



I Wish You Knew

Week one - Mental Health

James 5:13-16

Bottom line: Life is better together.

1. How has the conversation about mental health changed in recent years from your perspective? How was it talked about differently when you were younger? Why do you think it is such a big deal now?
2. How would you describe the connection between faith and mental health?
3. Read James 5:13-16
 - a. James describes an ecosystem where followers of Jesus show up for each other in good times and difficult times to support each other and pray for each other. How have you experienced this?
 - b. Are there circumstances where it feels more difficult to show up for people? What are those circumstances, and why do you think it's different?
 - c. Why might you hesitate to ask someone to help you or pray for you?
4. As you are willing and comfortable, share with your group how mental health and mental illness have been part of your story or your family's story.
5. How can this group pray for you?