



**What
Would
Jesus
Say?**

SMALL GROUP STUDY GUIDE

Week 2 *January 15, 2023*
“... About Mental Health”



OPENING PRAYER

Healing God, when my heart breaks, you extend comfort and healing. As I meet others whose hearts are breaking, give me the courage and caring to offer them your healing. We pray this in the matchless and powerful name of Jesus. Amen.

SCRIPTURE PASSAGES

Galatians 6:2 (NIV)

Carry each other's burdens, and in this way, you will fulfill the law of Christ.

Psalms 42:3 (NIV)

My tears have been my food day and night, while people say to me all day long, "Where is your God?"

Psalms 22:1 (NIV)

My God, my God, why have you forsaken me?

Matthew 14:27 (NIV)

But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

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INTRODUCTION

Mental health issues have risen dramatically in the past decade; and Generation Z is the most stressed of all the generations. There are no easy answers to this crisis, but all of the things that we talk about as mental health disorders were present in Biblical times. So what would Jesus say about mental health?

Jesus demonstrated compassion for people who are broken, people who are hurting, people who feel hopeless and helpless. He came to walk in the midst of our stuff, of our pain, and of our brokenness. So, in the midst of a mental health crisis, we are called to care for one another and we are invited to put our trust in and keep our eyes focused on Jesus.

QUESTIONS

1. What are your thoughts on the mental health crisis in America?
2. Has God given you or someone you love healing from being wounded in life, either directly or through one or more of God’s faithful human servants?
3. Do you believe that Jesus truly understands your pain and suffering in life?
Why or why not?
4. Do you believe that God can bring good from terrible things that happen to you?
Why or why not?
5. When have you felt as if your world was falling apart? Have those times ever led you to the idea expressed in Isaiah 40:27: “My way is hidden from the Lord; my God ignores my predicament”? Is something making you feel that way right now? How can your faith in God’s caring give you a stable place to stand if everything else seems to be crumbling?

FINAL APPLICATION

What is one thing you can do to improve your mental health this week?

- 1) Meaningful in-person relationships
- 2) Sleep
- 3) Exercise and proper diet
- 4) Mental health training. (therapy and counseling)
- 5) Medication
- 6) Faith