



April 23, 2023 – Sermon Discussion Questions

Opening

- What comes to mind when you think about mental health?

Discussion

- Read [Philippians 4:8-9](#).
- Do you take time to meditate on the things God calls us to? Why or why not?
- What do you spend most of your mental energy reflecting on? How does that reflection affect you?
- Do you think focusing on the things God's calls us to reflect on will change your outlook? Why or why not?
- How can believing lies affect your life?
- What lies are you holding onto that affect your mental health?
- Are you willing to take up Matt's challenge by reflecting on each one each day this week? Why or why not?

Closing

- Pause and reflect on what you reflect on regularly. What do you need to change? Make a commitment to make that change starting this week.