

GOSPEL COMMUNITY GROUP DISCUSSION GUIDE

In the Storm Teaching Series
10/9/22 Mental Illness



REDEEMER
ROUND ROCK

CONNECT, REVIEW, PRAY

~5-10 minutes

- Announce any church activities/events and handle any housekeeping for the GC
- What are you thankful for / have struggled with this week?
- How did you apply or share what we learned last week?
- How can we pray for each other?

ASK, LISTEN, LEARN

- **Statistics reveal that we are in a mental health crisis. 1 in 5 people experience mental illness yearly, 50% will be diagnosed with a mental illness in their lifetime, and studies show this has likely increased since the pandemic.** What are ways you have seen evidence of this crisis in the world around you? In your vocation, in school, within culture at large, etc.?
- What is your personal experience with mental illness? Have you suffered with it? Has anyone close to you ever suffered with it?
- Have you sensed an increase in a personal struggle with mental illness since the pandemic?
- Usually mental illness is viewed as either completely *physical* or completely *spiritual*. What does it look like to consider mental illness as *only* a physical issue? What does it look like to *over-spiritualize* mental illness?
- How have you historically seen the church handle mental illness? How have you tended to view it?
- In what ways do you find it personally difficult to enter into the complexities of mental illness?
- **God initiates relationship with us, even in our brokenness.** How can we initiate relationship with someone struggling with mental illness? What are ways we can be present, be a learner, and be a fellow struggler alongside them?
- **Christ offers comfort and hope, both spiritually and practically, to sufferers.** How can we let someone in suffering know this? How can we do it in a way that avoids a “spiritual prosperity gospel”?
- **God is continually patient with us, therefore we can be patient with those who are suffering with mental illness.** How do you struggle with patience with those who are suffering?
- Do you feel that Redeemer is a safe place for sufferers? Is your Gospel Community? Are you?
- Is there anyone that the Lord has brought to your mind as we’ve discussed this? Take time now to pray for them. Now take a minute to send them a text letting them know you’re praying for them. Follow up with them tomorrow.