

SERMON OUTLINE

Speaker: Rev Dr Jimmy Tan

Text : Genesis 2:4 - 9, 15 - 25; Ephesians 4:17 - 24

Title : Loving God, Neighbour, and Self with Mind, Heart, and Strength

I. Opening words

a. What is Mental Health?

b. What is MESH?

II. A perspective on the mental, emotional, and physical aspects of our life in God.

a. An understanding through salvation history

b. Spirit and mind

c. Spirit and emotion (heart)

d. Spirit and body

III. Concluding words