

Let's Talk About Mental Health

Out of the Cave – Part 1

April 7, 2024

Discussion Questions:

1. Why is it so important for the church to create a safe place for people to talk about struggles with mental health?
2. What evidence do you see that more people than ever are struggling with their mental health? Have you seen this to be true in your own life?
3. Read Psalm 6:6, 13:2, 69:2-3. What encouragement do you find from David's example of expressing his struggles to God?
4. Read Romans 12:15-16 and Galatians 6:2. How can being an example of Christ for each other (instead of trying to fix each other) offer real hope to real people with real problems?
5. We talk about mental health because revealing brings healing. Why is our first instinct normally to conceal our weakness from others? Share some examples of how revealing some of your struggles have brought about healing.