

Weekend Message Questions
Confessions: Week 1
“I struggle with my mental health.”
April 15-16, 2023

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CHECK-IN: Check with the members of your group to see how they are doing.

DISCUSS:

- What impact has a struggle with mental health had on your life (either your own personal health or the health of someone close to you)?

Lie 1: Mental health problems mean there is something wrong with God.

- Have you or someone close to you ever felt this way?
- Have you ever felt like God was absent when you were in pain or walking through a difficult season? How did that impact your faith?

READ: John 16:33, Philippians 4:6-7, Romans 8:38-39, Psalm 34:18

- What stands out to you in these passages?
- How do these passages speak truth to the lie of something being wrong with God or God being absent?
- How can this truth impact you personally when you are struggling?

Lie 2: Mental health problems mean there is something wrong with me.

- Have you or someone close to you ever felt this way?
- Why do you think this is a lie so many of us find easy to believe?
- How does believing this lie impact your behavior, relationships, and faith?

READ: 2 Corinthians 12:7-9

- What stands out to you in this passage?
- How does this verse speak truth to the lie?

“My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.

- This is easier said than done. How can you embrace this mindset in your everyday life?

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.” - John 14:27

Pray to close.

Can you use prayer? <https://hopefellowship.net/prayer-request/>