

Neon - Mental Health

11/25/18

READ:

- 2 Corinthians 4:4-18
- Mark 6:45-51
- Psalms 73:21-24
- Proverbs 12:15
- Psalms 16:7-9

REFLECT:

- How was your Thanksgiving weekend? What are some things you enjoyed? What was difficult?
- Mental health is a topic that most people do not want to discuss, and even the “church” has avoided. Why do you think that is?
- Has mental health issues impacted your life in anyway? (This could be you personally, family, or friends)
- How does our walk with Jesus effect or influence our mental health?
- Why do you think it difficult to walk alongside someone who may be dealing with some mental health issues? Does anyone in the group has tips or advise on how we could better love people who are dealing with these things?
- Chris talked about 4 ways people deal with mental health issues...which one do you identify with most? Is this a good thing?
- Chris and Daniel talked about figuring out “your normal”, and how that is important so you can know when things are a little off. Take some time to reflect and write down on a sheet of paper or in a journal what “your normal” is. How would go about telling people that you are a bit off?

RESPOND:

What's Next:

- Take your spiritual, physical, emotional, and mental wellness seriously. Seek help if you need it.