

Hey Siri, I have a question.

Hi, how can I help you?



Biblical Perspectives on Mental Health

- What is something that stuck out to you from last Sunday's teaching?
- Everyone Answer: What is the first thing that pops into your head when you hear the phrase, "mental health"?:
 - What has been your experience with mental health either your own or someone you know?
 - What are some of the misconceptions regarding mental health?
 - Who is affected by mental health?
 - What role does faith play regarding mental health? (***Be careful to guide the conversion away from ideas that belittle mental health. For example: "If people had more faith they wouldn't have depression." That is an incorrect perspective that can be damaging for someone who is going through it.***)
- Read Psalm 23
 - List the phrases in this psalm that specifically address mental health.
 - What does it mean to lack nothing? Does the psalmist literally have everything?
 - How could this perspective be helpful to a persons overall attitude?
 - What role do you think rest plays when it comes to overall mental health?
 - How is your own personal mental health different when you have had plenty of rest vs. when you have had little?
 - What has been your darkest valley?
 - Did you know that Jesus was with you while you were in it?
 - Respond to this statement, "One of our enemies greatest tools is to convince you that you are a lone. It is in your loneliness that you are weakest." Do you find this to be true?

"Prayer of Serenity"

God, grant me the serenity to accept the things that I cannot change

The courage to change the things I can

And the wisdom to know the difference.

- Spend time talking about that prayer. What does each line mean to you? Pray the Prayer of Serenity.