

Life Group 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 Life Group 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 ASKING FOR A FRIEND

Mental Health Awareness
October 28, 2018

“Mental illness refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. Many people have mental health concerns from time to time.”
-Mayo Clinic

Facts:

- 4.5 million children between 8 & 15 have a mental health disorder at any given time.
- Estimated that 21.4% (4.28 million) of Americas teenagers will experience an episode of mental illness categorized as “severe” by the time they turn 18
- 17.9% (43.4 million) of the adult population had experienced at least one mental illness.
- Combining the child and adult populations, more than 50 million Americans today experience at least one diagnosable mental health disorder on any given day.

-“Mental Health and the Church”, Stephen Grcevich, MD

“Elijah was a person just like us.”

James 5:17 (ERV)

“About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone’s chains came loose. The jailer woke up, and when he saw the prison doors open, he drew his sword and was about to kill himself because he thought the prisoners had escaped. But Paul shouted, “Don’t harm yourself! We are all here!” The jailer called for lights, rushed in and fell trembling before Paul and Silas. He then brought them out and asked, “Sirs, what must I do to be saved?” They replied, “Believe in the Lord Jesus, and you will be saved—you and your household.” Then they spoke the word of the Lord to him and to all the others in his house. At that hour of the night the jailer took them and washed their wounds; then immediately he and all his household were baptized. The jailer brought them into his house and set a meal before them; he was filled with joy because he had come to believe in God—he and his whole household.”

Acts 16:25-34 (NIV)

What can we do?

- Start the conversation. *Paul shouted: “Don’t harm yourself.”* (vs. 28a)
- Just be there. *“We are all here!”* (vs. 28b)
- Point to the source of all hope. *“Believe in the Lord Jesus.”* (vs. 31)

“I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.”
Romans 15:13 (NLT)

Resources

Hotlines

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) (open 24/7)

Crisis Text Line: Text "home" to 741741

National Alliance on Mental Illness Helpline: 1-800-950-6264 (open 10am-6pm Monday-Friday)

Counseling Agency

Eden Counseling: 757-466-3336

Restorer of Broken Walls: 757-547-1811

Crisis Centers

Juveniles - Kempsville Center for Behavioral Health: 757-461-4565

Adults - VA Beach Psychiatric Center: 757-627-5433