

Is Struggling With Mental Health Wrong for a Christian?

Can I Ask That in Church?, Part 4

May 24, 2026

Discussion Questions:

1. What is something that can instantly calm you down when you feel overwhelmed or stressed?
2. Read 2 Corinthians 10:4-5 aloud. What do you think it means to “take every thought captive” when your thoughts begin to spiral? What makes that difficult?
3. Read Judges 6:11-14. Gideon saw fear and weakness in himself, but God still called him and used him. What does this teach us about the difference between how we see ourselves and how God sees us?
4. In the sermon, Haydn said, “Losing sight of who’s in charge enables the spiral.” How have you personally seen fear, anxiety, or overthinking grow when you lose sight of God’s presence or control?
5. Read Judges 6:27, 36-40. Gideon obeyed God, but he still struggled with fear and needed reassurance more than once. What stands out to you about the way God responded to Gideon’s anxiety?
6. Haydn also said “Your struggle doesn’t disqualify you, it shapes how you walk with God.” How can struggles with anxiety, fear, or mental health actually deepen someone’s dependence on God?
7. The lie discussed on Sunday was: “Jesus has had enough of my anxiety.” The truth was: “Jesus’s greatest joy is in reassuring His children.” Which of those statements do you find yourself believing more often, and why?