

GO DEEPER

use these questions for further study

Use the following questions below for individual or group study. Begin in prayer, inviting the Spirit to speak during this time.

Share with the group:

Which part of the sermon was most meaningful for you and why?

What do you think about when you hear the words “mental health”?

Do you have a positive or negative association? Is it something you’re comfortable talking about or not? Why? What would you say has most shaped your attitude about mental health?

Read Matthew 22:34-40

What Old Testament passage is Jesus quoting? Why is it important?

What does it mean to love God Heart, Soul, Mind?

How does this command encompass things like mental health?

Why is it important not to leave any aspect of our selves and our lives out of our discipleship to Jesus?

Consider each of the three mental heal myths Pastor Adam named:

1. Mental Health isn’t a big issue we need to care about.
2. Real Christians don’t/shouldn’t struggle with mental health.
3. God doesn’t care about your mental health.

Have you heard versions of these in the church or from Christians? Where? How?

Are there any of these myths you have personally struggled with?

Why is it important for us to dispel these myths?

What scriptures would you use to counter these myths?

Why is the Gospel good news for people facing mental health problems?

Live It!

How can you take practical steps to make your family, small group, church, etc. a place where people are comfortable acknowledging mental health struggles?

Is there a mental health issue you’ve been ignoring or avoiding? What would it look like to bring it to God in prayer and acknowledge it to others who can help?

Close by praying 1 Thessalonians 5:23-24 together.

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