# GR©UP THERAPY

Three Steps Towards Mental Health

#### Adam Martin

- THINK ABOUT WHAT WE THINK ABOUT
- YOU MIGHT BE WRONG ABOUT YOU
- ONE STEP CAN CHANGE EVERYTHING

Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. About three o'clock in the morning, Jesus came towards them, walking on the water. When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, "It's a ghost!"

But Jesus spoke to them at once. "Don't be afraid," he said. "Take courage, I am here." Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water." "Yes, come," Jesus said. So Peter went over the side of the boat and walked on the water towards Jesus. But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted. Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?" When they climbed back into the boat, the wind stopped. Then the disciples worshipped him. "You really are the Son of God!" they exclaimed.

### Matthew 14:24-33 (NLT)

1. THINK ABOUT WHAT YOU THINK ABOUT

But when the disciples saw him walking on the sea, they were terrified, and said, " It is a ghost!" and they cried out in fear. Matthew 14:26 (ESV)

We can never change what we will not confront.

#### 2. YOU MIGHT BE WRONG ABOUT YOU

In John 8, he freed an adulterous woman Reminding us that, in Christ, our worst mistakes don't define us.

In Luke 8, he healed a hemorrhaging woman, Reminding us that even if you've put your hope everywhere else, it's never too late to put your hope in Jesus. In Matthew 8, he healed a man with leprosy, Reminding us that even if others abandon us, he will never leave or forsake us.

In Luke 19, he befriended a tax collector, Reminding us that even if we've been running from him, it's never too late to turn around.

In John 9, he healed a blind man, Reminding us that there may be things we cannot see about ourselves.

And after the cross he rose again, Reminding us that death is not the end for the child of God.

## 3. ONE STEP COULD CHANGE EVERYTHING

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Matthew 14:29-31 (NLT)

"Save me Lord!" he shouted Matthew 14:30 (NLT)

Immediately, Jesus reached out his hand and caught him... Matthew 14:31 (NIV)

... "You really are the Son of God!" ... Matthew 14:33 (NLT)

... "Don't be afraid," he said. "Take courage, I am here!" Matthew 14:27 (NLT)

To talk to someone who can help, text TALK to 320320.

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