

WINNING

THE YOUTH

TOUCHING THEIR MINDS

CRITICAL CONCERNS

OF OUR TIMES

(and what you can do about it)

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****CONTENT ADVISORY****

This sermon contains mention of
self-harm & suicide.



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I don't trust nobody and nobody trusts me
I'll be the actress starring in your bad
dreams

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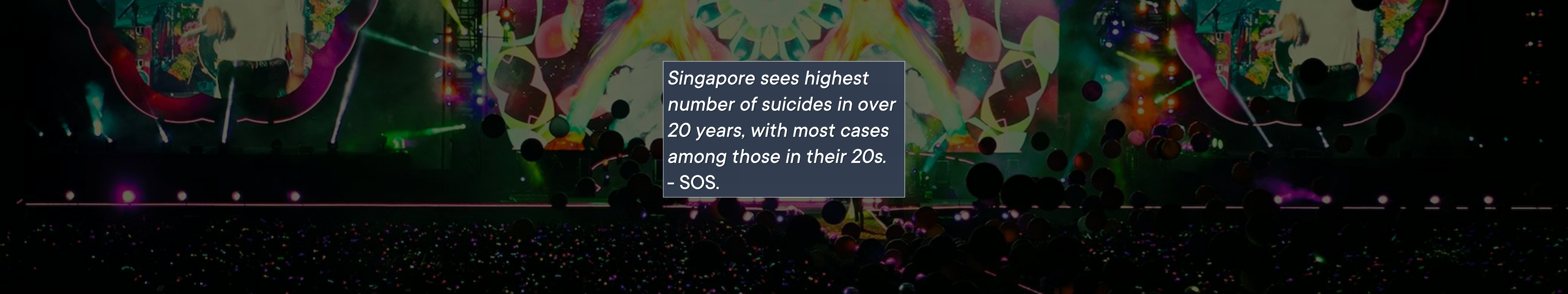
I don't trust nobody and nobody trusts me
I'll be the actress starring in your bad
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I don't trust nobody and nobody trusts me
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dreams

I'm sorry

But the old Taylor can't come to the
phone right now

Why? Oh, 'cause she's dead (oh)

A vibrant, colorful scene of a night festival or parade. The image is dark, with bright, multi-colored lights (red, green, blue, yellow) illuminating the scene. In the foreground, there are many small, dark, circular shapes, possibly people or objects, some of which are glowing with light. In the background, there are larger, more complex shapes, including what appears to be a large, colorful, abstract structure or costume. The overall atmosphere is festive and energetic.

Singapore sees highest number of suicides in over 20 years, with most cases among those in their 20s. - SOS.

CRITICAL ISSUES OF OUR TIMES

Turning Singapore Godward – *Blessing Singapore*

Prayer

Turning Singapore Godward – *Loving Singapore*

Evangelism

Turning Singapore Godward – *Unlabelling Singapore*

Spirit-led life

Winning The Youth – *Touching Their Minds*

Winning The Youth – *Whole Church Approach*

Blessing The Nations – *The BBTC Way*

Blessing The Nations – *BCS Awareness Week*

Blessing The Nations – *The Antioch Calling*

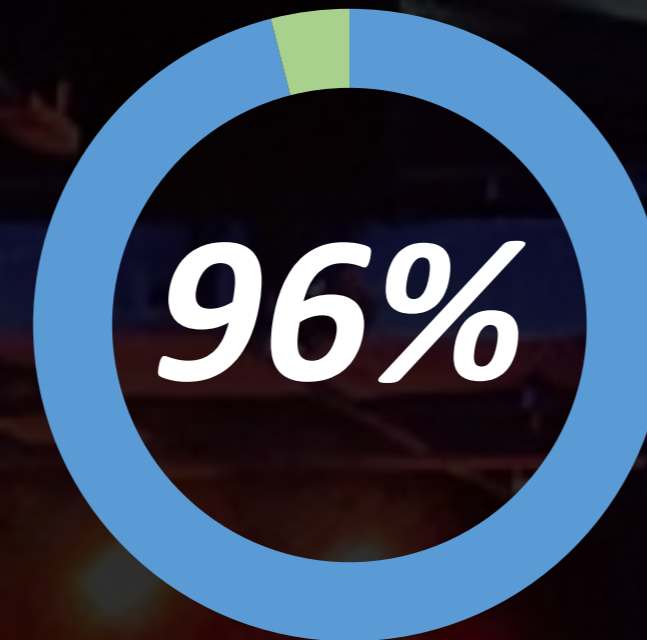




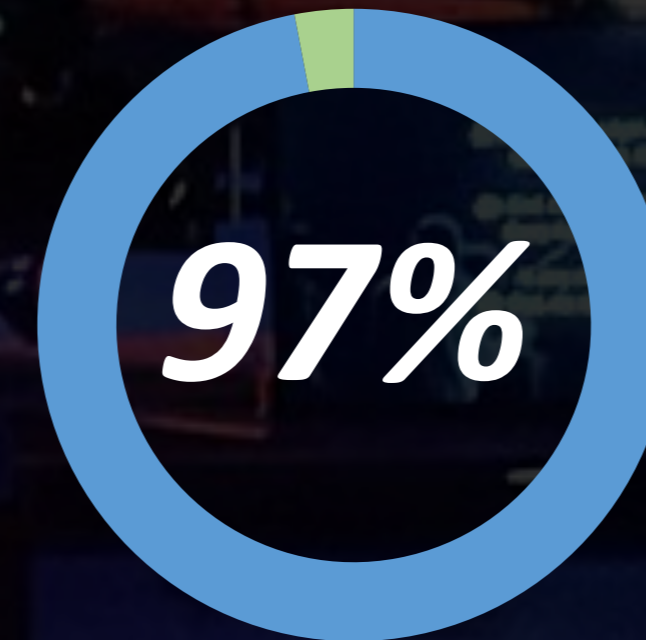
**THIR.ST
YOUTH
NIGHT**

*Honest Conversations on
Mental Health*

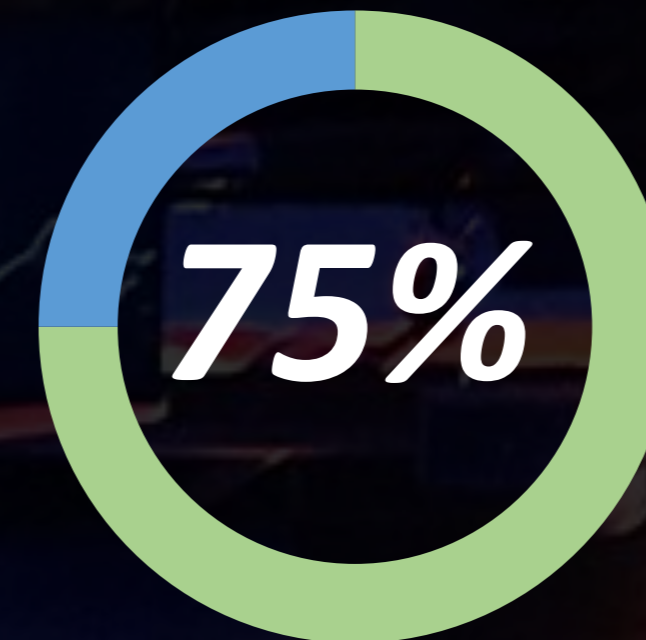
300 | **60**
youths | churches



Personally struggle with **mental health issues** or know someone who struggles with it



Personally had **self-harm** or **suicidal thoughts** or know someone who had them before



Have trusted adult mentors who listen, **understand** and **journey** through life with them

MENTAL HEALTH STRUGGLES FACED

Self image
Broken families Grades Stress Work Loneliness
Eating Disorders **Anxiety** Overthinking
Suicidal Thoughts **Depression**
Insecurity School Hopelessness Childhood trauma
Meaninglessness Self harm Panic Attacks Fear

Even when I fight, I fight on my knees
With my hands tied high
Oh God, the battle belongs to You
Every day I lay at Your feet

Even when I fight, I fight on my knees
With my hands tied high
Oh God, the battle belongs to You
Every day I lay at Your feet
To sing through the night
'Till the battle belongs to You

MENTAL HEALTH STRUGGLES FACED

“

I wish my parents realise that they were the source of my childhood trauma and that's why I am experiencing mental health problems now.

”

A wide-angle photograph of a church sanctuary filled with a large congregation. The pews are packed with people of various ages. In the foreground, the backs of several people's heads are visible as they look towards the front. On the right side of the sanctuary, a band is performing on a raised platform. The band includes a pianist, a guitarist, a bassist, and a drummer. The church's architecture features high ceilings and large, light-colored wooden panels. A prominent white cross is visible on the right wall. The overall atmosphere is one of a contemporary church service.

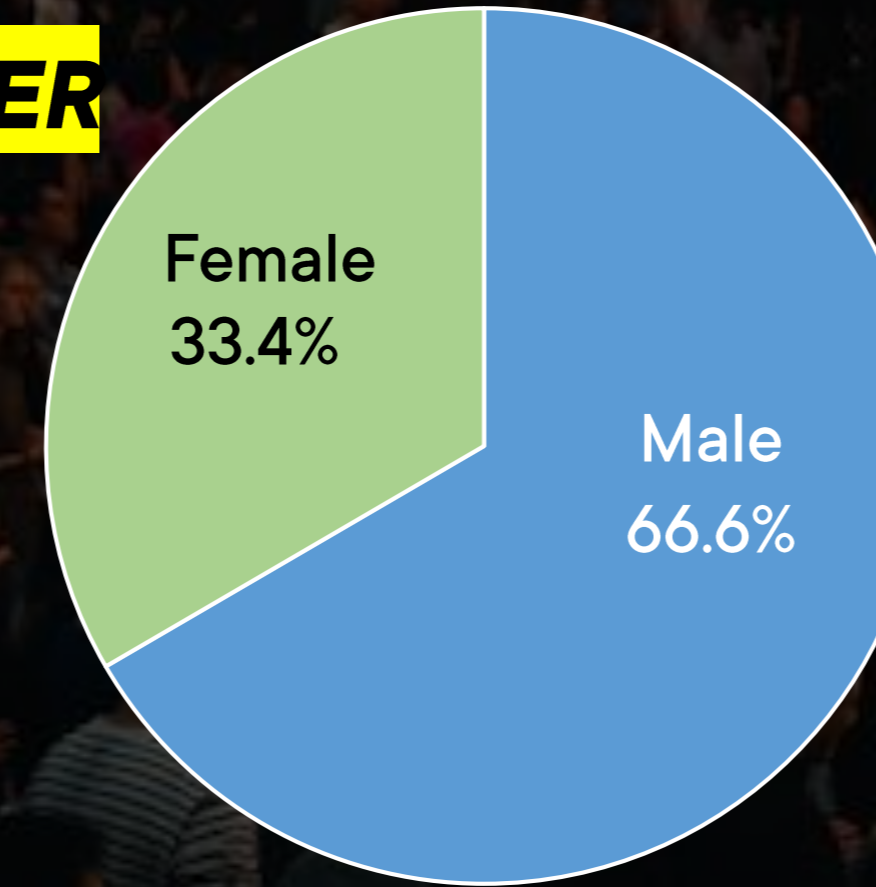
MALACHI 4:5-6

⁵ Behold, I am going to send you Elijah the prophet before the coming of the great and terrible day of the Lord.

⁶ He will restore the hearts of the fathers to their children and the hearts of the children to their fathers, so that I will not come and smite the land with a curse.

DEATHS BY SUICIDE IN 2022

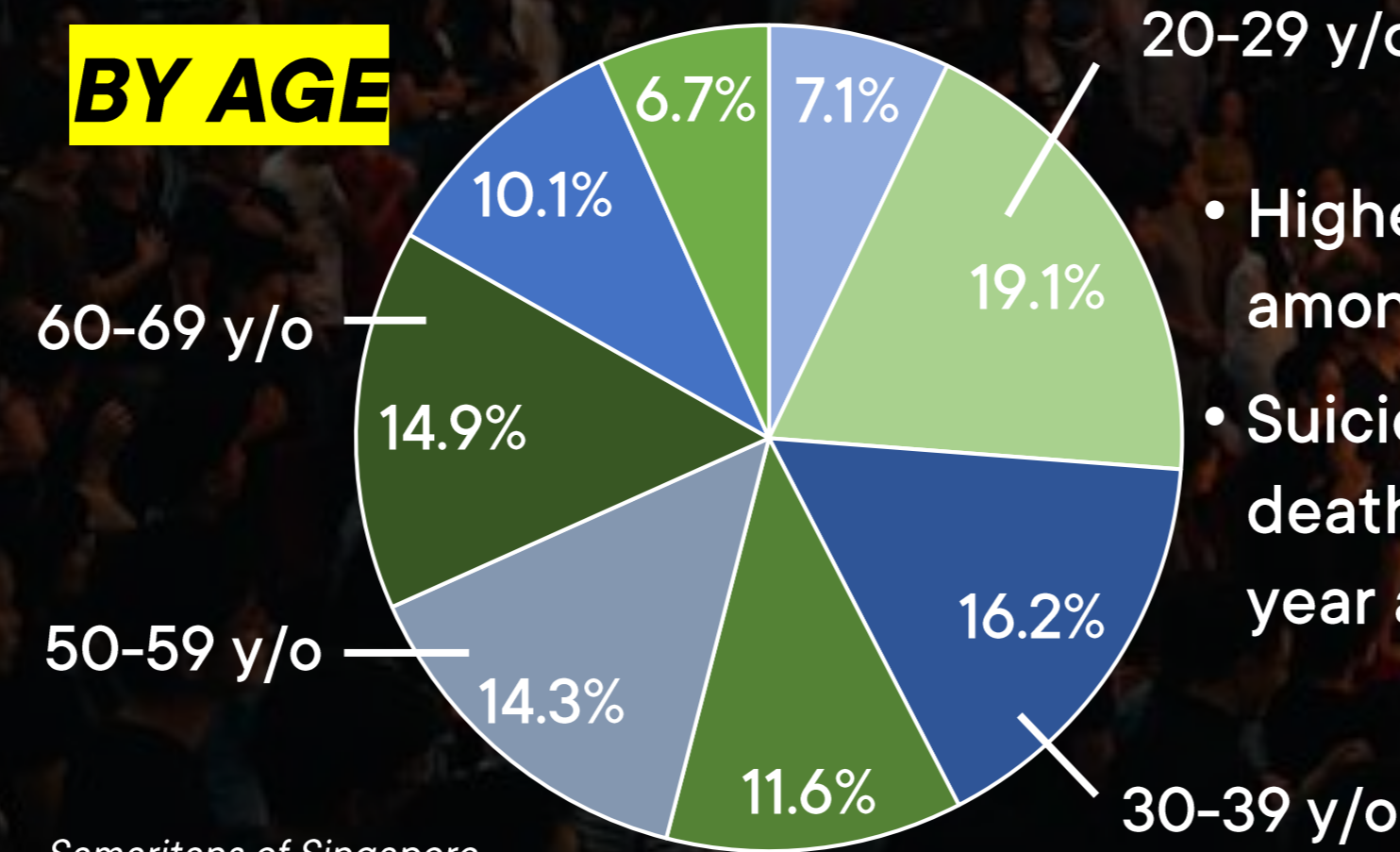
BY GENDER



- 476 suicide cases recorded
- Highest since year 2000 where there were 348 cases

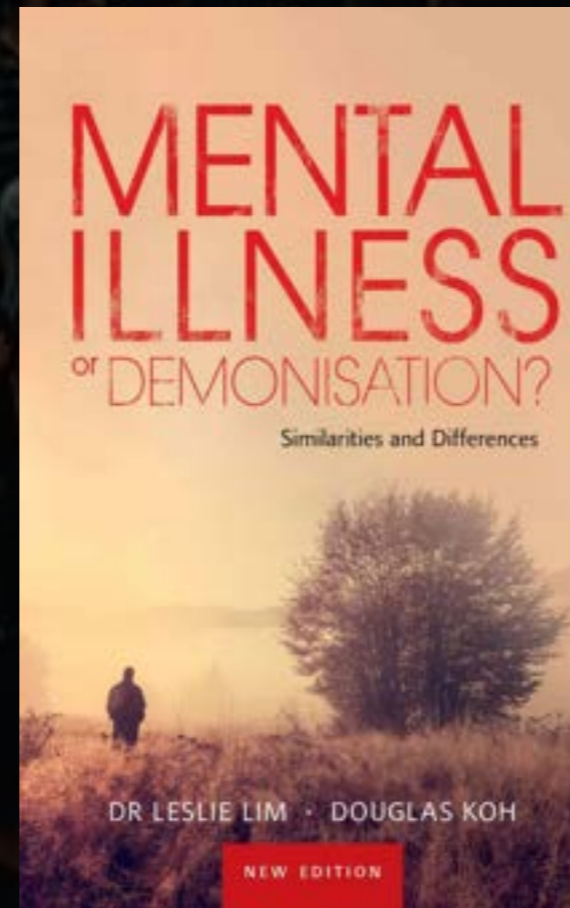
DEATHS BY SUICIDE IN 2022

BY AGE



- Highest number of deaths was among 20 to 29 year olds
- Suicide is the leading cause of death for the fourth consecutive year among 10 to 29 year olds

Samaritans of Singapore



PRAISE TRIBE TALK

Mental Illness or Demonisation?

Speaker: Dr Leslie Lim

Happened on 25 June 2023



BBTC Mental Health Support
Group



A wide-angle photograph of a church service. The sanctuary is filled with a large, diverse congregation of people of various ages, many with their hands raised in prayer. At the front of the church, a band is performing on a stage. A large, minimalist white cross is mounted on the wall behind the stage. The lighting is soft and focused on the front of the church.

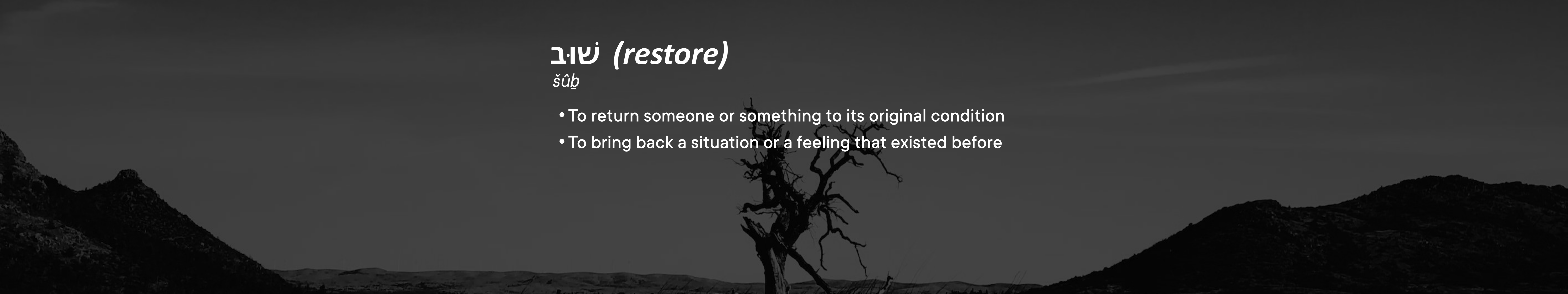
MALACHI 4:6

⁶He will **restore the hearts** of the fathers to their children and the hearts of the children to their fathers, so that I will not come and smite the land with a curse.

שׁוּב (*restore*)

šûb

- To return someone or something to its original condition
- To bring back a situation or a feeling that existed before





JEZEBEL

1 Kings 16 – 2 Kings 9



JEZEBEL

1 Kings 16 – 2 Kings 9

1 KINGS 16:33-34

³³Ahab also made the Asherah. Thus Ahab did more to provoke the Lord God of Israel than all the kings of Israel who were before him. ³⁴In his days Hiel the Bethelite built Jericho; he laid its foundations with the loss of Abiram his firstborn, and set up its gates with the loss of his youngest son Segub, according to the word of the Lord, which He spoke by Joshua the son of Nun.

Jos 6:26 Then Joshua made them take an oath at that time, saying, “Cursed before the Lord is the man who rises up and builds this city Jericho; with the loss of his firstborn he shall lay its foundation, and with the loss of his youngest son he shall set up its gates.”



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1 Kings 16 – 2 Kings 9

1 KINGS 16:33-34

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As parents & adults, we must take the initiative to change our hearts towards our children.

A wide-angle photograph of a church service. The sanctuary is filled with a diverse group of people, mostly young adults, seated in pews. In the foreground, the backs of several people's heads are visible as they look towards the front. On the right side of the frame, a band is performing on a raised platform. A pianist is visible at a keyboard, and other musicians are partially seen. The church's architecture features tall, light-colored wooden pillars and a large, simple white cross on the wall behind the band. The lighting is soft and focused on the stage area.

MALACHI 4:6

⁶He will **restore the hearts** of the fathers to their children and the hearts of the children to their fathers, so that I will not come and smite the land with a curse.

Turning our hearts to the youth by:

Seeking to **know** – know the facts about mental health & the youth

Seeking to **understand** – connect the facts to make meaning

Seeking to **love** – love the youth wisely

Turning our hearts to the youth by:

Seeking to **know**

– know the facts about MH and Youth

Seeking to understand

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– love the youth wisely

What mental health?

It's all in your mind!

- Mental illnesses is not a new thing.
- It is real and we can see it in the Bible.
- Some people are genetically predisposed, which means they're more prone to mental health disorders

Seek to know

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PROVERBS 18:15

The intelligent heart acquires knowledge, and the ear of the wise seeks knowledge. (ESV)

PROVERBS 19:2

Desire without knowledge is not good, and whoever makes haste with his feet misses his way. (ESV)

Turning our hearts to the youth by:

Seeking to **know**

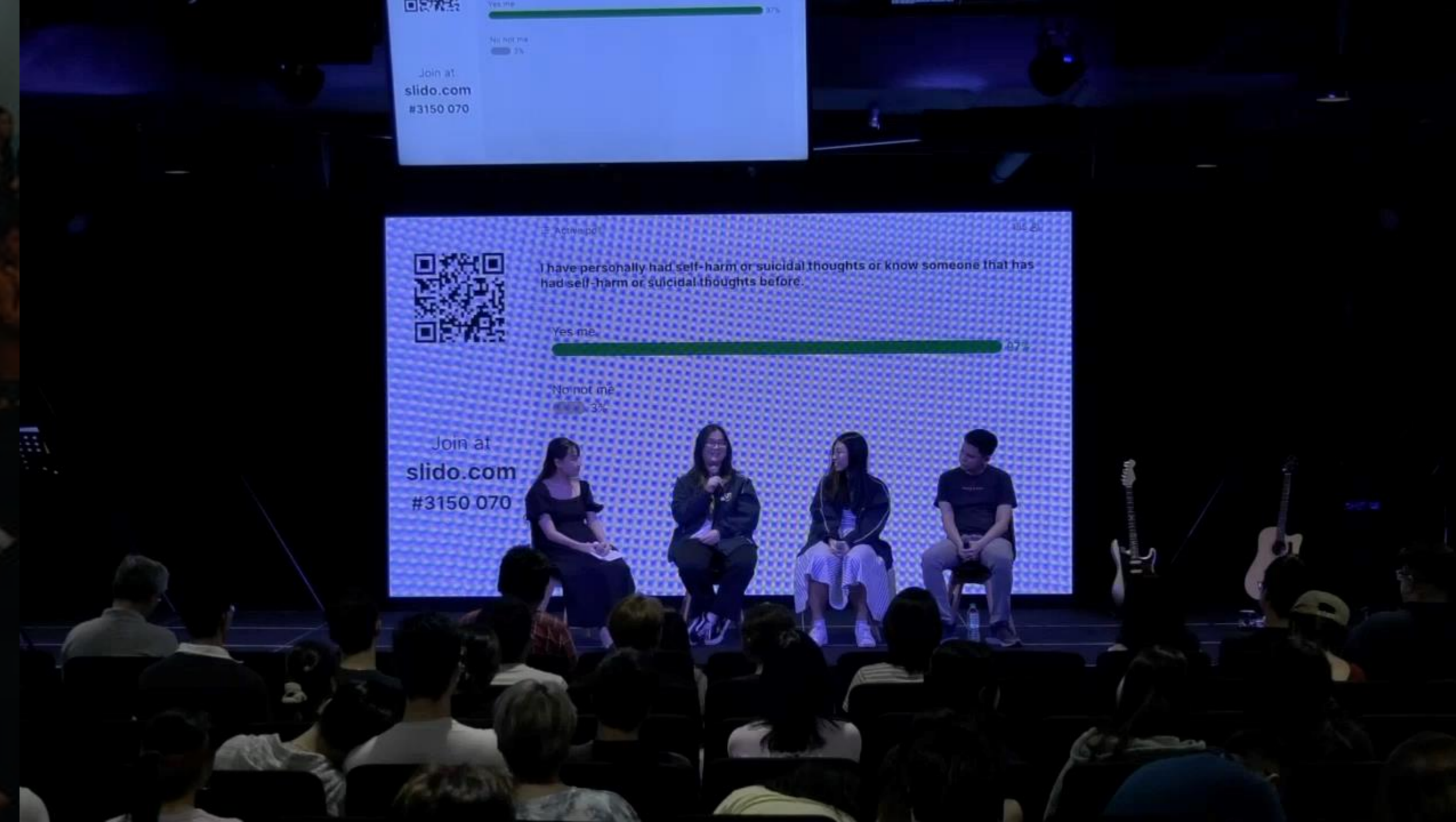
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***What did you learn
about the youth
from this video?***



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What I learned:

1. Feeling lost for the first time is a new feeling.
2. The youth do not know how to make sense of being at a loss.
3. Suicide ideation is very common even at 12 years old.
4. Youths need guidance in making sense of their feelings.
5. Growing up in church does not mean they know how to deal with feelings.
6. Feeling unreal, not here, not a person. Disconnect.
7. Self-harm to feel they are alive.
8. In the moment of helplessness, they need the assurance that God is with them.
9. They wrestle with their thought-life.
10. Wrestling with thought-life can be very tiring.



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SUMMARY

1. **Youth need guidance** as they encounter new feelings.

2. **Suicide ideation** can start from a young age.

3. **Thought-life:** a real struggle for the youth to take every thought captive (2 Cor 10:5).



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Why are you so weak?

Back in my day..

- Times have changed. Youths today face a different set of challenges compared to previous generations.
- For youths growing up today, the world seems intimidating and stressful.
- See things from their perspective **Seek to understand**



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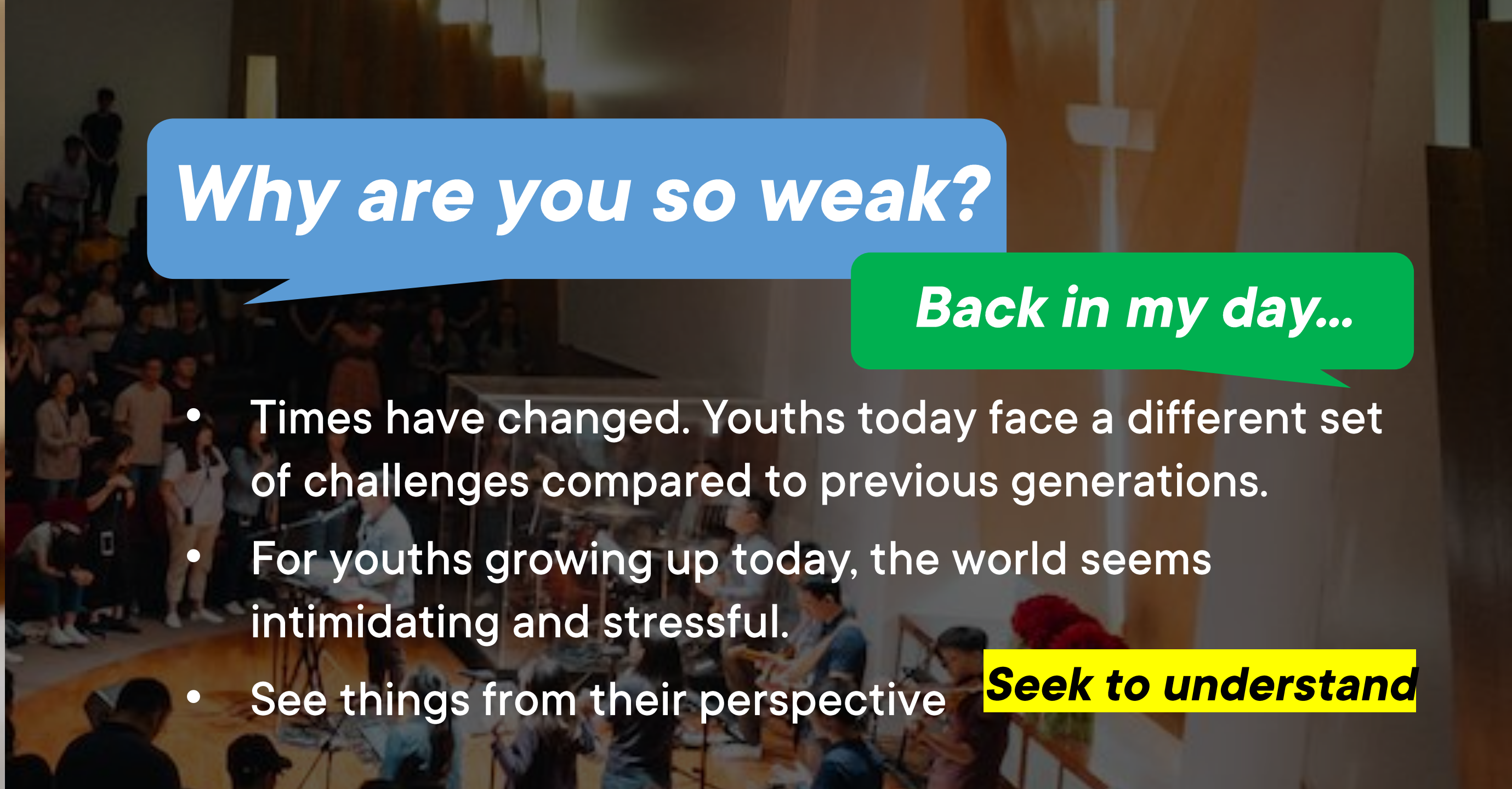
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Proverbs 1:5 A wise man will hear and increase in learning,
And a man of understanding will acquire wise counsel



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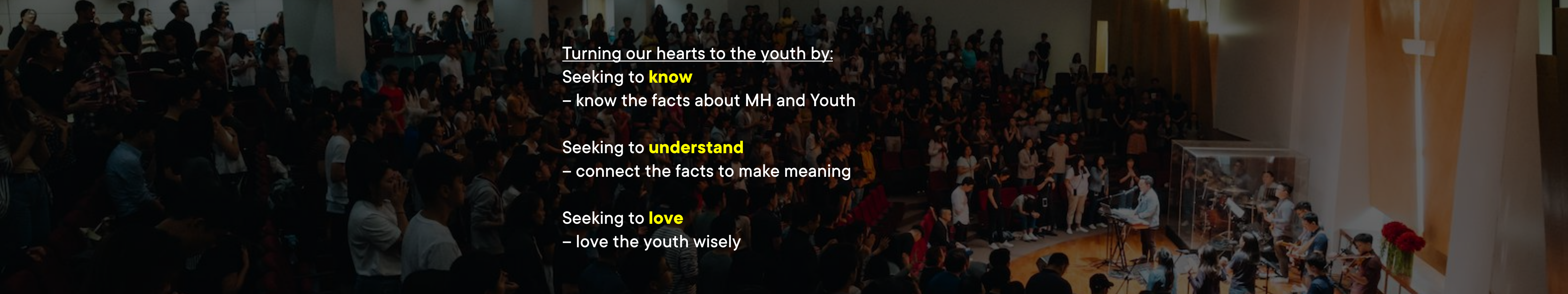


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Why must you be like that?

Snap out of it!

Some youths struggle to find their identity.

How can we support them?

- Recognise their struggles and support them
- Make referrals for professional help

Seek to love

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Everybody sees that I do not go to school.

But nobody sees how scared I am, about not being accepted in school.

Everybody sees me on the headphones.

But nobody sees that if I don't use headphones, my mind will go to very bad places.

Everybody sees and hears me saying "I don't know what to do."

But nobody sees the fear I have in wanting to try but failing over and over again.

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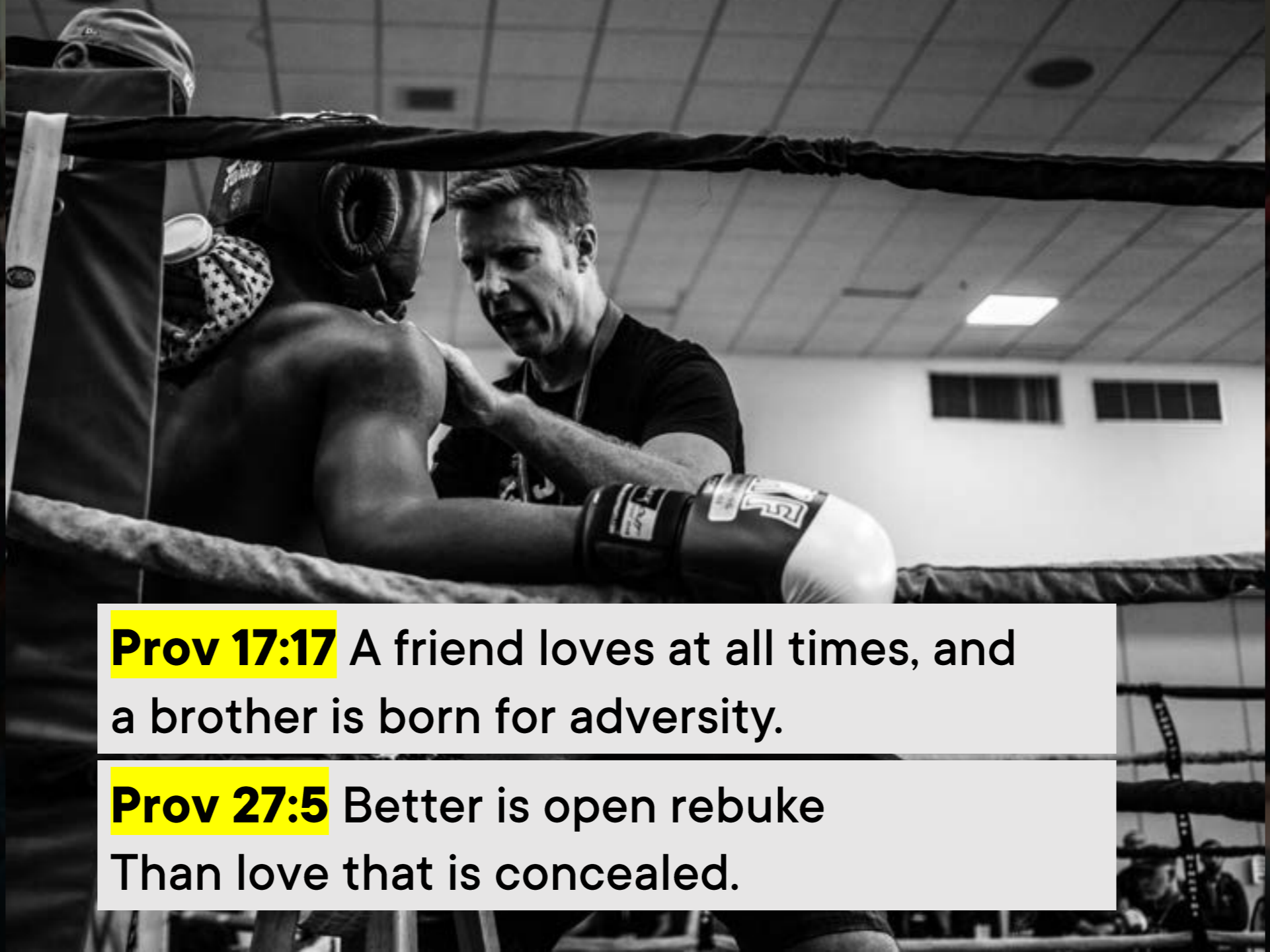
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Prov 17:17 A friend loves at all times, and a brother is born for adversity.

Prov 27:5 Better is open rebuke Than love that is concealed.

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Seek to love

HEART CHANGES TO MAKE



Seek to **know** their world
Do not merely stay in ours.



Seek to **understand**
Do not make assumptions.



Seek to **love**
Be in their “corner”.

MALACHI 4:6

⁶ He will **restore the hearts** of the fathers to their children and the hearts of the children to their fathers, so that I will not come and smite the land with a curse.

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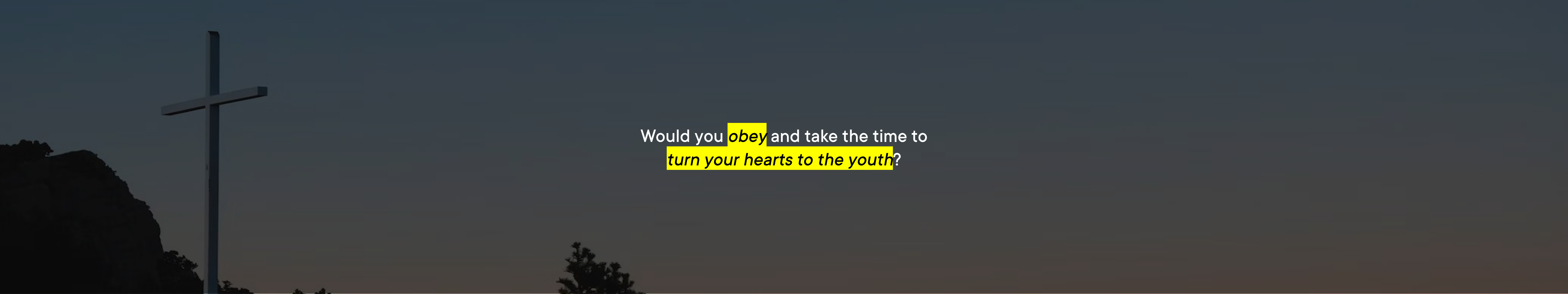
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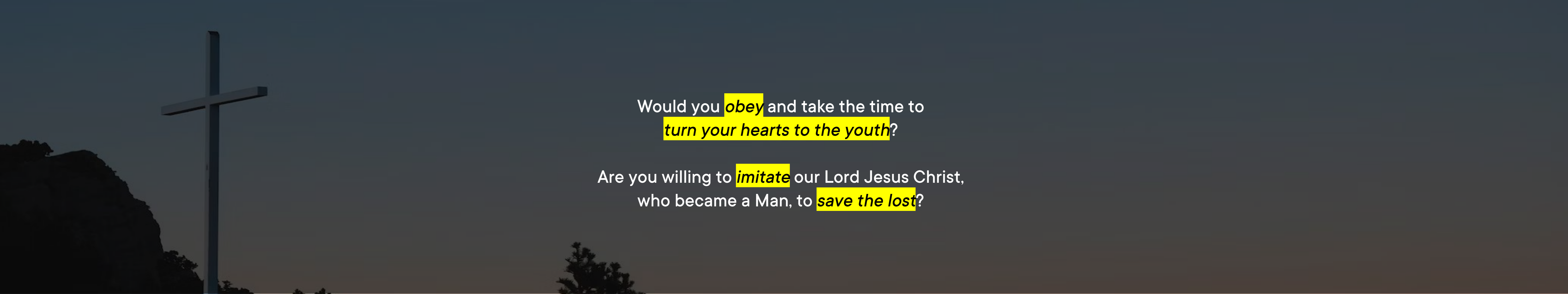
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Would you *obey* and take the time to
turn your hearts to the youth?



Would you **obey** and take the time to
turn your hearts to the youth?

Are you willing to **imitate** our Lord Jesus Christ,
who became a Man, to ***save the lost?***