE" REFERS TO THE CHALLENGES, WORK, AND DIFFICULTIES OF FOLLOWING HIM AS A DISCIPLE. RESPONSIBILITIES-EVEN THE EFFORT OF STAYING TRUE TO GOD-STILL WEIGH US DOWN AS WE WORK. SO IN WHAT SENSE IS THIS YOKE EASY? JESUS' YOKE REMAINS EASY COMPARED TO THE CRUSHING ALTERNATIVE OF DEAD-END LEGALISM AND SELF-POWERED EFFORT. AND ALTHOUGH JESUS DOESN'T OFFER A LIFE OF LUXURIOUS EASE-THE YOKE STILL IMPLIES HARD WORK-HE SHARES THE YOKE WITH US. HIS BIGGER SHOULDERS CARRY THE GREATER WEIGHT.



**EMOTIONAL HEALTH IS CLOSELY CONNECTED
TO ONE'S SPIRITUAL HEALTH. IN FACT, ONE
CANNOT BE HEALTHY WITHOUT THE OTHER.**

**WE GO IN CIRCLES WHEN
WE TRY TO PULL THROUGH
LIFE ON OUR OWN.**



**AND LET US NOT BE WEARY
IN WELL DOING: FOR IN DUE
SEASON WE SHALL REAP, IF
WE FAINT NOT.**

GALATIANS 6:9



**THEREFORE, MY BELOVED
BRETHREN, BE YE STEDFAST,
UNMOVEABLE, ALWAYS ABOUNDING
IN THE WORK OF THE LORD,
FORASMUCH AS YE KNOW THAT YOUR
LABOUR IS NOT IN VAIN IN THE LORD.**

1 CORINTHIANS 15:58



APPLICATION

- GO TO JESUS DAILY IN PRAYER AND BIBLE STUDY.
- LEARN HIS HUMILITY TO AVOID TRYING TO LIFT LIFE YOURSELF.
- REMEMBER HE WILL NOT GIVE YOU MORE THAN YOU CAN HANDLE (WITH HIM).



BACK TO SHEILA WALSH: IT WAS IN THAT EXACT MOMENT OF ABSOLUTE BROKENNESS THAT SHEILA EXPERIENCED A PROFOUND SHIFT AND BEGAN TRADING HER HEAVY YOKE OF LEGALISM, PERFORMANCE, AND SELF-RELIANCE FOR THE REST JESUS PROMISES. IN THE QUIET DARKNESS OF HER HOSPITAL ROOM, SHE REALIZED THAT HER VALUE TO GOD WAS NOT FOUND IN HER PERFORMANCE OR STRENGTH, BUT SIMPLY IN BEING HIS CHILD. HER HEALING DID NOT HAPPEN OVERNIGHT:

IT REQUIRED MONTHS OF INTENSIVE THERAPY, COUNSELING, AND DEEP SPIRITUAL REBUILDING TO PROCESS HER PAST AND ALLOW HER EMOTIONAL ENERGY TO SERVE A HEALTHIER PURPOSE. EMERGING FROM THAT SEASON RADICALLY CHANGED, SHE CHOSE A NEW LIFE ROOTED IN VULNERABILITY, EVENTUALLY STEPPING BACK ONTO GLOBAL STAGES NOT AS A PERFECT PERSON WITH ALL THE ANSWERS, BUT AS A HEALED WOMAN SHARING HOW JESUS MEETS US IN OUR DEEPEST EMOTIONAL TIREDNESS.



INVITES TO REST



INVITES TO PARTNER



INVITES TO WORK

