

Wednesday Night Yard Teaching Guide: *A Biblical Perspective on Mental Health*

Important Scripture on this Topic

Introductory verses

- Genesis 2:7
- 1 Peter 5:6-7

The Bible does address emotional suffering

- Ruth 1:9-14
- Psalm 88
- John 11:32-36
- Matthew 26:36-38

God gives us friendship

- Job 2:11-13

God gives us hope

- 1 Corinthians 15:50-55

Main Points

1. The Bible does address emotional suffering.
2. Coping with emotional suffering requires attention to body and soul.
3. God gives us gifts to help us endure suffering: friendship, prayer, and hope.

Discussion Questions

1. Have you experienced depression or anxiety? Has a friend of yours? What was that experience like?
2. Do you make use of God's gifts when you suffer?
3. How can your small group serve your friends who are suffering?
4. Read Psalm 42. Be sure everyone understands its meaning. Then, try praying it, first individually and then together as a group.