

Peace of Mind- Discussion Guide

Connect

Ice Breaker: Our assumptions about others potentially impact how we interact with them. Have you ever been surprised to find out what someone was dealing with after you had made the assumption about their life? Has anyone been surprised by your story?

Talk About It:

1. Being Open About Struggles: (Galatians 6:2) "Carry each other's burdens, and in this way you will fulfill the law of Christ." - How does the culture of your community or society view mental health and seeking help? How might this impact people's willingness to seek help?
2. Self-Awareness: (2 Corinthians 10:5) "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." - Josh talked about identifying what your thoughts are chained to. Can you identify a recurring thought or emotion in your life and the event or situation it's linked to? How might acknowledging this link change your response to this thought or emotion?
3. Asking for Help: (John 5:1-9) - Discuss the man by the pool in John 5. Why do you think he didn't ask for help for 38 years? Can you relate to this in any way? How can the church community help overcome the fear or shame of asking for help?
4. Hope and Healing: (Psalm 147:3) "He heals the brokenhearted and binds up their wounds." - How do the concepts of hope and willingness to ask for help relate to mental health and healing? Have you seen this play out in your own life or the lives of others?

Protect

Pray for those who are struggling with mental health so that they may find the courage to identify what their thoughts are chained to, ask for help, and take the first steps towards healing. Pray for the church to be a supportive and understanding community for those individuals.

Grow

Action Steps: Encourage group members to think of someone they could contact this week to ask how they're doing, offering support and understanding.

Further Study: Encourage group members to dive deeper into the story of the man by the pool in John 5. How does this story further illuminate the sermon's mental health and healing points?