



Christianity

Children's Sermon

Children's message on Mental Health

Today we are celebrating Mental Health Sunday at church. When we talk about "Mental Health" we are talking about taking care of our brains so that we can be healthy. It's important that we take good care of our brains by getting enough sleep every night, eating healthy food and getting plenty of exercise.

But sometimes, even though we try to be healthy, we still get sick. Many people get sick with a cold or the flu, but only a few people get really sick with something serious like pneumonia.

When you have a cold, you don't feel good and you might stay home from school to rest. That is why I have a "box of tissues" here. This is something that does help, I think, when people get a cold. I want each of you to take one to keep if and when you need it. But usually after a day or two you will feel better again. But when a person is sick with pneumonia, they have to take medicine and may have to go to the hospital.

Lots of people feel sad or anxious, or they worry. We can feel crabby and have trouble sleeping. But, when these feelings get very strong, last for a long time and begin to hurt our school attendance, work, and friendships, it might be a sign of a mental illness, something is happening in one's brain. We need to pay attention.

The good news is that people with mental illness can get help from doctors; they can get medicine and talk to a counselor. Today we also want to celebrate all the doctors, nurses, therapists, and counselors that help people be healthy. We want to pray for our church, too, where people are welcome as they are and can find strength together as we worship, learn, and serve. The thing to remember is that God loves us when we are sad and when we are happy, when we are sick and when we are healthy. God loves us all the time...no matter what.

Let us pray: Dear God, thank you for Mental Health Sunday. Thank you for our amazing brains. Help us to take care of our mental health and to take care of each other. Amen.

By the Rev. Sarah Lund