

**BIG IDEA**

Conversations can help us understand the many facets of a tough topic.

**ICEBREAKER & OPENING THOUGHT**

These questions are an opportunity to get everyone talking. Mental illness can be very private for many people, so be cautious about what assumptions you make about your group members, whether they do or don't struggle with it. Make clear that this discussion isn't going to be about "fixing anyone" but about tackling some of the misguided attitudes we could harbor around mental illness.

**BIBLE DISCUSSION**

The Bible talks a lot about how God is always with us and supports us through some of the hardest times in our lives. As Creator, God knows that we will have hard times, and life won't always go our way, do we ever act like we can't be honest with God? Allow your group to read through Psalm 34 slowly; give space for questions. Don't be afraid to admit if you don't know an answer. It's much better to do some research and come back with a well-informed answer than to pretend expertise.

**LIFE APPLICATION**

There is a lot to tackle in this conversation around mental and physical health. Those are often more intertwined than we care to admit. The way we treat our physical body will affect our mental health and vice versa. Sometimes this is very easy to discuss and other times, that is difficult. Be patient. Remember that this might be a topic that not everyone is comfortable discussing in a lot of detail.

Taking care of ourselves is very important, but often challenging. Give your group a chance to brainstorm ways they take care of themselves. There are no wrong answers here. Jamie recommends finding a safe person to open up to, seeking a counselor or therapist, eating healthy, sleeping more, spending time in community, investing in honest relationships, having honest friendships, exercising more, etc....

**CHALLENGE**

Spend some time praying for yourself or someone else who is struggling with a mental health challenge. Pray that they will get the help they need this week. If it is you, make a plan to find a resource that will help you. If it is for a friend, begin by asking for their input and offer them resources for help.

For helpful resources near you contact your Community Pastor, or visit [twloha.com/find-help](http://twloha.com/find-help) for some local options.