



# EMOTIONAL ROLLERCOASTER

Growth Group Study Guide



**This Bible study is here to provide a biblical worldview of mental health and Christianity. It is important to understand:**

- **NOBODY has it all together.**
- **NOBODY chooses to be mentally ill.**
- **Your Bible study leader is not a trained mental health professional.**
- **Confidentiality is vital and we ask that what is said in the study discussion stays within the group.**

**Our Growth Group and Bible study leaders are not counselors with college degrees, psychiatrists, or psychologists but are lay people with a heart for Christ and for His people becoming whole and healed. The time you spend together is not a counseling session, but a group led by volunteers.**

**If you or someone you know are experiencing a mental health crisis, please call 988 to speak to a trained mental health professional.**

**Today, “988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. By calling or texting 988, you’ll connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline. Veterans can press “1” after dialing 988 to connect directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, Veterans should continue to text the Veterans Crisis Lifeline short code: 838255.**

God, grant me the Serenity  
To accept the things I cannot change...  
Courage to change the things I can,  
And Wisdom to know the difference.  
Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as the pathway to peace.  
Taking, as He did, this sinful world as it is,  
Not as I would have it.  
Trusting that He will make all things right  
if I surrender to His will.  
That I may be reasonably happy in this life,  
And supremely happy with Him forever in the next.  
Amen.

# January 15 | Mental Health and Christians

**Before you begin** this Growth Group session, review the information found on the inside cover of your Growth Group materials.

## Background:

*This will help set the context of the session if someone from your group **reads this aloud.***



*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.  
II Corinthians 1:3-4*

Can Christians have mental health issues? Certainly! After all, we're human. Just like having physical ailments such as a broken bone, asthma or the flu, we can just as easily experience anxiety or depression. In a CNN/Kaiser Family Foundation poll that surveyed over 2000 adults in the summer of 2022, 90% believed there is a mental health crisis in the United States, and about half said that they've had a severe mental health crisis in their family.

According to AMA research findings from 2003 in the Archives of General Psychiatry, it was found that nearly three quarters of the lifetime mental health problems start by the age of 18. Yet individuals don't seek professional help because of:

- limited knowledge of mental health
- perceived social stigma
- concerns about trust and confidentiality
- logistical issues (such as cost or availability)

*90% of surveyed adults believed there is a mental health crisis in the United States*

We live in a society where we readily seek the help of our physical health professionals, but often are hesitant about seeing a mental health professional.

In this series, the church is not pretending to be mental health professionals. Our Bible studies are not intended to be professional therapy sessions. The intent of this series is to help the whole person, recognizing that as humans we need to take care of our emotional, mental, physical and spiritual well-being. We often seek out a church family to provide hope and encouragement. This series is intended to provide that hope and encouragement to persons struggling with mental health issues, and to help us have a better understanding of what mental illness is.

**Scripture:** Matthew 22:37, Romans 12:2

*Before engaging in the questions, have someone in your group read the Scripture passages aloud.*

## Sermon Reflection:

1. What was something you want to make sure you remember that came from the sermon this week?

2. What challenged you about this sermon?
3. What do you think Jesus is trying to teach you through this sermon? How will this affect your daily life?

### Questions for Application:

1. Name one item from the guest speaker that resonated with you or that you really want to remember.
2. Read Matthew 22:37. Why is it important to remember this (the Shema) when faced with mental health issues?
3. In Romans 12:2, how does Paul tell us we can transform our lives? Once our minds are transformed, what will we be able to do?
4. The Message states Romans 12:2 as:  
*Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.*  
Does this version make it easier to understand how this scripture verse applies to this topic? Why or why not?
5. Think back to stressful times in your life. What brought you peace during these times?



6. What changes can you make right now in your life to find peace of mind?
  
  
  
  
  
  
  
  
  
  
7. Why are Christians hesitant to seek professional help for personal mental health issues? How can the church encourage its members to reach out for appropriate support?
  
  
  
  
  
  
  
  
  
  
8. Reflect on the Marks of a Disciple: prayers, presence, gifts, witness and service. How can we apply these to demonstrate our support for those who experience mental health concerns?
  
  
  
  
  
  
  
  
  
  
9. As we enter this sermon series on Mental Health, what are your experiences with or thoughts on this subject? What are your expectations for this sermon series?

**Resources:** *Consider starting one of these Bible reading plans to go deeper on this topic*

Peace for Your Mind, Hope for Your Heart: <https://www.bible.com/reading-plans/20327-peace-for-your-mind-hope-for-your-heart>

Fighting for Mental and Emotional Health: <https://www.bible.com/reading-plans/13506-fighting-for-mental-and-emotional-health>

### **Questions for Discussion:**

1. What are you reading in the Word this week?
  
  
  
  
  
  
  
  
  
  
2. How is your reading growing you in the Marks of Discipleship – prayers, presence, gifts, witness, service?

### **Growth Challenge:**

Memorize a Bible verse on finding peace. Possible verses are: Psalm 29:11, Philippians 4:6-7, John 16:33, Colossians 3:15.

# NOTES

## January 22 | Anxiety

**Before you begin** this Growth Group session, review the information found on the inside cover of your Growth Group materials.

### Background:

*This will help set the context of the session if someone from your group **reads this aloud.***



*Anxiety weighs down  
the heart, but a kind word  
cheers it up.  
Proverbs 12:25*

The Mental Health Literacy organization defines anxiety as a type of body signal or group of sensations that causes a person to have thoughts that make them feel apprehensive or fearful. Anxiety is normal, and everyone experiences it. It is a signal that we need to adapt to life's challenges by learning how to cope. When you have so much anxiety that it interferes with your normal routine or many parts of your life such as, school, work, recreation, friends or family — that is when it becomes a problem and maybe even a disorder. Typical sensations of anxiety

include: worry, ruminations, “butterflies”, twitchiness, restlessness, muscle tension, headaches, dry mouth, feeling as if air is not coming into your lungs, etc.

People with an Anxiety Disorder will experience things like mental and physical tension about their surroundings, apprehension (negative expectations) about the future, and will have unrealistic fears. It is the amount and intensity of the anxiety sensations and how they interfere with life that makes them Disorders. Some common types of Anxiety Disorders are:

*Worry is like a rocking chair: it  
gives you something to do, but it  
never gets you anywhere.*

*Erma Bombeck*

- **Social Anxiety Disorder:** the fear of having to be in social situations, in which case a person avoids the situations that make them feel anxious, for example not going to a party because other people are “judging” them.
- **Panic Disorders:** a person with a panic disorder has persistent and severe panic attacks, and will expect and fear the attacks, and avoids going to places where escape may be difficult if a panic attack occurs. A Panic Attack is a sudden experience of intense fear or psychological and physical discomfort that develops for no apparent reason and that includes physical symptoms such as dizziness, trembling, sweating, difficulty breathing or increased heart rate. Occasional panic attacks are normal.
- **Separation Anxiety Disorder:** diagnosed in children which makes it very hard for them to be away from their parent.
- **Generalized Anxiety Disorder (GAD):** a mental disorder which is characterized by excessive anxiety and worry about numerous possible events (not any single, specific event) that leads to problems with daily functioning. People with GAD worry all the time and experience many physical symptoms because of the worry (headaches, stomach aches, sore muscles, etc.)

**Scripture:** Matthew 6:25-34, Philippians 4:6-7

*Before engaging in the questions, have someone in your group read the Scripture passages aloud.*



## Sermon Reflection:

1. What was something you want to make sure you remember that came from the sermon this week?
2. What challenged you about this sermon?
3. What do you think Jesus is trying to teach you through this sermon? How will this affect your daily life?

## Questions for Application:

1. Name one item from the guest speaker that resonated with you or that you really want to remember.
2. In Matthew 6:25-34, we are told not to worry, and are given examples of how God feeds the birds of the air, and dresses the grass of the field with flowers. If we interpret this as God is taking care of our physical needs, what is Jesus telling us we should be concerned with?
3. Jesus concludes Matthew 6:25-34 with “Therefore do not worry about tomorrow”. What worries do you have about tomorrow? How can you find strength to face tomorrow without being anxious and fearful? How do 1 Peter 5:7 and Psalms 46:1 help?
4. Philippians 4:7 tells us “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”. What might your life look like as you reflect on that peace? How do we find this peace? Does this verse imply that as Christians we can pray away anxiety?

5. The Background at the beginning of the lesson states that “Anxiety is normal, and everyone experiences it.” What has been your experience with this type of anxiety?
  
6. Based on your personal knowledge/experience, what are some contributing factors that might be a cause for anxiety?
  
7. Feelings of anxiety can be paralyzing. What is one strategy you can offer that might enable someone who is experiencing extreme anxiety to take “the next step”?

**Resources:** *Consider starting one of these Bible reading plans to go deeper on this topic*

Winning the War in Your Mind: <https://www.bible.com/reading-plans/2412>

Bible Basics: Anxiety <https://www.bible.com/reading-plans/20630>

#### **Additional Resource**

<https://www.air1.com/Faith/Life-and-Devotion/faith/the-anxiety-toolkit-4411>

#### **Questions for Discussion:**

1. What are you reading in the Word this week?
  
2. How is your reading growing you in the Marks of Discipleship – prayers, presence, gifts, witness, service?

#### **Growth Challenge:**

Focus on all that God has given you, and count your blessings. Each day, add two items to your list of blessings and thank God for them.

# NOTES

## January 29 | Depression

**Before you begin** this Growth Group session, review the information found on the inside cover of your Growth Group materials.

### Background:

*This will help set the context of the session if someone from your group **reads this aloud.***



#### *Depression:*

- *A state of feeling sad, low spirits, or melancholy*
- *A state of low mood or a mental disorder*

Merriam-Webster.com defines ongoing depression as “a mood disorder that is marked by varying degrees of sadness, despair, and loneliness and that is typically accompanied by inactivity, guilt, loss of concentration, social withdrawal, sleep disturbances, and sometimes suicidal tendencies”.

Depression is something that many people experience from time to time. For some individuals, depression and sad thoughts are situational, but for others, the intense feelings that come with severe depression are ongoing, never-ending. These feelings can range from trouble with concentration and decision-making, to restlessness and loss of interest in activities, to thoughts centering on self-harm and suicide. Some folks can walk through their bouts of sadness knowing there is promise and hope on the other side of their depression. Others can only see the dark hole of sadness, with no way out.

As Christians, we know we are not exempt from depression. We are not exempt from anything this world has to offer. We are broken people in a broken world. We cannot “pray away” our own depression or the depression of someone we know and love. However, as Christians, we can have the confidence that we serve a God who restores, who works in our waiting. God calls us to be present with the hurting, to offer love and compassion to those who suffer from depression, and to seek wisdom to help direct those who experience such dark sadness to professional support. God calls us to help bring love and restoration to a hurting world, not only through actions, but through efforts to point the way to therapy and medical support.

*The Lord is close to the brokenhearted and saves those who are crushed in spirit.  
Psalm 34:18*

**Scripture:** Jonah 4:1-9, Job 30:16-20

*Before engaging in the questions, have someone in your group read the Scripture passages aloud.*

### Sermon Reflection:

1. What was something you want to make sure you remember that came from the sermon this week?
  
  
  
  
  
  
  
  
  
  
2. What challenged you about this sermon?

3. What do you think Jesus is trying to teach you through this sermon? How will this affect your daily life?

## Questions for Application:

1. Name one item from the guest speaker that resonated with you or that you really want to remember.
2. Read Jonah 4:1-4. Why is Jonah angry in these verses. What specific character traits does Jonah display in these four verses? What would you say to Jonah if you were his friend?
3. Read Job 30:16-20. Very clear emotions are expressed by Job in these four verses. Identify some of these emotions. What is the reason for Job's extreme emotions?
4. In the Jonah passage, he was angry enough to die, and in the Job passage, Job was feeling abused and deserted. How are their responses to their situations different? How are they similar?
5. Have you been angry when something didn't go the way you wanted, or felt you were being unjustly abused? How did your response compare to those of Jonah and Job? What helped you get past that experience?
6. In Psalm 42:5, the refrain is:  
Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise him,  
my Savior and my God.

How does this bring comfort to someone who might be depressed?

7. Based on your personal knowledge/experience, what are some contributing factors that might be a cause for severe depression?
8. Discuss and give examples of situational depression/ sadness. Contrast these examples with characteristics of severe depressive disorders.

**Resources:** *Consider starting one of these Bible reading plans to go deeper on this topic.*

Victory Over Depression <https://my.bible.com/reading-plans/11059-victory-over-depression>

Are You Okay? Dealing With Depression <https://my.bible.com/reading-plans/25081-dealing-with-depression>

### **Additional Resources**

Self-Care, Anxiety, Depression, Coping Strategies/On My Mind/Anna Freud Centre <https://www.annafreud.org/on-my-mind/self-care/>

To the Depressed Christian <https://www.cru.org/us/en/blog/life-and-relationships/emotions/to-the-depressed-christian.html#2>

### **Question for Discussion:**

1. What are you reading in the Word this week?
2. How is your reading growing you in the Marks of Discipleship - prayers, presence, gifts, witness, and service?

### **Growth Challenge:**

As appropriate, share a personal experience with depression (this could be personal or about someone you love) with your Growth Group, or with a friend or a family member.



# NOTES

## February 5 | Addiction

**Before you begin** this Growth Group session, review the information found on the inside cover of your Growth Group materials.

### Background:

*This will help set the context of the session if someone from your group **reads this aloud.***



*When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone;  
James 1:13*

The American Society of Addiction Medicine defines addiction as a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

Given the above definition, is wanting to have a bowl of oatmeal for breakfast every morning an addiction? Perhaps, but probably not. The answer will depend on how you respond when you can't have oatmeal. Do you have control over your response, or does your need for oatmeal have control of you? This is intentionally a silly example, but addiction is real. According to statistics from The Edge Treatment Center, 1 in 3 households suffer from, are exposed to, or are otherwise impacted by addiction. That means that even if we are not personally dealing with addiction, we probably know someone who is. So, what can we do?

**Addiction: Using substances or engaging in behaviors that become compulsive and often continue despite harmful consequences.**

Several years ago, a friend was dealing with serious issues, and I felt helpless. Unable to fix their issues, or help them move forward, I asked a professional for advice. The response was a simple and yet empowering, "Be there for them." That advice applies here as well. We can be there for friends or family dealing with addiction. We can be the church and help them find help and support them through treatment and recovery.

**Scripture:** 1 Corinthians 10:13, James 1:12-15, 2 Peter 2:19-22

*Before engaging in the questions, have someone in your group read the Scripture passage aloud.*

### Sermon Reflection:

1. What was something you want to make sure you remember that came from the sermon this week?
2. What challenged you about this sermon?

3. What do you think Jesus is trying to teach you through this sermon? How will this affect your daily life?

### Questions for Application:

1. Name one item from the guest speaker that resonated with you or that you really want to remember.
2. Referring to the scriptures for this sermon, do the words of Paul, James and Peter suggest that Christians are protected from mental health issues such as addiction? Why or why not.
3. What assurance do the scriptures for this sermon provide that God is with us as we deal with mental health issues such as addiction?
4. Read 1 Peter 5:10. What is God's promise embedded in this verse, and how can it be used to encourage an individual who struggles with addiction?
5. Edward Welch, in his book *Addictions: A Banquet in the Grave*, says that with addiction "the problem is not the idolatrous substance; it is the false worship of the heart." If we think of addiction like this, what is something we can do to battle the addiction?
6. In times of weakness, we can find strength in Jesus. So why is it that we often neglect going to Him first?

7. To get a feel for the scope of addiction, list the types of addictions of which you are aware.
8. Identify phrases you SHOULD NOT use when speaking to someone who is struggling with addiction.

**Resources:** *Consider starting one of these Bible reading plans to go deeper on this topic*

Dear Addiction <https://www.bible.com/reading-plans/13433-dear-addiction>

Letting Go: Family Trauma and Addiction <https://www.bible.com/reading-plans/21769-letting-go-family-trauma-and-addiction>

### **Additional Resources**

10 Coping Skills for Substance Abuse and Addiction <https://www.turnbridge.com/news-events/latest-articles/coping-skills-for-substance-abuse/>

10 Key Coping Skills for Addiction Recovery <https://www.genesisrecovery.com/key-coping-skills-for-addiction-recovery/>

### **Questions for Discussion:**

1. What are you reading in the Word this week?
2. How is your reading growing you in the Marks of Discipleship - prayers, presence, gifts, witness, service?

### **Growth Challenge:**

If appropriate, share a personal addiction experience with your study group, a friend, or a family member.

# NOTES

## February 12 | Trauma

***Before you begin*** this Growth Group session, review the information found on the inside cover of your Growth Group materials.

### Background:

*This will help set the context of the session if someone from your group **reads this aloud.***



Even though an individual may live in an environment where he/she consistently feels safe and loved, that sense of security can be stolen over time or ripped away without any warning. Trauma can happen to anyone at any age, and it can affect individuals in many ways. Merriam-Webster.com defines trauma as “a disordered psychic or behavioral state resulting from severe mental or emotional stress or physical injury”.

*Trauma: Any painful or damaging injury or event that harms a person's physical or mental health*

Traumatic events typically put individuals (or someone with whom they are close) at risk of serious harm or death and coping with trauma can leave a person feeling overwhelmed, frightened, and unsafe. Some examples of trauma-inducing incidents are:

- one-time events such as an accident, violent attack, or natural disaster
- ongoing stress such as childhood or intimate partner abuse, bullying, long-term illness
- living in an unstable or unsafe environment
- seeing someone else get hurt

An individual's reaction to trauma is not affected by personal strength or mental stability. A reaction can reflect whether there have been previous traumatic experiences, other stresses in life, and the amount of support that is available to the traumatized individual.

According to the Mental Health Foundation of the United Kingdom, there are often automatic physical reactions to trauma over which individuals have little control. These may include:

- Fight – fighting, being defensive, protesting
- Flight – running away, escaping
- Freeze – being unable to move or make decisions
- Fawn – trying to please or win over someone who is hurting you
- Flop – becoming overwhelmed and unresponsive, feeling disconnected from your body (dissociating), sometimes even fainting

*God is our refuge  
and strength,  
an ever-present help  
in trouble.  
Psalm 46:1*

Not only does trauma affect the body, but it also affects the mind. Bodies and minds can get stuck in this danger mode even when the threat has passed, and an individual may experience flashbacks, nightmares, guilt, anger, panic attacks, lack of energy or connection with others. Trauma survivors may have a difficult time maintaining relationships, trusting others, being responsible for their own self-care, and managing emotions, just to name a few effects of trauma on a person's mental health.

It is important to note that it is never too late to seek help for the effects of trauma. As the church, it is vital for us to understand that no one ever chooses to be a victim of trauma, and we cannot undo what has already been done in another person's life. We can, however, choose to be present for those who have experienced trauma, offer personal care and compassion, and point a trauma survivor to appropriate professional support.



**Scripture:** Genesis 21:9-21

*Before engaging in the questions, have someone in your group read the Scripture passage aloud.*

**Sermon Reflection:**

1. What was something you want to make sure you remember that came from the sermon this week?
2. What challenged you about this sermon?
3. What do you think Jesus is trying to teach you through this sermon? How will this affect your daily life?

**Questions for Application:**

1. Name one item from the guest speaker that resonated with you or that you really want to remember.
2. Read Genesis 21:9-21. Who might experience trauma from this series of events and why? Who (Abraham, Sarah, Hagar, or Ishmael) might experience the most intense trauma and why?
3. In Philippians 4:4-7 Paul calls the Philippians to rejoice in faith and replace anxiety with an attitude of joy and reason. What main theme do you glean from this passage? What specific actions does Paul instruct the Philippians to do?
4. Have you been around someone who was experiencing the aftereffects of trauma? What are some of the symptoms/behaviors you observed?

5. If you or someone you know is experiencing trauma, where can you turn for help?
  
6. Why do we find it difficult to forgive those who hurt us? What benefits are there in forgiving?
  
7. Traumatic events often result in feelings of isolation. As a community of faith, what can we do to help address this feeling of isolation?

**Resources:** *Consider starting one of these Bible reading plans to go deeper on this topic.*

Hope After Trauma <https://my.bible.com/reading-plans/1625-hope-after-trauma>

Letting Go: Family Trauma and Addiction <https://my.bible.com/reading-plans/21769-letting-go-family-trauma-and-addiction>

### **Additional Resource**

The Importance of Self-Care After Trauma <https://highlandspringsclinic.org/the-importance-of-self-care-after-trauma/>

### **Question for Discussion:**

1. What are you reading in the Word this week?
  
2. How is your reading growing you in the Marks of Discipleship - prayers, presence, gifts, witness, and service?

### **Growth Challenge:**

As appropriate, share a personal trauma experience (this could be personal or about someone you love) with your Growth Group, or with a friend or a family member.

# NOTES

## February 19 | Christianity, Medicinal and Clinical Therapy

***Before you begin*** this Growth Group session, review the information found on the inside cover of your Growth Group materials.

### Background:



*This will help set the context of the session if someone from your group **reads this aloud.***

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose.  
Romans 8:28*

The Mental Health Literacy glossary defines therapy as the treatment of disease or disorder by any means. For some situations, a cup of hot tea or a day at the beach can be therapeutic, but for the issues discussed in this sermon series, professional involvement will almost always be required for successful therapy. Most of us do not hesitate to seek professional help when we are sick or injured. So why would we hesitate to seek professional help when dealing with mental health, either for ourselves or for someone we know and love? Professional therapy can be faith-based, medicinal or clinical in nature. Your local Pastor can be a source of faith-

based therapy or guide you to individuals who are qualified in this area. Your family doctor or primary care provider is a good place to start for medicinal therapy. And in this metro area, there are many Christian based counseling services providing clinical therapy.

If you or someone you know and love is struggling, there is help available. Always remember, you are not alone. If you need help seeking help, ask a trusted family member or friend.

**Therapy:** *The treatment of disease or disorder by any means.*

**Scripture:** Romans 8:18-39

*Before engaging in the questions, have someone in your group read the Scripture passage aloud.*

### Sermon Reflection:

1. What was something you want to make sure you remember that came from the sermon this week?
2. What challenged you about this sermon?
3. What do you think Jesus is trying to teach you through this sermon? How will this affect your daily life?

## Questions for Application:

1. Name one item from the guest speaker that resonated with you or that you really want to remember.
2. In Romans 8:18-22, Paul states that all of creation struggles, experiencing frustration, decay and pain. Do you agree? Why or why not?
3. In Romans 8:26-27, what does Paul identify as our help when words fail us? What has been your experience with this source of help?
4. In Romans 8:28, Paul states that “in all things God works for the good of those who love him”. Is Paul saying that everything that happens to us is for our benefit? Why or why not?
5. Read Lamentations 3:22-23. How can you use this verse to encourage someone who might be struggling with mental health issues?
6. We all require emotional support from family and friends. Unfortunately, not everyone always has this kind of support. How can we (the church) help provide this support to those in need?
7. Taking care of the whole person requires focus on emotional, mental, physical, and spiritual well-being. Healing one aspect doesn't necessarily heal everything. As a community of faith, how can we help individuals heal in all these aspects.

8. Describe some strategies that you are familiar with that can be used to empower someone who struggles with mental health issues. Share any encouraging Bible verses that could be used to offer hope to someone who might be in a dark place.
9. Do you have a playlist of worship music and/or podcasts that could offer an uplifting listening experience to someone who is struggling mentally?

**Resources:** *Consider starting one of these Bible reading plans to go deeper on this topic*

Fighting for Mental and Emotional Health <https://www.bible.com/reading-plans/13506-fighting-for-mental-and-emotional-health>

Wisdom for Mental Health <https://www.bible.com/reading-plans/32528-wisdom-for-mental-health>

### **Additional Resources**

5 Best Coping Skills for Mental Health <https://www.rosehillcenter.org/mental-health-blog/5-best-coping-skills-for-mental-health/>

Self-Help Techniques for Coping with Mental Health <https://www.nami.org/Blogs/NAMI-Blog/january-2019/self-help-techniques-for-coping-with-mental-illness>

### **Questions for Discussion:**

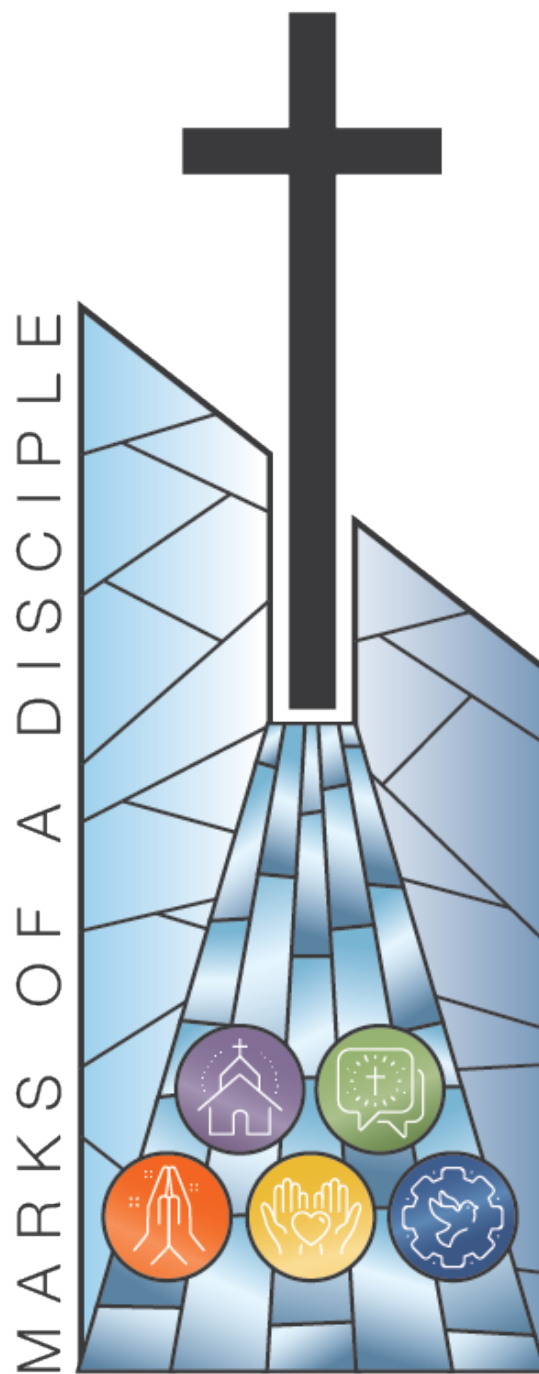
1. What are you reading in the Word this week?
2. How is your reading growing you in the Marks of Discipleship - prayers, presence, gifts, witness, service?

### **Growth Challenge:**

What steps can you take to help someone you know who is dealing with mental health challenges?



# NOTES



[www.MarionMethodist.org](http://www.MarionMethodist.org)