

PRACTICAL APPLICATION _____

1. Practically speaking, what help can the church be to those who struggle with mental illness?

2. How important is it for the health of individuals and the church to talk openly about the things we would otherwise wrestle with in our minds? Explain.

3. We learned Sunday that there are six things we can do for hope and help. List them in the space below and discuss as a group how you can apply these in your life.

PRAYER REQUESTS _____

NOTES

CONNECT GROUP DISCUSSION QUESTIONS

For the week of January 22, 2023

Pressure Points series - Mental Health

GETTING STARTED _____

1. What are some of the more common misconceptions that our society holds regarding mental health?

2. Do you know anyone in your life who has struggled or is currently struggling with their mental health? If so, how has that affected you?

DIGGING DEEPER _____

1. Do you consider yourself a worrier? Why or why not? What are you most likely to stress about and why?

What negative effects has worry had on your health? Your thoughts? Your productivity? Your relationships?

2. On Sunday, Pastor Bryan said, "Just because Jesus can heal you, doesn't mean that Jesus will." Read **Luke 22:39-46** and look closely at Jesus' prayer in verse 42. What, in your own words, was He saying?

What is the "cup" which Jesus must drink? Does His prayer bother you or encourage you? Why?

Why do you think Luke included the detail that Jesus knelt to pray? What does that indicate about the nature of prayer and what Jesus was feeling?

3. According to **Philippians 4:6-7**, what are Paul's instructions to the church as it relates to anxiety and worry?

When we are struggling with our mental health, what are benefits of praying instead of worrying?

4. Even as a Christian, anxiety can be a powerful tool of Satan. What does Satan hope to accomplish by attacking us with anxiety?