

reGROUPS | THE GOSPEL ACCORDING TO MENTAL HEALTH [pt 1]

April 7, 2024

Text: Romans 8:35,37; John 10:10; 1st Corinthians 10:13; Matthew 24:5-6; 1st Thess 5:23-24; Ephesians 2:10; Matthew 22:37

Topics: mental health, hope, peace, holistic ministry, myths

TALK-IT-OVER

OPENER #1 (optional): How did you celebrate Easter last week? Any highlights?

OPENER #2 (optional): Have you ever heard the topic of **mental health** addressed in Christian circles before?

OPENER #3 (optional): How do you feel about the church addressing **mental health**?

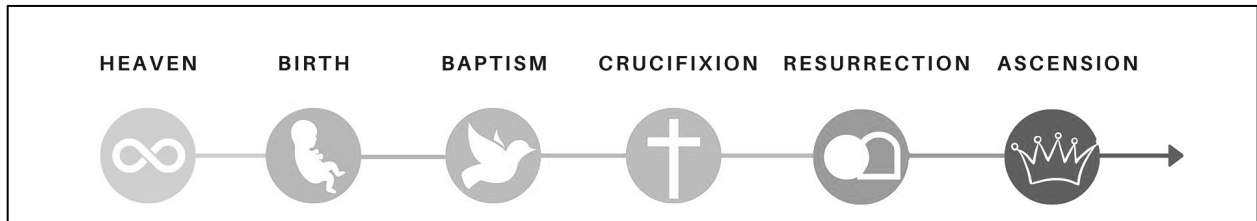
Discussion Questions

1. Which part of this message was most impactful for you and why?
2. What do you think about when you hear the words "mental health"?
3. Why do you think people can feel isolated or alone because of their own struggles?
4. Have you experienced people assuming that "true" Christian don't struggle with mental health issues? (Leader: Have you ever thought that yourself?)
 - Have you ever heard mental health struggles explained as being the result of sin or a lack of faith?
 - How has what you have learned today equipped you to answer them?
5. How do you respond when someone tells you that God has a plan and purpose for your life? What (if anything) keeps you from fully believing this?
6. What are some lies people believe about their worth or purpose? (e.g. no one loves me; my life has no purpose; I can't do anything right)
7. Is it possible to be empowered by the Holy Spirit to do great things for God and struggle with a mental health disorder? Why or why not?
8. Can anyone share about a time when you experienced God's peace in the midst of problems or hardships?
 - What were you doing then that you could start doing again?
9. How can we pray for you?

EASTER is all about VICTORY // SHARE in His VICTORY

Three Reasons To Hope

1. God loves and values you (Romans 8:35, 37)
2. God has an amazing plan for your life (John 10:10)
3. God can give you strength to overcome any struggle (1st Corinthians 10:13)



POST-CRUCIFIXION DISCIPLES: guilt & shame; disillusionment; betrayal; grief; depression; hopelessness; anxiety; fear

Jesus Ministry: (1) Preaching (2) Teaching (3) Healing

1st Thessalonians 5:23-24 NIV

May God himself, **the God of peace**, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴The one who calls you is faithful, and he will do it.

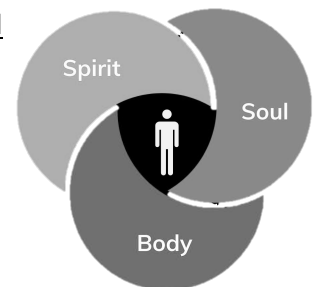
MENTAL HEALTH IS A DIFFICULT TOPIC TO TACKLE

GETTING HELP ISN'T A SIGN OF WEAKNESS, IT'S A SIGN OF WISDOM

MYTH #1: Christians shouldn't struggle with mental health.

Christians can have mental illness because...

1. They have broken bodies
2. They are sinners
3. They are Christians



MYTH #2: God's purpose for you must be put on hold until you're healthy

Growing spiritually and finding victory in mental health are connected. (absence vs presence)

**I AM ALIVE TO LOVE GOD AND SERVE HIS WORLD
BY REFLECTING HIS GOODNESS IN MY THOUGHTS, ATTITUDES & ACTIONS**

**I WAS CREATED WITH PURPOSE AND VALUE,
NO MATTER HOW I SEE MYSELF OR WHAT I'M STRUGGLING WITH**

**GOD DESIGNED ME TO LIVE IN THE COMMUNITY OF GOD'S PEOPLE
WHERE MY FAITH & RELATIONSHIPS ARE STRENGTHENED**