

GOD and MENTAL HEALTH

God and Mental Health: Mental Health in Children & Youth: Everyone Has a Part to Play

January 30, 2022 | Michael Yudt & Roger Record

SERMON DISCUSSION GUIDE:

Note to Leaders: Every group is different, please choose the questions that relate best to your particular group and don't feel like you have to get to every question.

Background: During Week One in this sermon series on God and Mental Health, Senior Pastor, Rajendra Pillai laid the groundwork for this very important discussion. It's time to break the silence, it's ok to admit that we need help, and it's ok to seek and get help! We all need it, including our children and youth who are facing unique and unprecedented challenges. Everyone has a part to play in reaching the next generation, and families need your support now more than ever!

Key Verses on the Mind

Philippians 4:7

And the peace of God, which transcends all understanding, will guard your hearts and your **minds** in Christ Jesus.

Colossians 3:2

Set your **minds** on things above, not on earthly things.

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your **mind**. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

What this Sermon Series is Not:

- It's Not an attempt by our Pastors or Elders to speak as mental health experts.
- And it's Not an attempt to cover every topic related to the mental health field, an impossible task for anyone.

What this Sermon Series Is:

- The start of a larger conversation about the importance of mental health, a topic that is often ignored or minimized in churches.
- And it is a conversation we want to have rooted in scripture and utilizing all of the tools that God has given us for getting help, including the mental health profession.

The Battle for the Next Generation:

2 Corinthians 10:4-5.

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.

Key Point: God has given us His word and prayer as weapons, but He has also given us the body of Christ – each other!

Sobering statistics:

- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year. That's nearly 8 million kids. According to a 2016 study, only 50% of them were receiving treatment.
- 3 in 10 parents have reported that their child's emotional or mental health has been worse since the onset of the pandemic
- From April 1, 2020 through June 30, 2021, more than [140,000 children](#) in the United States lost a caregiver to COVID-19 (parent or grandparent who was providing daily care).
- In 2019, nearly 20% of high school students reported having seriously considered suicide
- Consider the landscape around us, it should come as no surprise that the American Academy of Pediatrics (AAP), along with other children's health organizations, has declared a [national emergency](#) in child and adolescent mental health.

Sources: NAMI, Kaiser Family Foundation, NIH, CDC

Some anecdotal examples of the challenges facing kids today:

- Digital age and the demands and pressures of social media
- The different worldview that the kids were being exposed to in the school system
- The challenges in finding quality family time given the demands of both work and school

Where is God in all of this?

Mark 1:14-15:

After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

God is closer than we realize... Help is available!

If you have a child or youth who is struggling with anxiety, depression, suicidal thoughts, or any other signs of a mental illness, please take advantage of the help that is available. Check out DRCC's Mental Health Resource Guide @ www.damascus.com/resources. Email DRCC at DRCCcares@damascus.com if you need help navigating this resource.

Speaking to Parents/Guardians:

- How are you doing taking care of yourself?
- Do you have a place of refuge where you go and be quiet and still before God?
He says, "Be still, and know that I am God." Psalm 46:10a

Consider Beechnut Springs in Myersville, 14 acres owned by Joe and Lori Pearson. They have opened it up for anyone from DRCC to come and enjoy time with God. It has amenities that make it possible even in the winter! Email info@beechnutsprings.org to arrange a time to come out.

Tips for Connecting with Your Kids:

- Listen well and love unconditionally
- Spend quality time with them
- Limit screen time
- Model a genuine faith in Christ

Opportunities for your kids and for you!

If you or your family are not already connected here at DRCC, consider the following opportunities:

- Children's Ministry on Sunday mornings (birth- 5th grade)
- Middle school youth ministry Sunday evenings @ 6pm
- High school youth ministry Wednesday evenings @ 7pm
- Haven special needs ministry on Saturdays @ 5pm (every other Saturday)
- Parenting Small Groups: www.damascus.com/groups

¹³ May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

“Cast all your anxiety on him because he cares for you.”
1 Peter 5:7

God wants you to give all of your worries, cares, and concerns to Him.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6-7

**Whenever you are struggling with anxiety or fear, pray to God.
He can help you let go of anxiety and will give you strength.**

PRACTICAL APPLICATION

(sermon-based discussion guide for groups and individuals)

1. Did anything in this message help you to have greater understanding of mental health issues?
2. Have you ever made something or someone so important in your life that when it was taken away you were left broken and depressed? (Worship the created rather than the creator)
3. Read the verses above: What's your thought process after reading these verses from scripture? Do they comfort you in any way?
4. How well are you taking care of your mental health? What healthy outlets do your children/youth current have? What relational support systems do they have?
5. If you are struggling with some mental health issues, what steps are you going to take this week to address them?
6. How are you doing modeling a genuine (not perfect) faith in Christ for your kids?
7. Do you tend to be more hands on or hands off in your parenting? Share more. Does knowing that Christ has given you a future here and even beyond this life give you hope?
8. Remember the overarching goal is to love God more and love people more!

NOTES
