



part 5, *Tethered*

Pastor Mike Brook

1) **“Have you ever felt like Jerome Moody—surrounded by people but still drowning?”**

What made you feel that way, and did anyone notice?

2) **“Jesus, don’t you care if we drown?” (Mark 4:38)**

Have you ever cried out a similar question to God? How did He respond—or how are you still waiting?

3) **Mike shared about feeling embarrassed by his diagnosis.**

Why do you think mental health can feel so shameful in faith communities? How can we change that?

4) **Ephesians 2:10 says we are God’s masterpiece.**

When you’re at your lowest, what makes it hard to believe that? What helps remind you of it?

5) **“The only way to control a secret is to share it.”**

What are some reasons we keep our struggles secret?

How have you experienced freedom through vulnerability?

6) **Jesus didn’t calm the storm until the disciples woke Him up.**

What storm in your life are you trying to ride out alone instead of inviting Jesus into?

7) **“When you know better, you do better.”**

What is one area in your life where you feel God is asking you to “do better”—not out of guilt, but growth?