

# Main Street Church - Life Group Guide

Summer Series: [You Asked For It](#)

Message: Hope in the Darkness: How Do I Deal With My Faith and Anxiety?

Speaker: Dean Orrell

Date: August 4, 2024



## Connect (25min)

\*Form groups of 3-4 people to enhance your sharing.

### 1. Summer Psalms

Read [Psalm 27](#) and open your time together in prayer.

### 2. Summer Check-In

- Share a Battle (Low) and a Blessing (High) from this past week in your life.
- On a scale of 1-10 (Poor to Excellent) how are you in these three areas of health and wellbeing?  
\*Physical Health \_\_\_ \*Mental Health \_\_\_ \*Spiritual Health \_\_\_
- Take a few minutes to pray for another in response to your sharing and needs.  
Give thanks for your health and strength, and ask for healing and hope in the areas of struggle.

## Message Discussion (45min)

### 1. Sunday Feedback

- What did you learn from Sunday's message? What encouraged you or challenged you?

### 2. Faith & Anxiety

Read [Philippians 4:4-9](#).

\*Note - the Apostle Paul is writing to Christians (from various backgrounds) in the Greco-Roman city of Philippi. He addresses *mental, physical, spiritual and relational health* in a number of ways in his letters to early Christians.

- What stands out to you in Paul's words here? How does his message encourage or challenge you?
- What are some practical and personal applications from Paul's teaching?

### 3. Paul's Perspective

Read [Romans 7:14-24](#).


- Can you relate to Paul and his internal personal struggle in Romans 7?  
Have you ever thought of Paul as an anxious person?
- Have you ever found yourself in a "negative talk/emotional loop"?  
How has this affected your life and faith?
- How is Paul's sharing and teaching encouraging or challenging to you in your own journey?

### 4. Personal Practices

- What practices or disciplines do you have in place to be proactive when it comes to mental health?  
How have they been helpful?
- Do you journal or have a gratitude list?  
\*Many of the Psalms are basically a personal journal and gratitude list. God invites us to engage this with Him.  
\*Dean talked about *Daily Inventory* – are you open to adding that to your daily routine?
- Do you have a person or group of people that you can be real with and be encouraged and supported by?
- Did you know that our [Celebrate Recovery](#) ministry & community helps people deal with more than just substance use? Did anything on that list resonate with you? Would you be open to attending?

## Application & Prayer (20min)

\*Form groups of 3-4 people to enhance your sharing and praying.

1.  Read [2 Corinthians 1:3-7](#).
  - a. What is one key point or application from the message and our discussion that you can engage in your life?
  - b. Do you have any other questions or feedback that you'd like to follow up on with someone?  
What is your next step?
  - c. In response to Sunday's Message and our discussion, how can we pray for you?
  
2. Continue to Pray for our 2024 Prayer Goals.



## Resources

MSCRecovery: [mainstreetchurch.ca/recovery](http://mainstreetchurch.ca/recovery)

### Websites:

[focusonthefamily.com/get-help/mental-health-resources](http://focusonthefamily.com/get-help/mental-health-resources)

[kaywarren.com/recommended-resources](http://kaywarren.com/recommended-resources)

**Christian Counseling:** *Doing Family Right* - [doingfamilyright.com](http://doingfamilyright.com)

Collective of Christian Mental Health Professionals and Resources in Abbotsford and Chilliwack.

Pastoral and financial support available through Main Street Church.

**Scripture:** [openbible.info/topics/mental\\_health](http://openbible.info/topics/mental_health)