



LIFEgroup STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER

SUNDAY MESSAGE REVIEW

NOTE to the LIFEgroup Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

WINNING THE WAR IN YOUR MIND

“10 Ways To Support a Loved One with Mental Illness”

September 4, 2022

“Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say “My tooth is aching” than to say “My heart is broken.” — C.S. Lewis.

TAKING CARE OF THEM

- Seek Wisdom.

“The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding.”
Proverbs 4:7 (NIV)

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”
James 1:5 (NIV)

- Watch your words.

“The words of the reckless pierce like swords, but the tongue of the wise brings healing.”
Proverbs 12:18 (NIV)

“A word fitly spoken is like apples of gold in a setting of silver.” Proverbs 25:11 (ESV)

- Don’t take it personally.

“Do you think that you can reprove words, when the speech of a despairing man is wind?”
Job 6:26 (ESV)

“Be completely humble and gentle; be patient, bearing with one another in love.”
Ephesians 4:2 (NIV)

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”
Galatians 6:9 (NIV)

- Have realistic expectations.

“Love bears all things, believes all things, hopes all things, endures all things.”
1 Corinthians 13:7 (ESV)

- Find good care.

“Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people.” Matthew 4:23 (NIV)

TAKING CARE OF YOU

- Take care of your soul.

“Trouble and distress have come upon me, but your commands give me delight.”

Psalm 119:43 (NIV)

“And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the LORD his God.”

Psalm 130:6 (ESV)

“In return for my love they accuse me, but I give myself to prayer.” Psalm 109:4 (ESV)

- Refuel

“At daybreak, Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. But he said, “I must proclaim the good news of the kingdom of God to the other towns also, because that is why I was sent.”

Luke 4:42-43 (NIV)

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

3 John 2 (NIV)

- Get care for yourself.
- Find a support group.

“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.”

Proverbs 11:14 (ESV)

- Experience church community.

“Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

Hebrews 10:23-25 (NIV)

“A cheerful heart is good medicine, but a broken spirit saps a person’s strength.”

Proverbs 17:22 (NLT)

FOR THEM

Seek wisdom.

Watch your words.

Don’t take it personally.

Have Realistic Expectations.

Find good care.

FOR YOU

Take care of your soul.

Refuel.

Get care for yourself.

Find a Support Group.

Experience church community.

“This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.”

1 John 4:10 (NIV)

“We love because He first loved us.”

1 John 4:19 (NIV)