

MESSAGE BIG IDEA

You are loved.

SCRIPTURE

1 John 4:7-10, Romans 5:1-8

ICEBREAKER AND OPENING THOUGHT

These are designed to get your group talking. Use this time to ease into the discussion around mental health. This can be a touchy subject for many people, so be aware that attitudes around mental health vary widely. Our goal is to help people know that they are loved exactly as they are.

BIBLE DISCUSSION

Read the passages slowly, or even mix up the translations as needed. Let the words of God's love sink into your group members. Allow them to struggle with this concept as needed.

LIFE APPLICATION

These questions are designed to dig into mental health stigma and the reality of God's love. Remember to give space for everyone's different experiences and ideas around mental health, gently steering them back around to God's love for all people, in all ways, in all times – including our minds.

The Brennan Manning quote is designed to get people talking about their attitudes around love. Remember to allow people space throughout this challenging topic.

KEEP IN MIND

Your mind matters, and as a community, we want to do three things around mental health.

1. We want to “break the silence” that sometimes accompanies mental illness.
2. We want to remove any stigma. A person is not weak or to blame if they experience cancer; neither should they feel weak or to blame if they have a mental health diagnosis.
3. We want to confirm that God wants to bring healing to your whole self! Including your mind!
4. Mental Health Resources are available through the App and on our website at communitychristian.org/mentalhealth.

ADDITIONAL QUESTIONS

1. Where do you see God at work in your life right now?
2. What next steps do you feel called to take in your faith journey?
3. Have you considered getting baptized? communitychristian.org/baptism/
4. Who have you been able to BLESS?