



Peace of Mind Week 4- Discussion Guide

Connect

Ice Breaker: Think back to when you were in school, what was a mental health barrier you faced? Did you have anyone you could talk to about your barriers?

Talk About It:

Anyone can struggle with mental health; kids, students, young adults, adults, and seniors. We are all in this together. Thankfully, God always has an answer to our struggles in His Word. In Matthew 11:28-30 Jesus is saying He is ready, willing, and more than able to carry all of our burdens and cares upon Himself.

Key Passages: Psalm 91, 2 Timothy 1:7, Matthew 11:28-30

1. When was the last time you shared your journey through mental health with your children or someone younger than you?
2. In Matthew 11:30, what does Jesus mean when He says, "For My yoke is easy and My burden is light?"
3. Why do you think it can be hard for us to fully trust what Paul is saying in 2 Timothy 1:7?
4. What verse stands out to you in Psalm 91? Why?
5. We have spent 4 weeks in the series, Peace of Mind. What is something the Lord has taught you over the past month?

Protect

Ask God to give you eyes to see the challenges the next generation is facing. Pray for the students you know and the fpStudent Ministry.

Grow

Action Steps: Take some time this week to memorize two or three verses in Psalm 91. Journal what God is speaking to you through them.