

I'm Not Ok

Bringing Our Brokenness to Christ

🧠💔 "It's Okay to Not Be Okay" — A 4-Week Sermon Series 💔🧠

Sundays @ 10:30 AM | Alva Church of the Nazarene

We all face moments when life feels overwhelming. Whether it's the weight of anxiety, the fog of depression, the pull of temptation, or the tension of conflict—**you are not alone**. This four-week series invites you to be honest with God and others about your struggles and discover the peace, hope, and healing God promises through His Word.

Each week, we'll take on a real-life issue head-on:

📅 WEEK 1: ANXIETY

When fear takes over and peace feels far away, God invites us to cast our cares on Him. We'll explore biblical ways to face anxiety and find rest in the God who calms our storms.

● WEEK 2: DEPRESSION

Darkness can feel endless—but it doesn't have the final word. We'll look at how God meets us in the valleys and gently leads us toward light, joy, and renewed purpose.

🔥 WEEK 3: TEMPTATION

Everyone faces it. But we don't have to face it alone. This message reveals how we can rely on God's strength and truth to resist the pull of sin and walk in freedom.

⚔️ WEEK 4: CONFLICT

Life is full of tension—at home, at work, even in church. We'll unpack how Jesus teaches us to pursue peace, offer forgiveness, and choose love when relationships get hard.

No matter where you are or what you're facing—God sees you. He loves you. And He's not afraid of your honesty.

📍 *Join us as we stop pretending and start healing.*

📅 *Starts September 28*

📞 *Questions? Contact us at (580)327-2566*

🌐 alvanaz.org



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