

Mental Health and the Church

Sticky Series

Discussion Questions

- **Read Mark 2:1-11.** Describe what is happening in this passage. What, ultimately, was the purpose in Jesus healing this man of his physical ailment? (see Mark 2:10) Why is it important to note that this man's spiritual condition is of first importance to Jesus?
- **Read 1 Peter 5:6-7.** Who is the first person we should turn to when we are facing any sort of anxiety? Do you actually believe that in practice? Why or why not?
- **Read 1 John 1:7.** After turning first to God, why is it important that we also surround ourselves with the people of God (our local church) when facing a physical or mental ailment? In what ways is the church the place for hope to abound?
- According to this sermon, what undermines fellowship? Why is it important that we bring this to light? How does this offer us freedom?
- **Read Romans 12:1-2.** What are the commands (both negative and positive) in verse 2 of this passage? How does our mind get renewed?
- **Read Psalm 42:11.** It has been said that worship is the antidote to anxiety. That does not mean that worship will make all of your problems go away. But what does it mean? What does this passage tell us?
- Charles Spurgeon said, "I have learned to kiss the wave that throws me against the Rock of Ages." How is this way of thinking counter cultural? Why is it important that we have this type of mindset when the waves of life come at us?
- End in prayer. Make this a time to share the anxieties that you face currently with your small group and spend time praying for one another.