

Find Your People, Love Your Neighbor — Week 3
The Enemy of Your Mental Health
Craig Groeschel, Qualan Johnson, Tiffany Peters, Tanner Newman

We're intentionally pursuing a life that destroys our mental health and robs us of real joy and lasting fulfillment.

Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2 NIV

- 1. We share our food.**
- 2. We show our flaws.**
- 3. We fight together.**

- 1. We share our food.**

All the believers were united in heart and mind. And they felt that what they owned was not their own, so they shared everything they had. Acts 4:32 NLT

In order to go far, we have to grow close.
And in order to grow close, we have to share our food.

- 2. We show our flaws.**

We may impress people with our strengths,
but we connect with people through our weaknesses.

Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2 NIV

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy. Proverbs 28:13 NIV

Life and freedom are waiting for you
on the other side of vulnerability.

- 3. We fight together.**

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹Resist him, standing firm in the faith ... 1 Peter 5:8-9 NIV

Carry someone else's burden.
Let someone else carry yours.

TALK IT OVER

Read **Galatians 6:2**. What are some examples of physical, mental, and spiritual burdens people carry today?

Think about a time when someone "carried your burdens" for you. How did you feel?

Do you know someone who's experiencing something difficult? If so, how could you share food, show flaws, or fight together to help carry their burden?

This week, talk to someone about the burdens you're carrying and then make space for them to share, too.