

# JESUS & mental health

## DISCUSSION GUIDE

Message: Identity Crisis // Scripture: Mark 5:1-20 // Series: Jesus & Mental Health

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## CHECK IN ON ONE ANOTHER

Share about your week and pray for one another's personal prayer needs.

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First, let's recap Sunday's message and then read Mark 5:1-20 together.

**Q1: Jesus came to minister to and with those who were sick and lost. What does it mean to you that, no matter where you are in your spiritual walk, Jesus came to be with you and wants to be with you today?**

**Q2: How can we empathize with one another in the group who struggle with mental health and with others outside of our group? How can we follow in Jesus's example?**

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## EMBRACING AND EQUIPPING

Jesus not only embraces those of us who struggle with spiritual and mental illness, but he calls and equips us to get at the root of what is going on so that redemptive work can be done.

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Our name is directly tied to our identity, which is why Jesus asks the man for his name in verse 9. Jesus often asks us questions that he already knows the answer to in order to get us to reflect on our own lives.

**Q3: What question do you think that Jesus is trying to ask you today? Does it have to do with where you place your identity?**

There are a lot of things in life that can work to distort your identity, but you are more than these labels or false identities. If you are a Christian, your identity is fully based on Jesus Christ and nothing can separate you from that.

**Q4: What are the things in your life that can distort your identity or have in the past?**

Jesus promises hope in this story from Mark 5. Verse 15 shares that we ended fully in his right mind. We can still function and live full lives, even with things plaguing us, if we are open to the grace, wisdom, and mercy that Jesus offers.

**Q5: What grace, wisdom, or mercy do you need from Jesus today? Who can Jesus work through that you need help from?**

Jesus uses people today to do his will and bring about healing. Sometimes seeing a counselor or taking medication is one way to accept Jesus's grace, wisdom, and mercy in our lives.

**Q6: What is stopping you from receiving the healing and redemptive care that Jesus has to offer?**

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Jesus stands ready to be your great physician today if you will be open to receiving his gracious, merciful, and wise treatment.

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## CALL TO ACTION:

- 1) Pray for your non-Christian friends to come to faith in Jesus.
- 2) Pray for your unchurched/de-churched friends to join a local church.
- 3) Pray for God to reveal to you your identity that is rooted in him. Ask God what grace, wisdom, or mercy he is offering to you and ask him for help accepting it.