



Message Discussion Questions

7/23/2023

MESSAGE: Mental Health Discussion

COMMUNICATORS: Pastor Kevin Geer, Jeffrey Scoggins, Todd Call

CHECKING IN: How was your week? What was one of the highlights? Share wins (things God did that moved his mission forward and you closer to Jesus). What did you put into practice from last week's discussion?

QUESTIONS TO CONSIDER AND DISCUSS: These questions work well individually or in a group. The goal is to encourage spiritual growth and enhance biblical community.

1. What have you enjoyed so far this summer or this season?
2. Thinking about the Mental Health gathering; What was one "light bulb" moment for you? Why did it move you? Did it cause you to start making a significant life change?
3. What was made clear to you from the two counselors that was unclear before regarding mental health?
4. Listening, being present for someone is more important than having an answer to fix their problem. On a scale of 1-10 (10 being highest) how would you rate your listening skills? How could you improve your listening skills number? (See James 1:19).
5. Read Philippians 4:8-9. Colossians 3:2. Why is it important to have our minds focused on the things of Christ? What does it look like for you to have your mind focus on things above? Please be specific.
6. One of the ways we can improve our mental health is by getting good sleep, and having healthy eating and exercise habits. Describe your sleep, eating and physical exercise habits. Which one/s do you do well and which ones need improvement? What specific steps will you take to improve in these areas?
7. Changing the way we think is another key to having positive mental health. See Romans 12:1-2. On our Experience God page are many life giving tools to help you to renew and reshape your thinking. As a group, take time to look at that page: canvas.church/experience-god and together make a plan to learn and utilize some of the tools. During the week share what God is teaching you.
8. Who are three people you can and or do life with on a regular basis? Who do you know could use a good friend just to listen, encourage and love them in Jesus?
9. Most people know someone who struggles with mental illness. Without naming names...take time as a group to pray for those people you know struggle in some way. Ask the Holy Spirit for specific ways you can listen, encourage, and present hope without judging or fixing. See Galatians 6:2-3.
10. **TRUTH DEMANDS A RESPONSE!** What is one action step you will take this week in response to our discussion? Be specific. Try attaching a name and date to your action step. _____.



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WANT TO GROW DEEPER? We have created some resources to help you grow. Check out and explore the *Experience God* page. Go to canvas.church/experience-god or *Experience God* on the App.

GROUP PRAYER OPTIONS:

- **Prayer Question:** "What's going on in our lives that we can involve Jesus?"
- **Ask:** What was one praise and one challenge you experienced this week? Celebrate the praises and pray for the challenges.
- **Ask** if anyone has a need or knows of a need, you can also offer "unspoken" prayer requests.
- **Pray for the person on your right, *it can be out loud or in silence***, if in silence nudge the person next to you letting them know you are done.
- **Prayer Clusters:** Groups of two or three (by gender) and share your week together. Pray together and for each other. Send them a text, or leave a message letting them know you have prayed for them this week.
- **Have someone in your group keep an active list of the requests and the answers for both the updates and to celebrate the answers.**

Are you interested in the Bible and in helping Life Groups benefit from the weekend message? We have a team for you! Canvas members like you create these discussion guides each week. If you are interested in joining the team, please email rickz@canvas.church