

Take Away – What does Jesus think of all of me? Jesus has compassion for the mentally ill.

Text: John 21: 1 - 14

Date: 5-1-22



With your group...

Answer each of the following questions prompted by the text and/or today's sermon.

1. "Loving the mentally ill is a call for all of us. The church is all of us. We are all responsible for the problem...we all have the Holy Spirit...and thus we are all a part of the solution." Read Galatians 6:2. What are some of the ways that we at Christ Greenfield can "bear one another's burdens" in the area of mental health?
2. React to: "Jesus' friendship is different than many in our world. A friend in our secular culture is typically seen as someone that affirms your life decisions. 'Whatever makes you happy is what you should do.' That is not a good friend. That friendship enables sin and sin always leads to suffering. Jesus is a perfect friend that provides the perfect amount of compassion/love and challenge/truth."
3. Do you agree or disagree with this quote and why? "The involvement of the church in mental health is the missing piece necessary to transform our broken system, making it accessible and more effective."
4. Read John 13:34. The Scriptures do not give us qualifiers about who we should minister to; they simply say we should love one another. What can get in the way of you fulfilling this command?
5. As a result of the sermon what did you learn about mental health and how has your attitude toward mental health shifted?
6. What can you share from your own personal journey to help others to have a clinical and Biblical perspective on mental health?
7. In the sermon, a helpful **acronym** to monitor the thinking of every Christian was shared: **THINK!** Discuss each aspect in terms of how it can help us and others have better mental health:

T - Test every thought. Make it captive to God's Word. Don't believe everything you think.

H - Helmet your head. With God's Word.

I - Imagine great thoughts. Focus on gratitude. Rejoice in the Lord always. Today is a beautiful day!

N - Nourish a Godly mind. Eat healthy brain food. Create loving Christian attachments/relationships. Use medication as directed by your Dr. Move your body.

K - Keep on learning. Our brains are fearfully and wonderfully made by God. Brain scientists only know 20% of how our brains work.

8. What more can you do personally and as a small group to bear the burdens of those living with a mental health challenge and their families? In what ways will you show love to someone living with a mental illness?
9. What challenges do you anticipate in the area of mental health ministry at Christ Greenfield? How can we as a church overcome them and what advice do you give individuals and small group members?