

Part 1

The Most Dangerous Myths of Mental Health



Key Scriptures

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.

1 Thessalonians 5:23-24 NIV

I am overwhelmed with troubles and my life draws near to death. I am counted among those who go down to the pit; I am like one without strength. I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care. . . . But I cry to you for help, LORD; in the morning my prayer comes before you. Why, LORD, do you reject me and hide your face from me? . . . You have taken from me friend and neighbor—darkness is my closest friend.

Psalm 88:3-5, 13-14, 18 NIV

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind."

Matthew 22:37
NIV

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Isaiah 26:3 NLT

His divine power has given us everything we need for a godly life through our knowledge of him . . .

2 Peter 1:3 NIV

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. . . ."

John 14:27 NIV

Start thinking.

- Which part of this message was most impactful for you and why?
- What do you think about when you hear the words "mental health"? How is your mental health right now?
- Read **Isaiah 26:3**. What does it look like to trust God? How can you fix your thoughts on Him?

Start sharing. Choose a question to create openness.

- Talk about the role God plays in your mental health. What would it look like to bring any mental health struggle to Him?
- Share about a time when you experienced God's peace in the midst of problems or hardships. What were you doing then that you could start doing again?

Start praying. Be bold and pray with power.

Father, You are bigger than our mental health struggles. You are our source of peace, so we choose to lean on You even more. Show us where our thoughts are taking us, so we're able to walk in line with You. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- Spend time each day this week asking God to be your source of peace. Talk about your experience with a close friend or your group.
- Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: www.go2.lc/mentalhealthplan