

TALK IT OVER

Mental Health

BOTTOM LINE

Mental health begins with recognizing that God is the Source of health.

CONVERSATION STARTER

When you are feeling down, what is one thing that will almost immediately lift your spirits?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- Short [Instagram Post](#) by Dr. Henry Cloud

KEY VERSES AND QUOTES

Help me understand your guiding principles. Psalm 119:27 NOG

My God will meet all your needs. Philippians 4:19 NIRV

Accept each other just as Christ has accepted you. Romans 15:7 NLT

Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. John 15:4-5 NLT

“There is no such thing as mental health with the person being the boss – that is narcissism. The unhealthiest people are not answerable or accountable to anyone. It’s chaos.”

“A mentally healthy person has self-control yet yields to God’s control.”

“There is no sense in worrying about things you can’t control.”

“A fool is different than someone who is ignorant. A fool knows truth but chooses otherwise.”
– Quotes by Dwight Mason

TALK IT OVER

Our health begins with God. To recover our health, we have to go back to His principles. The stats say that all of us have mental health struggles at one time or another. Agree or disagree? Why? How has returning to His principles made a difference for you? Why do you think cooperating with God’s boundaries and recognizing His control is often frustrating instead of freeing? God’s goal is order – Satan’s is disruption and chaos. One of the signs is our lost connection with others. How does lack of connection figure in lack of mental health? Jesus came to redeem us from the curse and restore the created order. Our part is to return to the Source in ALL our ways. Discuss Proverbs 3:5-6 considering mental health decisions. What does reconnection with God and others mean? What specific connections are affecting your health? What does it mean to address your emotions? The emotions of those around you? Discuss the parts grieving, confession, and boundaries play in your mental health. Comparison is death to mental health. How can a person conquer it? What will it look like for you to depend on God in this area?

ACTION STEP

I will evaluate my mental health and how I depend on my own ways more than God, leading to poor health. I will cooperate with Him by _____