

SMALL GROUP STUDY GUIDE



**PRINCE
OF PEACE**
Called to Connect



Mental Health

February 26 & 27, 2022

Scripture invites us to both care for others and ourselves, physically and mentally...and Jesus says 'when you've done it unto the least of these, you've done it unto me.' We have the opportunity to surround one another with support and continue to find ways to plant hope during these difficult times for our mental and emotional wellbeing.

SCRIPTURE TEXT: MATTHEW 25:35-40

Read the scripture text together as a group.

BACKGROUND INFO

Because of the ongoing pandemic, climate crisis producing more natural disasters, political division, racial inequity and all the loss we've experienced, we need to be aware of how the stress of it all is affecting our mental health. Our world has felt more fear, anxiety and grief in the last two years than we may have ever felt collectively. Jesus reached out to heal those who were stigmatized and ostracized, as are so many with mental illness today. We are called and empowered to join him in that work; not in the way the medical professionals are trained to diagnose and treat, but by allowing the Holy Spirit to work in and through us to be with people in difficult times. We all experience some type of mental health issues at some time in our lives.

Think of this scripture in terms of doing what you can to keep yourself mentally healthy as well as caring for others, as a way of ministering to Jesus. Caring for self and others both physically and mentally is the invitation of this scripture. Physical care affects our mental, emotional, and spiritual health and vice versa. Listen to some ways to stay healthy in your mind and soul: get at least 8 hours of sleep each night, make time for yourself, be active, manage stress, enjoy a healthy diet, have a healthy self-acceptance, develop and maintain healthy relationships, set realistic goals, and ask for help when needed. Acknowledging you might be suffering from a mental health issue can be difficult. If you have experienced low, mood, anxiety or signs of depression, taking the step to get help and find support can be life-changing.

DISCUSSION QUESTIONS

- Share what comes to mind when someone says "mental health." How do you respond?
- How does this passage from Matthew guide us on our mental health journey?
- What is something you have done for yourself that helps keep you mentally healthy?
- How can we work together to continue support one another in our mental well-being?

APPLICATION: This week, spend time doing something that fills you up. Make a plan to ensure you have something in your daily life that keeps you mentally healthy and ask God to walk with you.