

LET'S TALK ABOUT IT

A Teaching Series on Emotional & Spiritual Health

DATE

April 27

May 4

May 18

June 1

June 8

TOPIC*

I'm Struggling with Shame

I'm Struggling with Anger

I'm Struggling with Depression

I'm Struggling with Anxiety

I'm Struggling with Self-Worth

VERSE(S)

Luke 8:40-48

Ephesians 4:26-27

1 Kings 19:1-5

Psalms 34:4 & 94:19

Isaiah 43:1-4

**Topics are subject to change*

READING PLAN